

- Café Menu -



Dover Healthy Alternatives



Daily Specials

Monday - Pizza / Italian Salad

Tuesday - Quinoa & ground turkey stuffed in a pepper (*color of pepper may vary*)

Wednesday - Chef's Choice (*call for specials*)

Thursday - Chicken Gyros / Mushroom Gyros

Friday - Egg Roll in a Bowl

This & That

Acai Bowl - Acai, strawberries & blueberries, granola, and shredded coconut

..... **\$4.50**

Pickled Eggs & Beets. **\$0.89** each

Protein Balls Large **\$0.99** / Small **\$0.40**

Bento Boxes & other sides can be found in our new deli area

Protein. **\$5.95 - \$6.50**

Lunch Box..... **\$6.50**

320 North Wooster Avenue, Dover, Ohio 44622 • (330) 343-1500
www.doverhealthy.com • facebook.com/doverhealthy
Café Times: 11:00 am - 5:00 pm (Mon-Fri) / 11:00 am - 3:00 pm (Sat)

Sandwiches or Wraps

Bread: Ezekial or Gluten Free / **Wraps:** Low-Carb or Gluten Free
 All Sandwiches & Wraps are served with lettuce & sprouts (tomatoes in season)

- Turkey Reuben** – Grilled turkey breast, swiss cheese, sauerkraut & honey mustard.. **\$7.25**
- Grilled Turkey** – Grilled turkey breast, swiss, un-bacon bits, & asiago ranch . **\$6.95**
- Turkey** – Turkey breast, vegetarian bacon bits, asiago ranch... **\$6.25**
- Chicken Salad** – Dairy free veganaise base, chicken & almonds. **\$6.50**
- Tuna Melt** – Tuna salad grilled with melted swiss. **\$6.95**
- Tuna Salad** – Tuna, vegenaise, eggs, celery & onion..... **\$6.50**
- Mushroom Melt** – Grilled portabellla mushroom, onions, & swiss served with vegenaise on the side..... **\$6.95**
- Grilled Veggie** – Grilled veggies, seasonings, swiss cheese & vegenaise. **\$5.95**
- Veggie & Sprout** – Cucumber, onion, red & green pepper, tomato & choice of dressing. **\$5.25**
- Egg Salad** – Eggs, vegenaise, stone ground mustard, onion & celery. **\$5.95**
- Grilled Cheese** – Your choice of swiss or four cheese blend (four cheese: romano, asiago, parmesan, American)..... **\$5.25**

Tacos

- Vegetarian Taco** – Vegetarian ground beef, lettuce, onion, cheese & salsa in a corn shell..... **\$2.25**
- Soft Chicken Taco** – Seasoned chicken, onion, cilantro, lime & broccoli slaw or bean sprouts (slaw or sprouts depend on availability)..... **\$2.25** each
 **\$6.00** for 3

Salads

Salad Dressings: Asiago Ranch, French, Garlic Expressions, Balsamic, Fiesta Lime, Asian
Add Chicken: \$1.00 extra

- Cashew Chicken Salad** – Mixed greens, chicken, mandarin oranges, cashews, red onion, cajun sesame sticks & Asian dressing. **\$7.50**
 small..... **\$5.25**
- Chef Salad** – Mixed greens, turkey, eggs, fresh veggies & cheese..... **\$7.50**
 small..... **\$4.75**
- Taco Salad** – Mixed greens, veggie taco meat, cheese, tomato, onion, black olives, salsa, dairy free sour cream & tortilla chips. **\$7.50**
 small **\$4.75**
- Greek Salad** – Mixed greens, tomato, black olives, cucumber, feta cheese & Greek dressing..... **\$6.95**
 small..... **\$4.75**
- Southwest Salad** – Mixed greens, corn, black beans, tomato, onion, red & green peppers & fiesta lime dressing. **\$7.25**
 small..... **\$5.25**

Daily Special

Pick Any 2 for \$6.95

- Side Salad
- Half Sandwich
- Cup of Soup

Choice of Salad includes:
 Chef, Taco, or Greek

\$1 extra for Southwest
 or Cashew Salads

\$1 extra for Grilled Sandwiches

Soups

- Cup – **\$2.95** Bowl – **\$4.50** Quart – **\$7.25 / \$7.95**
- Daily** – Red Pepper
 - Monday** – Broccoli & Chicken Noodle
 - Tuesday** – Red Potato
 - Wednesday** – Wild Rice / Black Bean Chilli
 - Thursday** – Tortellini
 - Friday** – Cauliflower Quinoa / Chicken Noodle