

## **BREAKFAST (until 10:30am)**

### **OATMEAL CHOOSE 3 TOPPINGS**

HONEY, BANANA, RAISINS, BROWN SUGAR, TOASTED WALNUT, TOASTED SUNFLOWER SEEDS, CINNAMON **\$5**

### **BREAKFAST SANDWICH - on a Roll**

PASTURED RAISED EGG - **\$3**

EGGS & CHEESE - **\$4**

EGGS & MEAT - **\$4.50**

EGGS, MEAT & CHEESE **\$5.50**

Egg whites add on to sandwich **\$.95**

Substitute Bagel for Roll **\$.50**

**THE "ANNIE"** - EGG WHITES, TURKEY SAUSAGE, AVOCADO SMASH, GLUTEN FREE TOAST **\$6.50**

**GRANOLA** - GF OATS, PUMPKIN SEEDS, SUNFLOWER SEEDS, BROWN SUGAR, CINNAMON, OLIVE OIL, SEA SALT THYME, SERVED WITH LOCAL MILK OR SUNFLOWER COCONUT MILK **\$5.50**

**CHIA PUDDING** - ROASTED APPLE - SUNFLOWER COCONUT MILK, GRANOLA YOGURT **\$6**

## **SMOOTHIE**

**THE GRIND** - COLD BREW ESPRESSO - SUNFLOWER COCONUT MILK - DATES- CINNAMON **\$8**

**CHOCOLATE PB** - PEANUT BUTTER, BANANA, CACAO, PROTEIN **\$7.50**

**GREEN** - APPLE - BANANA - CUCUMBER - GREENS **\$7.50**

**SUNSHINE** - BEETS, APPLES, GREENS, ORANGE JUICE, TURMERIC, GINGER **\$7.50**

ADD (OR) EXTRA PROTEIN (WHEY OR PLANT BASED) **\$1.95**

### **BAGELS - WHOLE WHEAT, EVERYTHING, CINN RAISIN**

JUST A BAGEL - TOASTED OR NOT **\$2**

W BUTTER **\$2.50**

W CREAM CHEESE **\$2.95**

## **BAKED**

COOKIES, CROISSANTS, SCONES, ENERGY BITES, MUFFINS **\$3-\$5**

## **LUNCH (11am-3pm)**

**WHEALTH BOWL** - LOCAL FREE RANGE CHICKEN - ROASTED VEGGIES - APPLE/CUCUMBER RELISH - SUNFLOWER, LIME CHIMICHURRI OVER RICE AND GREENS **\$12**

**GREEN BOWL** - ROASTED SWEET POTATO - LENTILS ROASTED VEGGIES, APPLE/CUCUMBER RELISH - SUNFLOWER, LIME CHIMICHURRI OVER GREENS **\$10**

**VINDALOO VEGGIE** - SPICY CHICKPEAS, EGGPLANT-FENNEL CAPONATA - MINT YOGURT - PRESERVED LEMON - SUNFLOWER SEEDS **\$11**

**LEMON CHICKEN SALAD** - CHICK PEA - CUCUMBER - GREENS - FARRO - LEMON - OLIVE OIL **\$9.25**

**EAT YO VEG** - BROCCOLI - LENTILS - ROASTED CORN - TOMATO - AVOCADO - RED ONION - COTIJA - VINEGAR - OIL **\$11**

### **ADD ONS**

FREE RANGE CHICKEN - ¼ LB **\$3.00**

AVOCADO SMASH 3 oz **\$1.95**

EXTRA SAUCE 3oz **\$.50**

DOUBLE VEGGIE **\$1.50**

SIDE ROASTED SWEET POTATO **\$3.00**

## **SANDWICH**

**THE VEG HEAD SANDWICH**- LEMON CURRY CHICKPEA SPREAD - CARROT - CUCUMBER - GREENS **-\$7.50**

**CHICKEN SALAD SANDWICH**- TARRAGON - LEMON - CURRANTS - CRACKED PEPPER - GREEK YOGURT **\$8**

**BACON TOMATO GRILLED CHEESE** - NUFF SAID **\$8.50**

## **SOUP**

DAILY SOUP **\$5** G-MA's CHICKEN SOUP **\$5**

**SOUP AND HALF SANDWICH \$8.75**

## **SIPPY SIPPY**

COFFEE - TEA - COLD PRESSED JUICE - NATURAL SODAS - BOTTLED WATER **\$2 - \$10**

# WHEALTH

## @ JOURNAL SQUARED

BREAKFAST/LUNCH - MON- FRI - 6:30am 3pm

CLOSED - 3pm-5pm

DINNER 5pm-8pm

BREAKFAST LUNCH - SAT- SUN - 7am-3pm

DINNER FRIDAYS - 3 COURSE FARM TO TABLE

MENU/INFO/RESERVATIONS ONLINE -

[WHEALTHANDCO.COM](http://WHEALTHANDCO.COM)

201-795-5188

## @HARBORSIDE

BREAKFAST/LUNCH - MON- FRI - 7am 3pm

201 - 433 - 3680

EVENTS AND CATERING - 24/7 - ANY SIZE EVENT

EMAIL [DAVID@whealthandco.com](mailto:DAVID@whealthandco.com)

# MENU



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