

Burgers • \$16.99

Choice of French Fries or Side Salad

Angus Beef Burger

Housemade Angus beef burger, fried onion rings, lettuce, tomato & american cheese

Black Bean Burger

Housemade black bean burger, guacamole, arugula & avocado

Beyond Burger

Plant based burger topped with grilled mushrooms, caramelized onions & garlic aioli

Turkey Burger

Housemade turkey burger topped with cheese, lettuce, tomato & onion

Grilled Salmon Deluxeadd 3.00

Topped with cheese lettuce, tomato, onion & chipotle ranch

Sandwiches • \$15.99

All Sandwiches Served with French Fries

Truffle Grilled Chicken

Tender chicken breast with melted swiss cheese, prosciutto, tomato & onion with garlic aioli

Chicken Milano

Chicken cutlet, fresh mozzarella, lettuce, spicy peppers & garlic aioli

Chipotle Turkey & Bacon

Housemade roasted turkey, applewood smoked bacon or turkey bacon, cheddar, spinach, tomato & avocado

Almond Crusted Blackened Cod

Lettuce, tomato & tartar sauce

Clubs • \$16.99

Choice of French Fries or Side Salad.

Comes with Choice of Applewood Smoked Bacon or Turkey Bacon, American Cheese, Lettuce, Tomato, Avocado, Red Onion & Mayo

Grilled Chicken Club • Home Roasted Turkey Club • Tuna Salad Club • Chicken Salad Club

Hot & Cold Hoagies • \$14.99

Extra Cheese, Mushrooms, Green Peppers, Hot or Sweet Peppers Add \$1.99

Cheesesteak

Chicken Cheesesteak

Buffalo Chicken Cheesesteak

Italian

Home Roasted Turkey

Chicken Pesto

Spinach, tomato & mozzarella

Tuna or Chicken Salad

Grilled Vegetables

Chicken Cutlet Parmigiana

Eggplant Parmigiana

Kids Menu • \$10.99

Grilled Cheese Quesadilla

Apple & Mango Grilled Chicken Salad

Chicken Fingers & French Fries

Pasta with Cheese or Marinara Sauce

Chicken & Brown Rice

Mozzarella Sticks & French Fries



Check Our Catering Menu & Juicing Program at
www.HealthyGardenCafe.com

PSRT STD
 ECRWSS
 US POSTAGE
 PAID
 EDDM Retail

*****ECRWSS EDDM****

Local Postal Customer

BREAKFAST • LUNCH • DINNER • CATERING
 TAKE OUT • DELIVERY • EAT IN • BYOB

Catering Menu & Juicing Program Available



We Support Local, Organic & Sustainable Products

OPEN 7 DAYS

HOURS: Saturday-Thursday: 9am-8pm • Friday: 9am-9pm



MOORESTOWN
 856-234-2522

VOORHEES
 856-616-9300



CHECK OUT OUR MENU ONLINE



Order Online or by Phone



www.HealthyGardenCafe.com

Email: Voorhees@HealthyGardenCafe.com • Fax: 856-616-9322

OMG-856-322-4022 • info@needmg.com • 04/25 • Not responsible for typographical errors. Prices subject to change without notice due to food costs.

🌱 Fresh Squeezed Juices 🌱

16oz \$8.99 • 32oz \$14.99

Add to any juice: Wheatgrass 5.99 • Ginseng 2.99 • Organic Spirulina 3.99
Ginger Root shot 2.99 • Turmeric shot 2.99 • Echinacea 2.99 • Vanilla Whey Protein 3.99

