

## Salads

- Caesar Salad ● \$6.99  
Romaine mixed with avocado, croutons, and parmesan. Served with Caesar dressing.
- Waldorf Salad ● \$6.99  
Bed of greens, a variety of apples, walnuts, celery and grapes with an apple honey dressing.
- Classic Veggie Salad ●●● \$6.99  
Romaine lettuce, carrots, cucumber, red pepper, tomato, red onion with your choice of Italian, honey mustard, French, or oil and vinegar.
- Greek Salad ●● \$6.99  
Romaine lettuce, red beans, olives, cucumber, red onion, tomato, and feta cheese with our fresh Greek dressing.
- Parthenon Salad ● \$6.99  
Bed of romaine lettuce with Kalamata olives, feta, tomato, artichokes, red onion, and roasted pepper hummus with a lemon-parsley vinaigrette dressing.
- Sweet Corn Salad ●●● \$4.49  
Sweet corn combined with red bell peppers, tomatoes, celery, onion, and a special of seasonings..
- Broccoli Salad ●● \$3.89  
Broccoli, onion, grapes, and Vegenaïse.
- Apple Pie Salad ●● \$3.89  
A scrumptious explosion of apple pie flavor, great for any meal, a snack, or dessert!
- Texas Salsa ●● \$5.49  
A delicious blend of veggies, beans, and seasonings, served with organic blue or yellow corn chips.

## A Little About Us...

*This company was born out of necessity for a healthier lifestyle for a busy, Michigan mom and her family. We serve the healthiest foods, that cater to a fast-paced lifestyle for busy professionals and individuals.*

*Our goal is to offer you and your family vibrant health, bodies, and lives and to increase your natural energy levels for higher productivity. We'll accomplish this through education and providing you, our customers, with the most nutritious food.*

*We serve only the freshest fruits, vegetables, grains, nuts, seeds, and breads available in order to accommodate healthy living.*

**Let us cater your next event.**

**Call for details and prices.**

### Grab n' Go Hours:

Monday, Wednesday, and Friday:

10 a.m. - 5:30 p.m.

Tuesday and Thursday:

10 a.m. - 6 p.m.

Saturday:

11 a.m. - 3 p.m.

### Dine-In Hours:

Monday - Friday:

11 a.m. - 3 p.m.

Saturday:

11 a.m. - 3 p.m.

## Take-Out Menu



**Vegg Out!**  
Café and Juice Bar

***Healthy never  
tasted so good!***

2706 Louanna Street, 2nd Floor

Midland, Michigan 48640

Phone: 989.835.6406

E-mail: VeggOut@charter.net

Web: VeggOut.net

**Vegg Out!**  
Café and Juice Bar

Our kitchen was graciously co-sponsored by:



[WWW.HALifeStyleCenters.com](http://WWW.HALifeStyleCenters.com)

## Sides

- Mock Fried Rice ● ● ● \$4.49  
Cauliflower, red bell pepper, carrots, tomatoes, and corn, chopped and marinated with spices, herbs, and seasonings.
- Tomato & Basil Bruschetta ● ● \$4.49  
Tomato, basil, garlic, olive oil, and spices on a specialty toasted bread.. (Bread is not vegan or raw.)
- Bean Dip ▸ ● ● \$3.49  
Bean and herb dip served with Mediterranean garlic toast.
- Veggies & Hummus ▸ ● ● \$2.99  
Fresh carrots, red pepper, broccoli, and cucumber with roasted red pepper or garlic hummus on the side.
- Chips and Salsa ▸ ● ● \$2.99  
Organic blue corn tortilla chips served with salsa.

## Entrees

- Soup of the Day ● \$3.99
- Creamy Tomato Basil Soup ● \$3.99  
Taste the rich, goodness of a creamy, organic tomato basil soup, sure to warm the heart!
- Black Bean Soup ● ● \$3.99  
Black beans, oregano and basil tomatoes, garlic, onion, and our special blend of herbs.
- Zucchini Linguine with Pesto<sup>S</sup> ● ● ● \$6.49  
Spiral cut zucchini topped with tomatoes, avocados, and a fresh pine nut pesto.
- Black Bean and Hummus Wrap ● \$6.99  
Black bean mixture, salsa, garlic hummus, greens and avocado. Served with tortilla chips and salsa.
- Vibrant Vegg Wrap ● \$6.99  
Roasted red pepper hummus, a plethora of veggies, topped with salsa and sun-dried tomato vinaigrette. Served with tortilla chips and salsa.

## Sandwiches

- Veggie ● \$6.99  
Lettuce, tomato, onion, avocado, cucumber served with your choice of Dijon mustard, Vegenaise, or hummus.
- Mediterranean ● \$6.99  
Lettuce, tomatoes, cucumbers, red peppers, onions, feta cheese, and roasted red pepper hummus.
- C.L.T. (Chickpea, Lettuce, Tomato) ▸ ● ● \$6.99  
Our homemade chickpea and veggie blend with lettuce and tomato. Yum!!

## Desserts

- Chocolate Mousse with Fruit ▸ ● ● \$4.99  
Chocolate, avocado-based dessert topped with seasonal fresh fruit.
- Vanilla Almond Smoothie ▸ ● ● \$3.99  
Creamy blend of banana, almonds, and vanilla almond milk.
- Chocolate Almond Smoothie ▸ ● ● \$3.99  
Creamy blend of banana, almonds, and chocolate almond milk.
- Berry Banana Smoothie ▸ ● ● \$4.99  
Seasonal berries, banana, almonds, and vanilla almond milk.
- Chocolate Ganache Tart ▸ ● ● \$1.99  
Creamy coconut cocoa ganache over a chocolate almond crust.
- Raw Pumpkin Pie ● ● ● \$15.99  
A healthy version of a favorite classic. This pie tastes just as good as the pie you grew up with, with a bonus of energy afterwards!  
(24 Hour Notice Required for Pie)

## Juices

- Carrot ● ● ● \$2.99  
Organic California carrots.
- Cucumber Celery ● ● ● \$2.99  
Cucumber and celery.
- Pear Lemon ● ● ● \$3.89  
Pear and lemon.
- Carrot Beet Cucumber ● ● ● \$2.99  
Carrot, beet, and cucumber.
- Carrot Apple ● ● ● \$3.89  
Carrot and apple.
- Strawberry Apple Lemonade ● ● ● \$3.89  
Strawberry, apple, and lemons.
- Lemonade Cleanse ● ● ● \$3.99  
RO water, lemon juice, and grade B Maple syrup make up this cleansing and delicious drink that will help you regain energy, detoxify your body, eliminate fat, and improve your overall health.
- Mint-O-Green Energy ● ● ● \$1.99  
Boost your energy and alkalize your system naturally with this minty, chlorophyll drink.
- Max Energy Shot ● ● ● \$0.99  
Made from organic, baby barley greens, this drink is packed with vital nutrients and energy.

<sup>S</sup> indicates seasonal menu items.

\*Menu and prices are subject to change without notice.



● Raw ( ▸ Indicates Mostly Raw)

● Gluten-Free

● Vegan