

## Drinks

Organic Raspberry Iced Tea & honey	\$2.50
Freshly made <b>Real</b> Lemonade	\$4.50
Bottled Water	\$1.50
Other refrigerated drinks	\$2.50

## Fresh Natural Juices

<b>A la carte</b>	12 oz.
<b>Pick any two</b>	\$4.50

Carrot	Cucumber	Parsley	Ginger
Celery	Beets	Spinach	Kale

## Juices

1. Carrots, Celery, Beets	\$5.50
2. Carrots, Cucumber, Beets	
3. Carrots, Celery, Parsley	
4. Carrots, Spinach, Parsley	

## Shots

<b>Ginger</b>	\$2.50
Go Large – 16 oz. upgrade	\$2.00

## Smoothies

We do it differently. We use **NO SYRUPS, NO PUREES & NO ICE, Just real fruit & juices**

### Smoothies

#### Our Favorites \$4.99

Strawberry, Banana, Orange  
Blueberry, Banana, Apple  
Pineapple, Banana, Orange  
Banana, Apple

#### Power House \$8.99

Blueberries, banana, spinach, beets,  
protein powder, coconut oil & choice  
of apple juice or almond milk

#### The Morning Riser \$7.99

Almond Milk, Banana, Coconut Oil, Dates,  
Honey, Oats, Peanut Butter, Protein

#### The Rejuvenator \$7.99

Pomegranate & Cranberry Juice, Banana,  
Cherries, Mixed Berries, Strawberries,  
Coconut Oil. Protein

#### Mango Tango \$6.99

Orange Juice, Banana, Mango,  
Pineapple, Strawberries,

#### Berry Bonanza \$6.99

Cranberry Juice, Blueberries, Cherries,  
Grapes, Raspberries, Strawberries

#### Peach Cobbler \$6.99

Almond Milk, Apricots, Honey, Nutmeg,  
Peaches

#### A la carte 16 oz.

#### Pick any two & a juice \$4.99

#### Add a booster \$1.00

**Juice.** Apple, Cranberry, Orange, Pineapple

**Milk.** Almond, Coconut, Dairy, Rice, Soy

**Fruit.** Apple, Apricot, Banana, Blueberries,  
Cherries, Mangoes, Oranges, Peach, Pineapple,  
Raspberries, Strawberries,

**Boosters.** Almonds, Coconut Oil, Dates,  
Hemp, Honey, Flax Oil, Molasses, Oats, Peanut  
Butter, Whey Protein, Wheat germ, Yogurt

**If we have it, we can make it for you!**



**YOU ARE WHAT YOU EAT!**

# MENU

**WE CATER EVENTS OR  
HAVE YOUR EVENT HERE**

**DELIVERY AVAILABLE  
10am-12pm & 1:30-3pm  
Order by 11am please  
Delivery Fee based on Order**

**LOOK OUT FOR DAILY  
SPECIALS**

**GOOD4YOU LLC**  
304C SW Broadway St. Ocala FL 34471  
**T. 352-867-5557 F. 888-850-3575**  
E. [info@good4youcafe.com](mailto:info@good4youcafe.com)  
[www.good4youcafe.com](http://www.good4youcafe.com)



## Pita Sandwiches

### Tuna Melt **\$9.99**

Tuna with mayonnaise & homemade miso dressing on pita bread with grated carrots, sliced tomatoes, lettuce, alfalfa sprouts & melted cheese of your choice.

### Tofu Burger – **VEGAN** (& dairy free) **\$9.99**

Homemade tofu burger on pita with mayo, sliced tomatoes, lettuce, carrots, alfalfa sprouts, homemade miso dressing & melted cheese of your choice. **(Contains Nuts)**

### Roasted red pepper & hummus **\$8.99**

Fresh hummus, roasted red peppers, sliced red onions, lettuce, tomatoes & a choice of cheese on our pita bread. **VEGAN**

### Chicken Caesar Pita **\$9.99**

Grilled chicken breast, Caesar dressing, salad & shredded parmesan cheese on our multi-grain pita bread.

**All our sandwiches can be Gluten Free for a 50C upgrade – Please ask.**

## Panini's

### Chicken, Spinach & Pepper Jack **\$9.99**

Fresh grilled chicken breast, fresh spinach leaves, red peppers & pepper jack cheese on a ciabatta roll.

### Turkey, Apple & Blue Cheese **\$9.99**

Roasted turkey breast, honey mustard, crisp granny smith apple slices, fresh spinach leaves and a sprinkle of blue cheese on a ciabatta roll.

### Turkey Breast & Cranberry **\$9.99**

Roasted turkey breast, Swiss cheese, sliced tomato, homemade cranberry chutney (has nuts), dairy-free mayo, lettuce & sunflower seeds on a ciabatta roll. **(Contains Nuts)**

### Spinach & Artichoke - **VEGAN** **\$8.99**

Fresh baby spinach leaves, sliced onion, cream cheese, artichoke hearts, parmesan cheese on a ciabatta roll.

### Homemade Chicken Salad **\$10.99**

Freshly homemade chicken salad with Cheddar cheese & organic spinach

## Options

### Gluten Free Upgrade **\$ .50**



**We use locally grown vegetables & fruits depending on the season**

## Fresh Salads

### Tutti Frutti **\$11.99**

Organic mixed greens, Brie cheese, seasonal fruit & nuts with a choice of turkey or chicken. Comes with house dressing. **(Contains Nuts)**

### Quinoa Salad **\$11.99**

Organic spinach, broccoli, black beans & corn, tomatoes, sliced cucumber, quinoa with a choice of turkey or chicken.

### Other Salads **\$10.99**

Any of our sandwiches can be made into delicious salads – Just let us know what you want.

## Seasonal

### Soup of the day **\$9.99**

**Make sure you check out our daily specials!**

## BONE BROTH



### Choice of: - **Beef, Chicken & Lamb**

Homemade clear broth made from locally raised chickens, grass fed beef and lamb.

**Cup \$7.00**  
**Bowl \$10.50**



### **Bone broth can be used to help with: -**

Allergies, Anemia, Anxiety, Bone Fracture, Bloating, Blood Disorders, Brittle Hair, Brittle Nails, Colds & Flu, Cohn's Disease, Damage to the GI Tract, Detox, Fatigue, Food Allergies, Helps Digestion, Hypothyroidism, IBD, IBS, Illness Recovery, Joint Pain, Indigestion, Insomnia, Leaky Gut, Liver Detox, Low Libido, Low Protein, Menopause, Muscle Atrophy, Muscle Cramps, Osteoarthritis, Osteoporosis, Wound Healing, PMS, Promotes Sleep, Reduces Inflammation, Rheumatoid Arthritis, Slow Metabolism, Stress, Ulcerative Colitis, Weak Immunity

**Good4you Café prides itself on providing excellent, tasty, healthy food from carefully selected local and national organic and fresh food suppliers.**