Raw Green Juice

Green apple, kiwi, kale, parsley, ginger, wheatgrass

Flu Warrior

Pineapple, apple, lemon, garlic, ginger, cayenne pepper

Skinny-mini

Pineapple, kale, cucumber, lemon, ginger

Vitamin Bomb

Beet, cucumber, celery, ginger, lemon, mint

Berry Beet Juice

Strawberry, blueberry, beet, ginger, apple, mango

The Cure

Beet, kale, apple, broccoli & ginger

King Kale

Kale, apple, cucumber, lemon, wheatgrass & ginger

Cold Fighter

Carrot, grapefruit, orange, ginger, echinacea

Detox

Celery, spinach, carrot, orange, garlic, parsley

Iron Booster

Apple, beet, carrot, ginger

Big Five

Pineapple, strawberry, apple, kiwi, mango

Body Cleanser

Carrot, cucumber, beet, apple

Rejuvenator

Orange, carrot, apple, parsley, wheatgrass

Emerald Forest

Cucumber, apple, celery, parsley, mint, spinach, broccoli

Flu Buster

Apple, orange, lemon, garlic, ginger, echinacea

Health Tonic

Apple, orange, kiwi, lemon, ginger

Rise and Shine

Pineapple, orange, strawberry, wheatgrass

Migraine Reliever

Pineapple, kale, celery, cucumber, lemon

Just Green

Cucumber, kale, green apple

Tropical Green

Pineapple, kiwi, kale, orange, ginger

	16oz	32oz
Lemonade	8.99	14.99
Orange	8.99	14.99
Pineapple	9.99	17.99
Apple	7.99	13.99
Carrot	6.99	12.99
Grapefruit	8.99	14.99
Celery	8.99	14.99

Organic Wheatgrass Shot

(2oz) 5.99

(4oz) 9.99

Turmeric Ginger Shot

(2oz) 3.99

(4oz) 6.99

Juice Memberships AvailableWeekly (7 Juices) \$55 • Monthly (30 Juices) \$199

🌱 Natural Smoothies 🌱

Small 16oz \$7.99 • Medium 24 oz \$10.99 • Large 32oz \$13.99

Add to any smoothie: Wheatgrass 5.99 • Ginseng 2.99 • Organic Spirulina 3.99 • Ginger Root shot 2.99
Turmeric shot 2.99 • Echinacea 2.99 • Vanilla Whey Protein 3.99 • Natural Yogurt 1.50
Soy Milk 1.99 • Almond Milk 1.99 • Flax Seeds 1.99

Blue Dream

Banana, blueberry, peanut butter, almond milk & flax seeds

Tropi-kale

Pineapple, kale, avocado

Pineapple Detox

Pineapple, mango, lemon, mint

1. banana, orange, pineapple

2. orange, grapefruit, banana

4. peach, banana, mango

5. orange, strawberry, banana

6. mango, blueberry, strawberry

7. strawberry, orange, pineapple

8. orange, pineapple, peach

10. peach, banana, mango, grapefruit

11. kiwi, orange, lemon, pineapple

12. strawberry, kiwi, orange

14. peach, strawberry, banana

15. peach, blueberry, strawberry

19. pineapple, strawberry, kiwi, banana

20. honeydew, pineapple, orange

21. kale, spinach, avocado, banana

☕ Coffee & Tea ☕

Fresh Brewed Organic Unsweetened Iced Tea 3.99

Black Passion Fruit or Green Mango

Organic Hot Tea 3.99

Freshly Brewed Coffee 2.99

Iced Coffee 2.99

🍲 Homemade Soups 🍲

🌱 Black Bean Soup

16 oz 7.99

32 oz 13.99

🌱 Vegetable Soup

16 oz 7.99

32 oz 13.99

🌱 Split Pea Soup

16 oz 7.99

32 oz 13.99

Chicken Soup

16 oz 8.99

32 oz 14.99



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🍕 Pizza 🍕



Cheese (White or Red)

Med 14"

15.99

Lg 16"

17.99

Pizza Turnover

16.99

18.99

Stromboli or Calzone

16.99

18.99

Whole Wheat Pizza

18.99

18.99

Gluten Free Pizza

18.99

18.99

Sicilian

22.99

Additional Topping Choices: \$3.99

Pepperoni, Mushrooms, Ham, Bacon, Sausage, Pineapple, Onion, Bell Pepper, Tomatoes, Black Olives, Broccoli, Spinach, Feta, Extra Cheese, Zucchini

Specialty Topping Choices: \$5.99

Imported Goat Cheese, Fresh Mozzarella, Artichokes, Ricotta Cheese, Anchovies, Portabella Mushrooms, Eggplant, Avocado
(Daiya Cheese or Grilled Chicken \$7.99)

