

Sandwiches

#1 Vegan B.L.T. **V+**

Tempeh Bacon, Choice of Lettuce, Tomato, Choice of Bread or Wrap. \$4.29

#2 Vegan Hickory Cheddar **V+**

Hickory Smoked Tofurky, Choice of Cheese, Choice of Lettuce, Red Onion, Tomato, Choice of Bread or Wrap. \$4.29

#3 Safe Catch Tuna

Tuna Salad (Natural Sea Tuna, Veganaise, Dill, Celery), Choice of Lettuce, Choice of Cheese, Red Onion, Choice of Bread or Wrap. \$4.49

#4 Egg Salad **V**

Eggs Salad (Eggs, Mayonnaise, Sea Salt, Black Pepper), Choice of Lettuce, Red Onion, Choice of Bread or Wrap. \$4.49

#5 Chicken Waldorf Salad

Chicken Waldorf Salad (Free-Range Chicken, Dill, Veganaise, Walnut, Cranberry, Granny Smith Apple, Celery) Choice of Lettuce, Tomato, Red Onion, Choice of Bread or Wrap. \$5.49

#6 Turkey Gobbler

Roasted Turkey Breast, Choice of Lettuce, Choice of Cheese, Tomato, Red Onion, Choice of Bread or Wrap. \$4.99

#7 Veggie Delight **V+**

Cucumber, Tomato, Sprouts, Choice of Lettuce, Zerbo's Spread (Cashew, Yellow Pepper, Sea Salt, Lemon Juice), Choice of Bread or Wrap. \$4.29

#8 Raw Taco **V+**

Walnut Meat (Walnut, Coriander, Cumin, Chili Powder, Bragg's Liquid Aminos), Cashew Sour Cream (Cashews, Tahini, Garlic, Lemon, Sea Salt), Fresh Salsa (Tomato, Onion, Green Pepper, Cilantro, Lime, Garlic, Cayenne, Salt), Avocado, Choice of Wrap. \$5.49

Sandwich Choices

Lettuce: Romaine, Green Leaf, Spinach, Mixed Greens

Bread: Multigrain Oat, Jewish Rye, Cracked Wheat, Ezekiel 4:9, Brown Rice Wrap, Romaine, Collard Wrap, Sonoma Wheat Wrap.

Cheese: Swiss, Muenster, Mild Cheddar, Provolone, Vegan Rice Cheddar, Vegan Rice Pepper Jack

Condiment: Stone Ground Mustard, Veganaise

Health Bar Hours:

Monday-Friday 9:30 am-7:30 pm

Saturday 9:30 am-7:00 pm

Sunday 11:00 am-4:30 pm

Ask about
our soups
of the day!

In a Hurry? Call Ahead!

Phone Orders must be placed by 7:00 pm Mon.-Fri.

6:30 pm Saturday and 4:30 pm Sunday

Salads

Our Salads are made with the freshest organic produce available. Every salad is made to order to your specifications. We offer a selection of lettuces and greens as well as nuts, seeds, fruit and toppings. Salads are 5.99 per pound. See a salad order sheet available at the Health Bar for a full list of all available toppings.



V+ Vegan

V Vegetarian

All sandwiches made with Organic Ingredients if available. Gluten-Free options available for all sandwiches.

Harry's Health Bar



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www.zerbos.com

Zerbo's Classic Smoothies

S1 Nice & Easy Strawberries, Banana, Apple Juice	\$2.95
S2 Berry Blast Strawberries, Blueberries, Banana, Coconut Kefir, Spirulina, Vanilla Whey Protein, Papaya Juice	\$4.13
S3 Piña Colada Mango, Pineapple, Banana, Coconut Kefir Coconut Milk, Shredded Coconut, Papaya Juice	\$3.19
S4 The Basic Shake Strawberries, Banana, Ruby Reds, Agave Nectar, Lifetime Plant Protein, Hemp Milk	\$5.31
S5 Acai Berry Strawberries, Acai Frozen, Acai Powder, Ruby Reds, Raw Power, Strawberry C Crystals, Apple Juice	\$6.84
S6 Blue Peanut Blueberries, Strawberries, Banana, Coconut Milk, Peanut Butter, Chocolate Whey Protein, Agave Nectar Chocolate Hemp Milk	\$5.78
S7 The Illuminator Peaches, Pineapple, Banana, Coconut Oil, Spirulina, Avocado, Coconut Water	\$5.52
S8 Green Energy Strawberries, Pineapple, 1/2 Apple, Kale, Spinach, Dandelion, Ginger, Raw Power, Coconut Water, Agave Nectar	\$6.59
S9 Crimson Super C Strawberries, Raspberries, Strawberry C Crystals, Agave Nectar, Papaya Juice	\$4.14

