



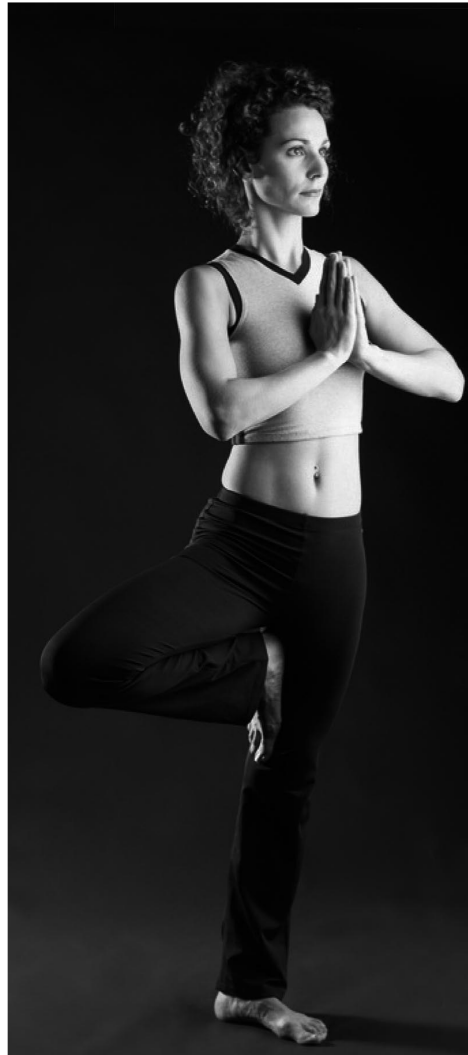
# Everything You Need to Be Your Best!

- Natural & Organic Groceries
- Organic Produce
- Bulk Foods
- Fresh, Natural Meat
- Organic Wine
- Body Care Products
- Baby Food
- Pet Food
- Vitamins
- Supplements
- Sports Nutrition



# Village Health Market Cafe & Juice Bar

Everything you Need to Be Your Best!



3225 S. MacDill Ave., #123  
813.831.6065



# VILLAGE CAFÉ SANDWICH BAR



Monday - Saturday: 9:00am - 9:00pm • Sunday: 10:30am - 6:30pm

**ALL SANDWICHES COME WITH CHOICE OF:**  
Lettuce, Tomato, Cucumber, Roasted Red Bell Pepper, Red Onion, Broccoli Sprouts, Carrots, Shredded Beets, Avocado, Soy Cheddar Cheese, Nayonnaise, Dijon Mustard, Ketchup, Canola Mayonnaise.

**BREAD CHOICES:** Whole Wheat, Sprouted Wheat Wraps, Pita Bible Bread, Ezekiel, Flax/Millet Bread, Mountain White, Jewish Rye, Sourdough.

**ALL SANDWICHES SERVED WITH CHIPS**

### TUNA SANDWICH

Plain or Oriental Tongol Tuna with Broccoli Sprouts & Tomato. Served on your choice of bread .....\$6.49

### Egg SALAD SANDWICH

Free Range Egg Salad with Broccoli Sprouts, Red Onion, & Tomato. Served on your choice of bread .....\$6.49

### CHICKEN SALAD

Free Range Chicken mixed with Walnuts, Celery & Nayonnaise, accompanied with Sprouts, Tomato & Lettuce. Served on your choice of bread .....\$6.99

### CALIFORNIA

Avocado, Broccoli Sprouts, Tomato, Cucumber & Red Onion. Served on your choice of bread .....\$5.99

### HUMMUS PITA

Plain or Roasted Red Pepper Hummus with Cucumber Slices, Broccoli Sprouts & Tomato. Served on pita bread .....\$5.99

### SALMON WRAP

Salmon Salad with Tomato, Red Onion, Broccoli Sprouts & Roasted Red Bell Pepper. Served in a Thin Thin Wrap.....\$6.99

### HUMMUS KALE SALAD WRAP

Plain or Roasted Red Pepper Hummus with Kale Salad & Tabouli in a Thin Thin Wrap .....\$5.99

### MEDITERRANEAN VEGGIE WRAP

Plain or Roasted Red Pepper Hummus, Spinach Leaves, Cucumber, Tomato, Artichoke, Red Onion, Kalamata Olives, & Feta Cheese. Served in a Thin Thin Wrap Or Tortilla .....\$6.49

### TURKEY COBB WRAP

Organic Turkey, Blue Cheese, Cream Cheese, Lettuce, Tomato, Egg, Red Onion, & Avocado. Served in a Thin Thin Wrap or Tortilla .....\$6.99

### PORTOBELLO MUSHROOM SANDWICH

Portobello Mushroom marinated in a Roasted Garlic Teriyaki Sauce with Mozzarella Cheese, Canola Mayonnaise or nayonnaise. Served in your choice of bread .....\$6.99

### GRILLED CHICKEN BREAST

Organic Boneless , Skinless Chicken Breast with Sprouts, Tomato & Avocado. Served on an Ezekiel Bun .....\$6.99