🍕 Specialty Pizzas (White or Red) 🍕



Add 2.00 for Whole Wheat Crust (Large Only) • Add 4.00 for Gluten Free Crust (Med. Only)

The Grandma Fresh mozzarella, basil, olive oil, parmesan cheese

Med 14"

19.99

Lg 16"

23.99

Meat Lovers Sausage, pepperoni, ham, applewood smoked bacon

19.99

21.99

The Works

Sausage, pepperoni, applewood smoked bacon, onions, green peppers, black olives, mushrooms, extra cheese

19.99

21.99

Veggie Lovers Onions, green peppers, black olives, mushrooms, fresh tomatoes

19.99

21.99

Heart Healthy Veggie

Spinach, artichoke hearts, mushroom, tomato, basil, garlic, grilled eggplant

19.99

21.99

Buffalo or BBQ Chicken (Add \$1 for a side of Bleu Cheese or Ranch)

19.99

21.99

NY White Ricotta base, spinach, broccoli, garlic

19.99

21.99

Margherita Fresh mozzarella, sliced tomatoes, fresh basil

19.99

21.99

🌱 Whole Wheat Vegetarian

Daiya cheese, fresh veggies (green pepper, zucchini, eggplant, onion, mushroom)

24.99

🌱 Whole Wheat Natural Daiya cheese, grilled tofu, tomatoes, spinach, daily grilled veggies

24.99

Whole Wheat Chicken Pesto

Grilled chicken, feta, spinach, garlic, homemade pesto, fresh mozzarella

24.99

🍕 Gluten Free Flatbreads \$19.99 🍕

With Mozzarella Cheese • Add Daiya Cheese \$6.99

Gluten Free Veggie Flat Bread

Roasted zucchini, green pepper, onions, mushrooms, goat cheese & pesto

Gluten Free Grilled Chicken Flat Bread

With spinach, red onion and fresh mozzarella

Gluten Free Buffalo Chicken Flat Bread

Gluten Free Arugula Flat Bread

Prosciutto, arugula, sliced tomato, fresh mozzarella, balsamic vinaigrette

Gluten Free Spinach Flatbread

Spinach, roasted red peppers, artichokes, goat cheese, onions

🍗 Wings 🍗

Mild, Medium, Hot, Garlic, Parm, BBQ or Thai Sweet Chili • Served with Bleu Cheese & Celery

6 Wings

9.99

12 Wings

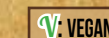
19.99

24 Wings

38.99



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Main Courses

Served with Soup or Salad
Substitute Gluten Free Penne 2.00 • Whole Wheat Penne

Chicken Schnitzel Housemade chicken schnitzel, cheese, served with roasted potatoes and side of scallion sour cream	22.99
Chicken Marsala Sautéed chicken in marsala wine with wild mushrooms, served with mashed potatoes	20.99
Chicken Pesto Sautéed chicken breast with spinach, topped with fresh mozzarella & garlic homemade pesto over whole wheat penne	20.99
Pan Roasted Chicken Sautéed chicken breast with spinach & glazed carrots, served over organic brown rice	20.99
Chicken Francaise Egg batter chicken breast in white wine & lemon sauce served with penne pasta	20.99
Penne Vodka with Chicken	20.99
Chicken Kabob Served with grilled vegetables & organic brown rice	21.99
Chicken Vegetable & Sesame Stir Fry Vegetables tossed with teriyaki sauce over organic brown rice	21.99

Seafood

Served with Soup or Salad
Substitute Gluten Free Penne 2.00 • Whole Wheat Penne

Grilled Salmon with Truffle Garlic Mashed Potatoes Served on a bed of sauteed spinach, arugula and sun-dried tomatoes	23.99
Lemon Garlic Baked Cod Baked flaky white cod fillet in lemon garlic butter sauce, served with garlic mashed potatoes and grilled asparagus	23.99
Salmon Pappardelle Pasta Pan seared salmon with wild mushrooms & shaved onions in mascarpone cheese & white truffle oil	23.99
Spicy Garlic Shrimp Pasta Shrimp sauteed in spicy garlic olive oil and white wine sauce over fettuccine	23.99
Shrimp Vegetable & Sesame Stir Fry Vegetables tossed with teriyaki sauce over organic brown rice	23.99
Miso Salmon Baked miso marinated salmon served with organic brown rice and grilled asparagus	23.99

