**Organic Raw Juices:**

**16 oz. - $8.99**

**Add $1.00 for any made to order combination**

**(We use only Organic Produce.)**

**Green Supreme:**

**Cucumber, Kale, Parsley, Celery, & Apple**

**Cleanse:**

**Beet, Apple, Spinach, Carrot, & Parsley**

**Sunny Day:**

**Carrot, Apple, Kale, Celery, Lemon, & Ginger**

**Linda’s Juice:**

**Carrot, Kale, Celery, & Dandelion**

**Dr. Awesome:**

**Spinach, Cucumber, Apple, Celery, Parsley, Lemon, & Ginger**

**Uplifting Greens:**

**Pineapple, Ginger, Parsley, Cucumber, & Lemon**

**Smoothies:**

**16 oz. - $6.99**

**Add $1.25 for Maca, Protein Powder, or Super Greens**

**Add $1.00 for made to order Smoothie Combinations**

**Any Milk may be substituted with: Cow, Coconut, or Almond Milk for free!**

**(We use only Organic Produce.)**

**Old Faithful:**

**Strawberry, Banana, & Coconut Milk**

**Chocolate Peanut Butter Bash:**

 **Peanut Butter, Raw Cacao, Almond Milk, & Banana**

**Green Envy:**

**Spinach, Pineapple, Banana, Ginger, Cinnamon, & Coconut Milk**

**Endurance:**

**Mango, Yerba Mate, Banana, & Coconut Milk**

**Coffee Frost:**

**Cold Pressed Organic Coffee, Banana, & Almond Milk**

**Super Hero:**

**Mixed Berries, Cacao Coconut Nectar Milk, or Almond Milk**

**Tropical:**

**Pineapple, Mango, Banana, Coconut Nectar Milk, or Almond Milk**

**Organic Juice Shots:**

**2oz. - $4.49**

**Ginger, Wheatgrass, or Lemon**

**Wraps:**

**½ Wrap: $5.99, Full Wrap: $9.49**

**Wheat, Rye, Sprouted, or Gluten Free Bread may be substituted for a Wrap**

**(Only Organic Produce is used in all our Food Items in our Café, and we only use the freshest of ingredients, and try to use organic products whenever possible.)**

**Turkey Avocado:**

**Turkey, Cheddar Cheese, Avocado, Tomatoes, Mixed Greens, & Sprouts**

**Tuna:**

**Tuna, Provolone Cheese, Tomatoes, Sprouts, & Mixed Greens**

**Greek Chicken:**

**Chicken, Tomato, Feta Cheese, Sprouts, Mixed Greens, & Greek Dressing**

**Almond Chicken Salad:**

**Chicken Salad (Organic Chicken, Vegenaise, Celery, Dried Cranberries, Lemon, local Honey, Salt & Pepper), Mixed Greens, & Sprouts**

**Egg Salad:**

**Egg Salad (Local Free Range Eggs, Vegenaise, Salt & Pepper), Tomatoes, Mixed Greens, & Sprouts**

**Turkey Rueben:**

**Turkey, Swiss cheese, 1,000 Island Dressing, Spinach, & Sauerkraut**

**Vegan Options:**

**Hummus Veggie:**

**Hummus, Mixed Raw Veggies, Sprouts, Mixed Greens, & Miso Dressing**

**Tempeh Rueben:**

**Tempeh, Vegan “Cheese”, 1,000 Islands Dressing, Spinach, Sauerkraut**

**Pecan Veggie:**

**Pecans, Mixed Raw Veggies, Miso Dressing, Sprouts, & Mixed Greens**

**Grilled Tofu:**

**Grilled Tofu, Mixed Raw Veggies, Sprouts, Mixed Greens, & Miso Dressing**

**Mixed Green Salad:**

**Mixed Greens, Sprouts, Tomatoes, Cucumbers, Assorted Raw Veggies, Seeds, & Miso Dressing**

**½ Salad: $5.99**

**Full Sized Salad: $9.49**

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**Soup**

**Made Fresh Daily Call for Soup Selection**

**Bowl $5.99**



**Desserts:**

We make many assorted **Cookies, Bars, Cakes, Cookies, Muffins & Pies** dailyincluding many items using **Vegan and Gluten Free** Ingredients. Please call for daily selection.

While we make several items using Dairy Free, Gluten Free and Nut Free ingredients, we cannot guarantee any of our items to be Allergen Free, because of the possibility of cross contamination, as they are made in a kitchen that uses dairy, nuts and gluten in other items.

**Catering Available**

 **for all your Corporate & Personal Gatherings just fill out our online form at Feel-Rite.com**

**Or call and speak to our Café Supervisors.**

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Café Menu

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**Amherst Café Location:**

1445 Niagara Falls Blvd.

Amherst, N.Y. 14228

716-834-3385

**Williamsville Café Location:**

5425 Transit Road

Williamsville, NY 14221

716-636-1000

**Hours of Operation:**

Mon. – Sat.: 9:00am – 3:00pm

**(Call 30 mins. ahead and we’ll have it ready for you when you arrive!**)