

## This & That

**Acai Bowl** – Acai, strawberries & blueberries, granola,  
and shredded coconut..... **\$5.50**

**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**

## – Café Menu –



# Dover Healthy Alternatives



320 North Wooster Avenue, Dover, Ohio 44622 • (330) 343-1500  
[www.doverhealthy.com](http://www.doverhealthy.com) • [facebook.com/doverhealthy](https://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, black olives, 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). . . . . **\$2.75** each

# Salads

**Salad Dressings:** Asiago Ranch, 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. . . . . **\$7.95**  
small. . . . . **\$6.25**
- Chef Salad** – Mixed greens, turkey, eggs, fresh veggies & cheese. . . . . **\$7.50**  
small. . . . . **\$5.00**

- Taco Salad** – Mixed greens, veggie taco meat, cheese, tomato, onion, black olives, salsa, dairy free sour cream & tortilla chips. . . . . **\$7.50**  
small . . . . . **\$5.00**

- Greek** – Mixed greens, tomato, black olives, red peppers, cucumber, feta cheese & Greek dressing. . . . . **\$6.95**  
small. . . . . **\$5.00**

- Southwest** – 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** – Soup of the Day
- Thursday** – Tortellini
- Friday** – Cauliflower Quinoa / Chicken Noodle