Vegetarian

Vegetable Pasta Zucchini, broccoli, oyster mushrooms tossed with fettuccine in spicy garlic olive oil and white wine sauce	19.99
Tofu Sesame & Vegetable Stir Fry Vegetables tossed with teriyaki sauce over organic brown rice	21.99
Sesame & Vegetable Stir Fry Vegetables tossed with teriyaki sauce over organic brown rice	19.99
Very Veggie Pasta Penne tossed with daiya cheese and scallion topped with grilled tofu and avocado	20.99



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Breakfast

Most Important Meal of the Day • Served Until 5:00pm

Choice of Toast for Egg Breakfasts

Add Egg Whites 2.99 • Add Home Fries 4.99 • Add Applewood Smoked Bacon, Turkey Bacon or Turkey Sausage 5.99

NEW Smoked Salmon Avocado Toast Smoked salmon on buttered rye toast with cream cheese, avocado, scallions, served with crispy home fries	16.99	BLT Egg Explosion Sandwich Scrambled eggs, applewood smoked bacon or turkey bacon, cherry tomato, arugula, red onion, avocado, garlic aioli	13.99
Deluxe Fruit Salad Seasoned fresh fruits & berries topped with raisins, cranberries, walnuts & honey	Regular 10.99 • Large 17.99	Breakfast Burrito Organic eggs, turkey sausage, onion, green pepper in spicy chipotle ranch sauce with side of home fries	14.99
Breakfast Special 3 organic eggs any style with choice of applewood smoked bacon, turkey bacon or sausage and home fries	13.99	Avocado Egg Sandwich Organic eggs, avocado, applewood smoked bacon or turkey bacon, mozzarella & tomatoes served with home fries	13.99
Breakfast-Brunch Platter 2 Organic eggs any style, choice of applewood smoked bacon, turkey bacon or turkey sausage, 2 pancakes & home fries	14.99	Housemade Pancakes or Waffle With fresh fruits and walnuts	9.99
Vegan Scramble Organic tofu, portabella mushrooms, tomato, basil, scallion	14.99	Stuffed French Toast Stuffed French toast with raspberry jam and topped with peanut butter, Nutella and fruit	12.99
Garden Scramble Organic eggs, organic quinoa, tomatoes, portabella mushroom, spinach	14.99	Chocolate Chip or Blueberry Pancakes (All pancakes and waffles are served with maple syrup)	9.99
Fresh Start Omelet Organic eggs, tomatoes, portabella mushrooms, Monterey Jack cheese, red onion, bell pepper, spinach	13.99	Power Breakfast Organic oatmeal with strawberries, walnuts, bananas, honey & cinnamon	9.99

Appetizers

Crispy Volcanic Shrimp	14.99	Chicken Fingers with Fries	14.99
Housemade Guacamole With toasted pita bread	12.99	French Fries (Add Cheese Sauce \$1.00)	7.99
Hummus Platter Housemade hummus with toasted pita bread	10.99	Truffle French Fries	8.99
Avocado Cups Tuna or chicken salad on a bed of mixed greens, carrots & cucumbers	13.99	Organic Hand Cut Sweet Potato Fries	9.99
Lettuce Wrap-n-Roll With a choice of tuna salad, chicken salad, grilled chicken or hummus	11.99	Mozzarella Sticks	9.99
Mediterranean Sampler Choice of brown rice or quinoa, served with falafel, hummus, pita, tahini sauce, mixed greens, tomatoes and avocado	17.99	Onion Rings	9.99
		Grilled Vegetables Portabella mushroom, asparagus, red bell pepper, zucchini & red onion	13.99
		Buffalo Cauliflower	10.99
		Spicy Brussel Sprouts	10.99

Quesadillas

Add Daiya Cheese 5.99 • Gluten Free Tortilla 1.99 • Made with Monterey Jack Cheese

Spicy Shrimp Quesadilla Jalapeno peppers & spicy chipotle sauce	17.99	Living Green Quesadilla Spinach, scallions, avocado, pesto	13.99
Southwestern Chicken Quesadilla Grilled chicken, applewood smoked bacon or turkey bacon, avocado & spicy chipotle ranch sauce	16.99	Black Bean Burger Quesadilla Housemade black bean burger, cheddar cheese, avocado, red onions	15.99
Cheesesteak Quesadilla Beef or chicken, fried onions	15.99		

