



SANDWICHES + TOAST + SOUP

Grilled Veggie Sandwich	\$9
Vegan butter, roasted veggies, vegan mozza, sprouts, roasted red pepper sauce.	
TLT (Tempeh, Lettuce, Tomato)	\$9
Vegan mayo, tempeh, greens, tomato, S+P, sprouts.	
The 76er	\$10.50
Mayo, shredded chicken, swiss cheese, fresh greens, tomato, sprouts, dijon.	
The Classic Grilled cheese	\$6.50
Vegan Butter + Choice of Cheese	
Apple Butter & Cheese	\$8
The Lunchbox	\$7
Almond butter, jam + apple.	
Garlic Toast	\$4
Choice of bread + Vegan Garlic Butter	
Avo-Toast	\$8
Vegan Butter, avocado, hemp hearts, sesame seeds.	
Soup of the Day	\$5.50

COMBOS

Soup + Avocado Toast	\$11.00
Soup + Classic Grilled Cheese	\$10
Soup + Garlic Toast	\$8

SHAKES

20 OZ \$11

Rocket Fuel
Coffee, cacao, banana, oats, almond butter, maple syrup, vanilla, coconut milk.
The Bench Press
Hemp protein, cacao, banana, hemp, fit mix, maple syrup, coconut milk.
Oatmeal Cookie
Protein powder, fit mix, banana, oats, vanilla, cinnamon, honey, flax, coconut milk.
Hercules
Protein powder, l-glutamine, banana, orange, spinach, vanilla, maple syrup, coconut milk.

ALKALIZERS

SMALL \$5.00 LARGE \$6.00

Rehydrator
Coconut water, lemon, spirulina, pink salt, maple syrup.
Activator
Fresh lemonade, charcoal, maple syrup.

SMOOTHIES

Avo-Keto	\$8.75/11.00
MCT Oil, avocado, blueberry, cashew butter, collagen, coconut milk.	
The Farmacy	\$8.50/10.75
Carrot juice, orange, berries, kale, turmeric, ginger, coconut yogurt, coconut milk.	
Detox 2.0	\$8.50/10.75
Spinach, romaine, apple, ginger, lemon, turmeric, spirulina, chlorophyll.	
The Namaste	\$8.50/10.75
Blueberry, lavender, chia, honey, vanilla, coconut milk.	
The Good Samaritan	\$8.00/10.00
Avocado, kale, spinach, cashew butter, dates, vanilla, coconut milk.	
The Junior	\$8.00/10.00
Berries, banana, hemp hearts, coconut milk.	
NutterButter	\$8.00/10.00
Banana, walnuts, dates, cashew butter, vanilla, cinnamon, coconut milk, pink salt.	
Fudgcicle	\$8.00/10.00
Avocado, cacao, maple syrup, vanilla, coconut yogurt, coconut milk.	
Razzleberry	\$8.00/10.00
Banana, raspberries, chia, lime, coconut yogurt, coconut milk.	
Sunny-D	\$8.50/10.75
Orange, strawberries, banana, goji berries, coconut yogurt, vanilla, coconut milk, vitamin D.	

CAFE

Coffee	\$2.20/2.40	Cappuccino	\$3.95/\$4.45
Hot Tea	\$2.05	Latte	\$3.95/\$4.45
Hot Cocoa	\$2.50/\$2.95	Cafe Au Lait	\$2.45/\$2.95
Mocha	\$4.00/\$4.75	Maple Latte	\$4.25/\$4.75
Espresso	\$2.25/\$2.40	London Fog	\$3.45/\$3.95
Americano	\$2.75/\$3.00	Chai Latte	\$3.45/\$3.95

***Ingredients may be subject to availability.**

JO ANNE'S PLACE HEALTH FOODS
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