### ROASTED VEGGIE SANDWICH

Assorted Roasted Veggies & Hummus in your choice of bread .....\$5.99

### HERB ROASTED ORGANIC TURKEY BREAST

Herb Roasted Turkey Breast with Lettuce, Tomato, Broccoli , Sprouts, & Red Onion. Served on Ezekiel Bread .....\$6.99

### NUT BUTTER AND JELLY

Soy Nut Butter & Organic Fruit Preserves with or without Banana.....\$4.99

### COMBOS

Medium soup and 1/2 sandwich .....\$6.99  
Salad bar (small plate) and 1/2 sandwich .....\$6.99  
Salad bar (small plate) and medium soup ....\$6.99



# JUICE BAR MENU

## ORGANIC VEGGIE DRINKS

### THE REJUVENATOR

Carrot, Celery, Beet, & Parsley  
 \$2.89 8oz.      \$4.29 16oz.

### HIGHER MIND

Carrot, Cucumber, Celery, Spinach & Parsley  
 \$3.09 8oz.      \$4.79 16oz.

### APPLE PIZZAZZ

Carrot, Celery, Beet, Ginger, Apple  
 \$2.89 8oz.      \$4.39 16oz.

### GREENS JUICE

Cabbage, Parsley, Spinach, Celery,  
 Cucumber & Broccoli  
 \$3.19 8oz.      \$5.09 16oz.

### CARROT JUICE

\$2.79 8oz.      \$4.09 16oz.

### WHEAT GRASS

\$1.99 1oz.

### CUSTOM VEGGIE PLUS

	8 oz.	16oz.
1 Veggie	\$2.99	\$4.29
2 Veggies	\$3.09	\$4.39
3 Veggies	\$3.19	\$4.49
4 Veggies	\$3.29	\$5.09

### Your choice of the following:

Apple, Celery, Cucumber, Beet, Ginger,  
 Garlic, Spinach, Parsley, Cabbage,  
 Broccoli, Assorted Greens.



## SMOOTHIES



## SMOOTHIES



## POWER SMOOTHIES



YOUR CHOICE:  
 16oz: \$3.89

### BERRY APPLE

Strawberries, Bananas, Dates, & Apple Juice

### FRUIT FANTASIA

Strawberries, Blueberries, Peaches, Bananas &  
 Apple Juice

### APRICOT ECSTASY

Bananas, Strawberries, Peaches & Apricot Nectar

### PEACHY COOL

Bananas, Peaches, Orange Juice & Papaya Juice

### BANINA COLADA

Bananas, Soy Ice Cream, Coconut Milk & Pineapple  
 Juice

### TAHITIAN BREEZE

Peaches, Strawberries, Bananas, Soy Ice Cream,  
 Apricot Nectar & Coconut Milk

### VERY BERRY BERRY

Strawberries, Blueberries, Strawberry Nectar &  
 Soy Ice Cream

### TAHITI SUNRISE

Orange Juice, Strawberries, Bananas

### GEORGIA PEACH

Apple Juice, Peaches, Strawberries

### RASPBERRATAZZ

Pineapple Juice, Raspberries, Bananas

YOUR CHOICE:  
 16oz: \$3.89

### BERRY MERRY

Pineapple Juice, Coconut Juice, Blueberries,  
 Strawberries, Raspberries

### MANGO MANIA

Mango Juice, Apple Juice, Peaches, Strawberries

### PAPAYA MOMMA

Papaya Nectar, Coconut Juice, Strawberries,  
 Bananas

### MANGO BERRY BREEZE

Mangoes, Strawberries, Pineapple Juice & Orange  
 Juice



## ICED DRINKS

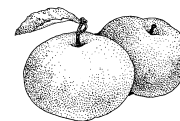


### ICED TEA - China Mist

16oz. ....\$1.49

### ORGANIC APPLE JUICE

16oz. ....\$4.89



YOUR CHOICE:  
 16oz: \$4.99

### HIGH PROTEIN SHAKE

Bananas, Strawberries, Protein Powder &  
 Strawberry Juice

### GINSENG MEDLEY

Peaches, Bananas, Soy Ice Cream, Apricot Nectar &  
 Ginseng

### THE HULK

Bananas, Coconut Milk, Pineapple Juice, Spirulina &  
 Greens

### GREEN HORNET

Bananas, Papaya Juice, Coconut Milk, Spirulina &  
 Bee Pollen

### THE SPARTAN

Bananas, Strawberries, Peaches, Protein Powder,  
 Bee Pollen, Orange Juice & Ginseng



## PUMP IT UP



FLAX MEAL .....	.99 ea.
VITAMIN C .....	.99 ea.
LECITHIN (1 tsp.) .....	.99 ea.
ECHINACEA, PROTEIN POWDER, GINSENG OR ONE VITAMIN POWDER (1 tsp.) .....	.99 ea.
SPIRULINA (1 tsp.) .....	\$1.25 ea.
GREENS (1 tsp.) .....	\$1.25 ea.