Savory Crepes

Smoked Salmon Cream cheese and scallions	18.99
Tuna Salad Monterey Jack & scallion	15.99
Chicken Salad Monterey Jack & scallion	14.99
Fresh Mozzarella, Tomato & Basil	14.99

Dessert Crepes

All Dessert Crepes Topped with Whipped Cream & Chocolate	
Fresh Berries Strawberry & blueberry	14.99
Strawberries, Bananas & Nutella	14.99
Mango, Papaya, Kiwi & Nutella	14.99



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Platters

All Entrees Garnished with Fresh Green Mix, Tomatoes, Avocado.
Comes with Choice of Side Order:
Organic Brown Rice • Organic Quinoa • Garlic Sautéed Vegetables •
Grilled Asparagus • Organic Yams (Sweet Potatoes)

Grilled Chicken Platter (herb, pesto, BBQ or blackened)	19.99	Housemade Turkey Burger Platter	19.99
Marinated Salmon Filet Platter (lemon, kiwi mango, blackened or teriyaki)	22.99	Shrimp Teriyaki Platter	22.99
Grilled Cod Filet Platter (blackened, teriyaki or kiwi mango)	21.99	✓ Grilled Organic Sesame Tofu Platter	18.99
		✓ Falafel Platter	18.99
		✓ Black Bean Burger or Beyond Burger Platter	19.99

Wraps

Choice of Whole Wheat, Spinach, Sun Dried Tomato or Gluten Free Wrap Add 1.99

Grilled Salmon Wrap Blackened salmon, avocado spread, red onion, romaine & cherry tomatoes	19.99	Tzatziki Chicken Wrap Grilled chicken breast with tzatziki sauce, mixed greens, tomatoes, carrots, red cabbage, bell pepper	15.99
NEW Rainbow Green Wrap Grilled cod, organic brown rice, feta and Monterey Jack cheese, spinach, avocado with miso ginger dressing	19.99	Grilled Chicken Wrap Grilled chicken breast, mixed greens, carrots, tomatoes, red cabbage, bell pepper with light house dressing	15.99
NEW Smoked Salmon Wrap Mixed greens, red onions and cherry tomatoes mixed with tzatziki sauce	19.99	Chicken Caesar Wrap Grilled chicken, parmesan cheese, romaine lettuce and house made Caesar dressing	15.99
Spicy Thai Shrimp Wrap Grilled shrimp tossed in spicy thai mayo, romaine lettuce, carrot, tomato and cucumber	19.99	✓ Avocado Star Wrap Avocado, mixed greens, tomatoes, red cabbage, carrots, bell pepper, light house dressing	12.99
Black Bean Burger Wrap Housemade black bean burger, romaine lettuce, avocado, red onion, cheddar cheese and chipotle ranch	15.99	✓ Hummus Wrap Housemade hummus, mixed greens, tomatoes, red cabbage, carrots, bell pepper	12.99
Tuna Salad Wrap White Albacore tuna salad, mixed greens, tomatoes, carrots, bell pepper, red cabbage	16.99	✓ Tofu Wrap Grilled organic tofu, mixed greens, tomatoes, cucumbers, carrots, red cabbage, bell pepper with vegan house dressing	14.99
Chicken Salad Wrap Chicken salad, mixed greens, tomatoes, carrots, red cabbage, bell pepper	15.99	Southwestern Chicken Wrap Grilled chicken, lettuce, applewood smoked bacon or turkey bacon, avocado & spicy chipotle ranch sauce	16.99
✓ Falafel Wrap Housemade falafel and tahini dressing, hummus, mixed greens, tomatoes, carrots, red cabbage, bell pepper	14.99	Buffalo Chicken Wrap Grilled buffalo chicken, cheddar cheese, romaine lettuce, carrots, tomato with ranch dressing	15.99
Breast O Cado Wrap Home roasted turkey breast, avocado, Monterey Jack cheese, mixed greens, tomatoes, carrots, red cabbage, bell pepper with honey mustard dressing	18.99		
Turkey Burger Wrap Housemade Turkey Burger with mixed greens, tomatoes, carrots, red cabbage, bell pepper with light house dressing	17.99		



