

# Drink Menu



## Juices

12 ounces \$5.99, 16 ounces \$6.49

✔ **Apple Juice or Orange Juice**

✔ **Beetnik:**

Carrot, Apple & Beet

✔ **Dr. Geo's Juice:**

Cucumber, Parsley, Chard, Celery,  
Lemon & Ginger

✔ **The Ultimate:**

Celery, cucumber, apple, kale, romaine,  
cilantro, carrot, lemon

✔ **3-Your Way:** your choice

1) any green

2) apple or orange

3) 3 from the following add-ins:

- Lemon

- Parsley

- Cilantro

- Ginger

- Cucumber

- Celery

✔ **Wheatgrass Shot**

1 oz - \$1.99

2 oz - \$3.98

✔ **Summer Drinks:** Ice-Tea and  
Ice-Coffee

12 oz - \$2.49 • 16 oz - \$2.99

**Extra Ingredients:** • Lemon, Ginger, etc. \$0.50 per item • Protein Powder - \$1.00

## Power Shakes

16 ounces \$6.99

✔ **Your choice:**

one fruit, yogurt or vegetable juice com-  
bined with Whey or Rice Protein Powder.

✔ **Power Pro:**

Protein Powder, Juice and Fruits

✔ **Antioxidant :**

Banana, blueberries, orange juice and pro-  
tein powder blended with  
1 teaspoon cod liver oil or flax oil

## Smoothies

16 ounces \$6.99

✔ **Yo-Banana:**

Yogurt, banana and one other fruit blended  
together.

✔ **Acai Energy Smoothie:**

Sambazon Acai, Banana, Berries, Apple  
Juice or Soy Milk

✔ **Detox Cleanse:**

Cranberry, Fruit Juice, Aloe Vera & Fiber

\* Non-Dairy option available – Soy or Almond Milk



# HealthSmart of NY

550 Third Avenue between 36<sup>th</sup> and 37<sup>th</sup>

## Murray Hill's Organic Store and Gourmet Deli

Free Local Delivery for Orders \$15.00 or more  
Dinner made upon request – orders must be in by 4:00pm

## Breakfast



- ☛ Oatmeal
- ☛ Pancake
- ☛ Cinnamon Roll
- ☛ Eggs (any style)
- ☛ Breakfast Wraps
- ☛ Toast
- ☛ Fresh Fruit

## Soup



*All soups are made from scratch!*

We make two kinds of soup per day from the following choices.

**Small - \$3.29      Large - \$3.99**

- ☛ Miso
- ☛ Vegetable
- ☛ Lentil
- ☛ Sweet Potato w/ Ginger
- ☛ Asparagus
- ☛ Chicken
- ☛ Butternut Squash

## Salads



**\$6.99 per pound**

- ☛ Gluten Free Pasta Salad
- ☛ Vegan Cole Slaw
- ☛ Vegan Potato Salad
- ☛ Quinoa Salad
- ☛ Marinated Vegetables
- ☛ Sesame noodles
- ☛ Carrot Raisin w/Tahini
- ☛ Fruit Salad
- ☛ Spinach Almond Salad
- ☛ Tuna Salad
- ☛ Green Salad\*  
Seasonal Greens Served with one of the following store made dressings:
  - Lemon Vinaigrette
  - Sesame Ginger
  - Avocado Parsley

\* Add Tofu, Tempe, or Seitan

## Sandwiches / Wraps / Pita Pocket



- ☛ Hummus
- ☛ Tempeh
- ☛ Tuna
- ☛ Tofu
- ☛ DLC – healthy BLT alternative
- ☛ PB&B – peanut butter and banana on whole wheat toast
- ☛ Egg Salad

## Hot Food



*Daily selections will vary upon availability*

**\$6.99 per pound**

- ☛ **Cooked Grain:**  
Brown Rice, Brown Rice w/ Flax Seed, Quinoa
- ☛ **Steamed Greens:**  
simply prepared kale, collards, spinach, chard, bok choy, broccoli, green beans
- ☛ **In Season Vegetable:**  
simply prepared vegetables to compliment our other offerings
- ☛ **Basic Bean of the Day**  
pre-soaked and prepared w/ herbs and vegetables
- ☛ **Protein:**  
Tofu, Tempe, Seitan
- ☛ **Organic Chicken:**  
prepared various ways

## Grab and Go

- ☛ Raw Cut Organic Veggies with Hummus or Tahini
- ☛ Store-made Wraps/Pita Pockets/Sandwiches
- ☛ Store-made Nori Vegetables Rolls
- ☛ Organic Raw Snacks
- ☛ Yogurts

## Desserts



- ☛ Raw Chocolate
- ☛ Rice Pudding
- ☛ Non-dairy Frozen Desserts
- ☛ Ice cream
- ☛ Gluten Free Gourmet Cookies