



*"All of our deli prepared foods & drinks are certified organic."*



## ORGANIC SANDWICHES

- Organic Veggie Sandwich .....\$6.75
- Organic Turkey Sandwich .....\$7.75
- Organic Chicken Sandwich .....\$7.75
- Organic Roast Beef Sandwich .....\$7.75
- Organic Uncured Ham Sandwich .....\$7.75
- Organic Hard Salami Sandwich .....\$7.75

### Organic Sandwich Options

**Organic Breads (one choice):** Organic Wheat, Organic Cracked Wheat, Organic Panini, Organic Rye, Organic Multigrain Oat, Organic Sourdough, Organic White and Organic Flax Seed

**Organic Cheese/Poultry (one choice):** Organic Baby Swiss, Organic Provolone, Organic Monterey Jack, Organic Munster, Organic Mozzarella, and Organic American / Organic Baked Chicken Breast (additional \$2.00)

**Organic Veggies (four choices):** Organic Lettuce, Organic Spinach, Organic Tomatoes, Organic Avocado (extra avocado \$1.00), Organic Sprouts, Organic Cucumbers, Organic Radishes, Organic Onions, Organic Grilled Egg Plant and Organic Grilled Bell Peppers

**Organic Condiments:** Organic Vegenaize, Organic Mustard, Organic Pickles, Organic Olive Oil, Organic Vinaigrette, Organic Pepper and Sea Salt



## ORGANIC SALADS

- Organic Mediterranean Salad** .....\$6.75  
 Organic Romaine Lettuce, Organic Tomatoes, Organic Bell Pepper, Organic Red Onion, Organic Feta Cheese, Organic Basil Leaves, Organic Imported Italian Olives, Organic Balsamic Vinaigrette and Organic Croutons
- Organic Caesar Salad** .....\$6.75  
 Organic Romaine Lettuce, Organic Parmesan Cheese, Organic Croutons and Organic Caesar Salad Dressing
- Organic Spinach Salad** .....\$6.75  
 Organic Baby Spinach, Organic Mushrooms, Organic Red Onions, Organic Pepper Bacon Pieces, Organic Sliced Hard-Boiled Eggs, Organic Croutons
- Organic Red Leaf Salad** .....\$6.75  
 Organic Red Leaf Lettuce, Organic Bleu Cheese Crumbles, Organic Red Onions, Organic Tomatoes, and Organic Croutons
- Organic Avocado Summer Salad** .....\$7.75  
 Organic Green Leaf Lettuce, Organic Bell Pepper, Organic Red Onion, Organic Avocado Slices, and Organic Croutons

### Organic Salad Options

**Organic Salad Dressings:** Organic Olive Oil & Vinegar, Organic Italian, Organic Ranch, Organic Thousand Island, Organic Buttermilk, Organic Lemon Sesame, Organic Raspberry, and Organic Balsamic Vinaigrette

**Organic Meats:** Organic Chicken, Organic Turkey and Organic Ham (\$2 extra per salad)

## ORGANIC DRINKS

- Organic Juices** .....\$3.50<sup>12oz.</sup>/\$4.50<sup>16oz.</sup>
- Fresh Squeezed Organic Orange Juice
- Fresh Squeezed Organic Carrot Juice
- Fresh Squeezed Organic Carrot Orange Juice
- Fresh Squeezed Organic Grapefruit Juice
- Fresh Squeezed Organic Apple Juice
- Fresh Squeezed Organic Carrot Apple Juice
- Fresh Squeezed Organic Green Juice
- Fresh Squeezed Organic Vegetable Juice
- Fresh Squeezed Organic Lemonade

### Organic Fruit Infusions (smoothies) . . . . . \$4.00<sup>12oz.</sup>/\$5.00<sup>16oz.</sup>

- Organic Blueberry
- Organic Raspberry
- Organic Strawberry
- Organic Mango
- Organic Tropical
- Organic Acai-berry

### Organic Iced Teas & Coffees . . . . . \$2.50<sup>12oz.</sup>/\$3.00<sup>16oz.</sup>

**Organic Iced Tea:** Organic Mint (caffeine free), Organic Peach, Organic Plum,

**Organic Iced Coffee:** Organic Coffee, Organic Decaffeinated Coffee, Organic Latte (+\$1) and Organic Mocha (+\$1.50)

### Pure Waters . . . . . \$2.00<sup>16.9oz.</sup>/\$3.00<sup>33.8oz.</sup>

Penta Drinking Water "The purest bottled drinking water"



*"Our organic foods & drinks revitalize and refresh the body."*

## ORGANIC DESSERTS

All our "Organic Pastries" are made with certified organic ingredients

### Organic Pastries \$4.00 each

- Organic Cinnamon Crisp
- Organic Apple Strudel
- Organic Slice of Cake

### \$2.00 each

- Organic Scone
- Organic Cookie
- Organic Brownie
- Organic Cupcake
- Organic StroopWafel

### Organic Raw Vegan Cakes (cheesecakes) \$6.50 each

- Organic Peach
- Organic Coconut Carob
- Organic Strawberry
- Organic Carob
- Organic Cherry Cheesecake
- Organic Lemon Cheese Cake
- Blueberry Cheese Cake

(Base Ingredients: soaked cashew/almonds, distilled water, coconuts, agave, soaked pecans, soaked walnuts, lemon, lecithin, vanilla bean, cinnamon, and sea salt)

### Organic Fruit Cups \$4.00 each (please select fruit)

- Organic Pineapple Slices
- Organic Apple Slices
- Organic Papa Slices
- Organic Banana
- Organic Orange Slices
- Organic Strawberries
- Organic Blueberries (extra \$1.00)
- Organic Mango Slices
- Organic Honey Dew Slices
- Organic Cantaloupe Slices
- Organic Grapes



Our Services: 1) Free deliveries within two miles - \$.50 each additional mile. 2) Minimum order for delivery is \$15. 3) Goodwin's Family Membership Pricing (10% off) does not apply to delivery orders. 4) Lunch Delivery: 11am-4pm Monday to Friday. 5) Prices and food items vary depending on availability. 6) Credit Cards and cash only. 7) Satisfaction is promised.