Salads

Add Grilled Chicken or Chicken Salad 6.99, Salmon 12.99, Cod 11.99, Shrimp 11.99, Tuna salad 8.99
All Salad Dressings Are Housemade

Salmon Avo-Berry Salad Grilled salmon filet, arugula, strawberries, avocado, goat cheese, toasted almonds, side of red raspberry vinaigrette	22.99	TB Grilled & Fresh Salad Chopped turkey burger, tossed with brown rice, chopped grilled eggplant, onions, steamed broccoli and red pepper	18.99
Bunless Burger Salad Angus cheeseburger on a bed of tomato, cucumber, red onion, mixed greens, topped with avocado in lemon & EVOO vinaigrette	16.99	✓ Aloha Salad Mixed greens, avocado, mango, pineapple, sunflower seeds, red bell pepper mixed with light house dressing	14.99
Corso Salad Grilled chicken, choice of applewood smoked bacon or turkey bacon, avocado, celery, cherry tomatoes, croutons on a bed of Romaine in lime cilantro vinaigrette	17.99	Spinach Salad Spinach, walnuts, cranberries, strawberries, raisins, topped with feta and raspberry vinaigrette	14.99
✓ Apple Kale Salad Steamed kale, mixed greens, avocado, apple, cranberries, almonds, carrots & scallions tossed in citrus sesame vinaigrette	14.99	Greek Salad Mixed greens, cucumbers, cherry tomatoes, red onions, Kalamata olives, bell peppers, topped with feta cheese and tossed with housemade Greek dressing	14.99
✓ Chickpea Lover Salad Mixed greens, chick-peas, fine chopped garlic, red onion, with EVOO & lemon juice topped with avocado	14.99	✓ Ciao Bella Platter Organic grilled tofu, grilled portabella mushroom, avocado, tomatoes & red cabbage on a bed of mixed green	17.99
✓ Falafel Salad Tomatoes, cucumbers, onion and parsley tossed in lemon vinaigrette topped with falafel	17.99	Field Trip Salad Arugula, cucumber, tomato, dates, walnuts mixed with our citrus vinaigrette, topped with avocado & goat cheese	14.99
Mozzarella Caprese Salad Fresh mozzarella and tomatoes, avocado, red onion, basil and olives on a bed of mixed greens topped with balsamic glaze and extra virgin olive oil	14.99	Mediterranean Hummus Bowl Hummus, quinoa, chickpeas, mixed greens, cucumber, cherry tomatoes, red onion with light house vinaigrette	14.99

House Favorite Salads

NEW Ground Turkey Sweet Potato Skillet Ground turkey, sweet potato, spinach, onion, red bell peppers sautéed in olive oil	15.99	Gamberi Salad Sautéed shrimp and zucchini in teriyaki sauce on a bed of mixed greens, mango, bell peppers, cilantro & scallions topped with shaved parmesan	18.99
Garden Beauty Salad Mixed greens, bell pepper, scallions, imported olives, red cabbage, cherry tomatoes, cucumbers, carrots, feta cheese, tossed with light house dressing & topped with avocado	15.99	Chicken Caesar Salad Grilled chicken, romaine, cherry tomatoes, shaved parmesan cheese, topped with fried tortilla	16.99
Farm Chicken Chop Organic brown rice, grilled chicken breast tossed with mixed greens, cherry tomatoes, cucumbers, red cabbage, bell pepper and scallion served with house dressing	18.99	Balsamic Grilled Chicken Salad romaine lettuce, cucumbers, cherry tomatoes, red onions, carrots, mixed with balsamic marinated chicken breast, parmesan cheese	18.99
✓ International Quinoa Salad Organic quinoa, chickpeas, bell pepper, grape tomatoes, cucumbers, scallion, dulse flakes, sesame seeds, topped with avocado	16.99	Roasted Beet Salad Roasted beets, goat cheese, curly carrots & almonds on a bed of arugula, drizzled in balsamic glaze & extra virgin olive oil	15.99



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