

ORGANIC DRINKS

Coffees and teas etc.

Hot Coffee

The Righteous Bean Fair Trade Organic

Sm.	Lg.
\$ 1.00	1.75

Hot or Iced Tea

Your choice of various tea blends

1.00	1.75
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Caribbean Cooler

Calming citrus herbal beverage, caffeine-free. Relax, refocus, and revive yourself!

1.89

Herbal Frappuccino

Iced caffeine-free coffee substitute with creamy carob soy milk. Delicious and refreshing.

4.72

ADD A FLAVOR

Add a shot of all natural Flavororganics syrup to any of the above drinks for \$.75

Caramel

Amaretto

Irish Creme

Raspberry

French Vanilla

Hazelnut

ADD A BOOST

Add a shot to your drink or smoothie for \$.50

Immune Boost

Brain Boost

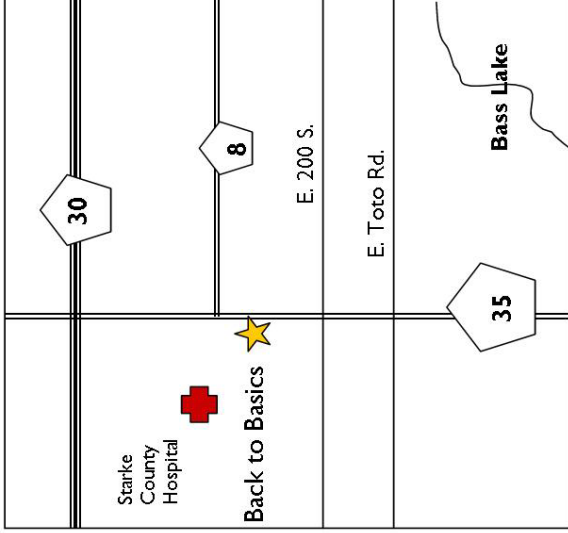
Stress Release

Maca Powder

Add a shot to your drink or smoothie for \$1.00

Barlean's Greens

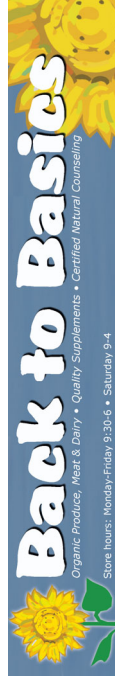
Barlean's Flax Oil



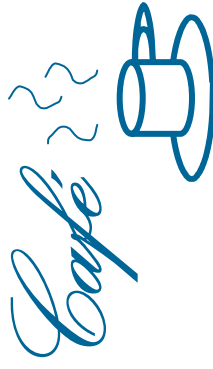
Our goal is to serve healthy food without sacrificing great taste. All items are prepared with care while you wait using ingredients found right here in our store.

We are located inside Back to Basics Health Foods in the Knox Mall (behind Pizza Hut) in Knox, Indiana.

Please visit us for Taste Day every Wednesday. The Organic Café features a selection of prepared items for complimentary sampling.



Organic



Food the way nature intended.

As always, we are happy to prepare any item to suit individual tastes.

TAKE-OUT MENU



Café Hours (CST)
Monday-Friday 10:00-5:30
Saturday 9:30-3:30

To order ahead, please contact:

Phone: (574)772-2345

E-mail: btbhealthfoods@earthlink.net

ORGANIC EATS

Sandwiches and wraps served with veggie sticks and Cowgirl Ranch dip. Inquire about featured bread selections.

Fresh Organic Salad

Greens, tomato, broccoli, carrot, onion, grated beets
 Add Cheese .50
 Add Turkey or Ham 1.00

\$4.72

Tortilla Cheese Melts

White corn chips with broiled cheddar or soy mozzarella served with salsa
 Add sour cream, bean dip, or guacamole .50 ea

3.30

Boca Burger

Veggie burger on wheat bun, Vegemaise mayo, mustard, ketchup, lettuce, tomato, onion
 Add cheese .75

5.19

Reuben on Rye

Sauerkraut, soy or Swiss cheese, broiled on rye with our own homemade dressing
 (With tofu) 4.72
 (With turkey) 5.64

6.60

Hot Ham & Swiss

Nitrate-free ham, Swiss cheese, broiled on rye. Veggies optional but not necessary!

6.60

Turkey Wrap

Nitrate-free turkey, greens, tomato, onion, sprouts, carrots, seasoned Vegemaise mayo rolled in a tortilla

4.72

Avocado Sandwich

Sliced avocado, onion, tomato, sprouts, homemade guacamole served on toasted bread

4.72

Stuffed Pretzels

Apple Cinnamon w/Yogurt Carmel Dip
 Pizza w/ Marinara Sauce
 Spinach Feta w/Seasoned Olive Oil

3.77

3.77

4.72

SOUPS AND SIDES

We prepare all of our soups and side salads fresh with ingredients from our store. Please ask about daily specials!!

Homemade Soup

Served with crackers
 Cup \$2.83
 Bowl 3.77
 Add a breadstick 1.42

\$2.83

3.77

1.42

Deil! Salad of the Day

Homemade seasonal salad made with fresh vegetables

1.75

FRESH JUICES

Get "JUICED" with one of our signature drinks from the juicer. Make your own blend of seasonal fruits and veggies or try ours—

The Organic Café's V-6

Carrot, tomato, broccoli, onion, beet, celery

\$3.77

THIRST-QUENCHERS

Try a refreshing drink made from all natural ingredients. No additives, preservatives, or corn syrups— We promise!

Italian Soda

Mineral water, Flavoranics syrup, ice

\$3.30

Creмоса

Mineral water, Flavoranics syrup, regular or soy creamer, ice

3.77

Raspberry Lemonade

Lemon juice, raspberry Flavoranics syrup, ice

2.83

SMOOTHIES

We make ours from the good stuff....REAL whole organic fruits! Choose one from below or make up your own fruity concoction.

Wake Up Sunshine

Banana, oatmeal, flax seeds, soymilk, cinnamon

\$3.77

Strawberries 'n' Cream

Strawberries, yogurt or cream, apple juice or mineral water

3.77

Banana Strawberry Chiller

Banana, strawberries, yogurt or cream, apple juice or mineral water

4.72

Peach Delight

Peaches, banana, almond milk, peach juice, mineral water

4.72

Spring Fling

Strawberries, kiwi, banana, almond milk, juice or mineral water

4.72

Tropical Paradise

Strawberries, banana, pineapple juice, coconut milk, lemon juice

4.72

Fast Track

Blueberries, whey protein, flaxseed, lemon juice, cranberry juice, mineral water

4.72

Crazy Monkey

Banana, peanut butter, carob, soymilk, hemp seed

4.72

MAKE IT A MEAL...

Add a protein scoop to any smoothie \$ 1.00

Hemp Protein

14 grams of fiber and 11 g. of plant protein

Whey Protein

Immune boosting, 8 g. of dairy-based protein

Soy Protein

Non-GMO, 20 g. of plant protein

**Please note, all prices and menu items subject to change. Rev. 6/07.