



Healthy Now

MEAL PREP • JUICES • CATERING

**HealthyNow Lunch Boxes Include Choice of Sandwich/Wrap, Soup
OR Salad and Fresh Fruit Cup -\$20 pp**

Sandwiches and Wraps

Roast Beef and Havarti with a creamy garlic, grain dijon sauce, red onion, sprouts

Smoked Salmon with Dill cream cheese, cucumber, red onion, sprouts

Roast Turkey with aged cheddar, chipotle aioli, lettuce, tomato.

Roasted Vegetables and Basil goat cheese or basil cashew cheese

Grilled chicken and veggie sandwich with tomato sauce and provolone

Philly Cheese Steak, sirloin, peppers, onions, mushroom, philly sauce, mozzarella.

Salads

Baby Kale Caesar, sourdough crouton, double smoked bacon, shaved parmesan

Garden Veggie with carrot, radish, tomato, red onion, cucumber and honey Dijon vinaigrette

Fall mix green, radicchio, butternut squash, toasted pumpkin seed and maple cider vinaigrette

Soups

Turkey split pea

Minestrone

Sweet potato Coconut cur

Beef and barley

Butternut squash

Check us out at www.HealthyNow.ca ,
on Facebook at www.facebook.com/healthynow40/
or on Instagram at www.instagram.com/healthynow_40/