**Prices do not include tax and are subject to change*

Create Your Own Smoothie

Base Liquid

Apple Juice **59¢**
Coconut Milk **69¢**
Coconut Water **\$1.49**
Hemp Milk **89¢**
Hemp Milk, Choc. **89¢**
Orange Juice **99¢**
Papaya Juice **29¢**
Rice Milk **49¢**

Miscellaneous

Acai Powder (1 Tb) **69¢**
Agave Nectar (1 Tb) **19¢**
Coconut Oil (1 Tb) **39¢**
Coconut Powder (1 Tb) **19¢**
Coconut Shredded (1 Tb) **9¢**
Flax Oil (1 oz) **99¢**
Goji Berries (1 Tb) **19¢**
Ginger, Fresh (1 in.) **19¢**
Hemp Seed (1 Tb) **29¢**
Kefir, Coconut **19¢**
Maca (1 Tb) **29¢**
Matcha Green Tea (1 t) **\$1.19**
Peanut Butter **19¢**
Ruby Reds (1 Tb) **99¢**
Spirulina (1 t) **29¢**
Strawberry C Crystals (1/4t) **9¢**

Greens

Dandelion (2-3 leaves) **19¢**
Kale (1-2 leaves) **29¢**
Parsley (handful) **39¢**
Spinach (handful) **29¢**

Fruit (per scoop)

Acai **\$1.49**
Apple 1/2 **49¢**
Avocado, 1/2 **79¢**
Banana 1/2 **19¢**
Blueberries **\$1.99**
Mango **99¢**
Peach **99¢**
Pineapple **\$1.19**
Raspberries **\$1.59**
Strawberries **99¢**

Protein (per Tb)

Lifetime Plant, Van. **39¢**
Lifetime Plant, Choc. **39¢**
Raw Power **99¢**
Whey, Vanilla **19¢**
Whey, Choc. **19¢**
Whey, Slim Body **59¢**
Whey, Quantum **59¢**
Peanut Butter **20¢**

For a thick smoothie, pick:

- 1 Base Liquid
- 3 scoops of Fruit
- 2 tbs. Protein
- anything else you want

Raw Juices

J1 Simple Carrot, Apple, Ginger	\$4.99
J2 Just Greens Celery, Cucumber, Spinach, Parsley, Green Pepper, Kale	\$5.99
J3 Spicy Veggie Tomato, Garlic, Green Pepper, Spinach, Celery, Parsley, Carrot, Cayenne Pepper	\$5.99
J4 Liver Rejuvenator Carrot, Apple, Lemon, Kale, Parsley, Dandelion, Beet, Garlic	\$5.99
J5 Fatigue Blend Celery, Apple, Spinach, Lemon, Garlic	\$5.49

Create Your Own Juice

Base (Choose One): Carrot, Apple, Celery, Tomato	\$4.49
Additional Items: 1/2 Apple, Carrot, 1/2 Cucumber, Celery, Beet, Spinach, Parsley, Ginger (1 inch), Garlic (2 cloves), 1/2 Green Pepper, Kale (2 leaves), Tomato, 1/2 Lemon, Dandelion (4 leaves)	\$.25 each

**color and flavor will vary due to the use of fresh seasonal vegetables*

Wheatgrass

\$2.49 per oz. 50¢ off for each additional oz.

**All Juices and Smoothies are made with Certified Organic Fruits and Vegetables.*