

Sandwiches Or Wraps

Choice of bread: Ezekial, Low Carb & Gluten Free

Choice of wraps: Ezekial & Low Carb

Veggie & Sprout – Cucumber, onion, red & green pepper, tomato & choice of dressing \$5.25

Crunchy Chicken Salad – Dairy free veganaise base, chicken & almonds \$6.25

Tuna Salad – Tuna, vegenaise, eggs, celery & onion \$6.25

Egg Salad – Eggs, vegenaise, stone ground mustard, onion & celery \$5.95

Turkey – Turkey breast & stone ground mustard \$5.95

Brown Rice & Broccoli Wrap – Brown rice, broccoli, fresh veggies, almonds & choice of dressing \$5.50

Boca Burger – Meatless burger! Great with vegenaise and stone ground mustard \$5.95

Sandwiches served with lettuce, tomato & sprouts

Grilled Sandwiches

Turkey Reuben – Grilled turkey breast, swiss cheese, sauerkraut & honey mustard \$7.25

Tuna Melt – Tuna salad grilled with melted swiss \$6.95

Grilled Turkey – Grilled turkey breast, swiss, vegenaise & stone ground mustard \$6.95

Grilled Veggie – Grilled veggies, seasonings, swiss cheese & vegenaise \$5.95

Grilled Cheese – Grilled with swiss cheese \$5.25

Soups

Cup - \$2.75 Bowl - \$3.95 Quart - \$7.25/7.95

Chicken Noodle & Red Pepper served daily

Monday – Broccoli

Tuesday – Red Potato

Wednesday – Unstuffed Pepper

Thursday – Turkey Sausage Tortellini

Friday – Cauliflower Quinoa

Dover Healthy Alternatives

320 N. Wooster Ave.

Dover, OH 44622

330-343-1500

Lunch Menu



Daily Special

Pick Any 2 For \$6.95
Side Salad, Half Sandwich
Or Cup Of Soup

Choice Of Salad Includes: Chef, Taco Or Greek

Cashew Side Salad \$.50 Extra

Grilled Sandwiches \$1.00 Extra

Salads

Cashew Chicken Salad – Mixed greens, chicken, mandarin oranges, cashews, red onion, Cajun sesame sticks & ginger mandarin dressing \$7.50

Chef Salad – Mixed greens, turkey, eggs, fresh veggies & cheese \$7.25

Taco Salad – Mixed greens, veggie taco meat, cheese, tomato, onion, black olives, salsa, dairy free sour cream & tortilla chips \$6.95

Greek Salad – Mixed greens, tomato, black olives, red peppers, cucumber, feta cheese & greek dressing \$6.75

Southwest Salad – Mixed greens, corn, black beans, tomato, onion, red & green peppers & house fiesta lime dressing made with greek yogurt \$7.25

with chicken \$8.25

Side Salads

Greek, Chef, Taco \$4.75

Southwest (Add chicken \$1.00) \$5.25

Cashew Chicken \$5.25

Try a salad in a wrap:
Greek, Chef, Taco, Southwest \$5.25

Southwest Chicken \$6.25

Cashew \$6.25

SALAD DRESSINGS: Ginger Mandarin, Ranch, Honey Mustard, Garlic Expressions, Blush Wine Vinaigrette, Italian, Balsamic, Fiesta Lime

Tacos

Vegetarian Taco – Vegetarian ground beef, lettuce, onion, black olives, cheese & salsa in a corn shell \$2.49

Soft Chicken Taco – Seasoned chicken, onion, cilantro, lime & broccoli slaw or sprouts (slaw or sprouts depend on availability) \$2.25 each / 3 for \$6.00

Drinks

Spritzers \$1.49

Hansen Root Beer & Diet Root Beer \$1.49

Zevia Soda – sweetened with Stevia \$1.49

Eternal Bottled Water \$1.39