

Burgers, Wraps & Roll-ups

Burgers

All burgers come with a raw veggie garnish and veggie chips and served on a whole grain bun.

BBO Walnut Lentil \$8.29
A homemade lentil, walnut and veggie burger, topped with cole slaw & bbq sauce.

Black Bean Sweet Potato \$8.29
Our black bean, sweet potato, millet & roasted corn burger topped with pepper jack cheese served with salsa.

Hot Wraps

All our hot wraps are grilled and serves with a raw veggie garnish and veggie chips.

Fiesta Black Bean \$7.99
Homemade black bean roasted red pepper hummus, oven roasted veggies, shredded romaine, and pepper jack cheese.

Greek Grilled Chicken \$8.49
Grilled Bell and Evans all natural chicken slices, spinach, Athens cheese spread, grilled onions, and tomatoes.

Rawsome Roll-ups

*All raw wraps begin with living food mix in a collard leaf roll up.
Served with garden dressing, raw veggie garnish and veggie chips*

Mock Salmon \$7.99
Made from walnuts, red pepper, dulse, sea salt, red onion, celery and dill.

Mock Chicken \$7.99
Made with cashews, apples, grapes, onion, sea salt and tarragon.

No Bean Hummus \$7.99
Hummus made with a pumpkin seed zucchini blend

Kid's Menu

For our healthy customer under 12 years old.

The Big Cheese \$4.99
Grilled Provolone & Muenster cheeses on WW bread with a side of sliced apple.

Almond Joy \$4.99
Fresh ground Almond butter, organic jam on WW bread with a side of sliced apples.

Little Elvis \$4.99
Fresh ground peanut butter, organic banana & local honey on WW bread with a side of sliced apples.

SALADS & SANDWICHES

GOOD FOODS CAFÉ

AT GOOD FOODS GROCERY
AT STONY POINT



3062 STONY POINT ROAD RICHMOND, VA 23235
PHONE: (804) 320-6767 FAX: (804) 320-6424

Drinks

Fruit Smoothie

Made with all organic fruit with no added ice.

	Small (12 oz)	Large (16 oz)
Berry Bliss	\$4.99	\$5.99
Mixed berries, banana, blueberry concentrate, apple juice, pomegranate concentrate & almond milk		
Goji Berry Bomb	\$4.99	\$5.99
Strawberries, goji berry, banana, apple, orange, soy milk		
Super Green	\$4.99	\$5.99
Banana, peaches, apple juice, orange juice, spirulina and soy milk		
Health Blend	\$4.99	\$5.99
Raw protein powder, flax oil, banana, apple juice, coconut milk & mixed berries		
Mango Madness	\$4.99	\$5.99
Mango, banana, coconut milk, orange juice, lime juice & mangosteen		
Pineapple Express	\$4.99	\$5.99
Banana, pineapple, wheatgrass, coconut milk		
Protein Shake	\$4.99	\$5.99
Banana, peaches, orange juice, apple juice, soy milk & protein powder		

Super Fruit Smoothie

Made with all organic fruit with no added ice.

	Small (12 oz)	Large (16 oz)
Breakfast Blast	\$5.49	\$6.49
Mixed berries, cocoa powder, flax oil, chia seeds, kale, apple juice, raw protein powder, ginkgo biloba, almond milk		
Green Power	\$5.49	\$6.49
Spinach, kale, green apple, green powder, coconut water, spirulina, aloe vera, almond milk		
Holy Cacao	\$5.49	\$6.49
Cocoa powder, almond milk, berries, coffee, macca powder & honey		
Tropical Healing	\$5.49	\$6.49
Coconut water, banana, noni juice, acai juice, mangosteen, pomegranate juice, mango, lime, almond milk		
The Warrior	\$5.49	\$6.49
Almond butter, coconut water, chia seeds, berries, apple juice, ginseng, macca powder and spinach, almond milk		
Booster Shot		1 oz
Add a shot of goji berry concentrate, acai berry concentrate, flax seed oil, hemp powder or spirulina to any smoothie		\$1.49

Vegetable Juice

Made with 100% organic vegetables.

	Small (12 oz)	Large (16 oz)
Alkalized	\$4.99	\$5.99
Carrot, kale, celery, beets & cucumbers		
Cleanser	\$4.99	\$5.99
Carrot, cucumber, lemon & ginger		
Ultimate Green	\$4.99	\$5.99
Celery, kale, parsley, spinach, apple, cucumber & lime		
Immunity	\$4.99	\$5.99
Carrot, cucumber, lemon & ginger, cayenne, & garlic		
Rainbow	\$4.99	\$5.99
Carrot, beet & celery		
Rejuvenator	\$4.99	\$5.99
Carrot, apple, beet, lemon & ginger		
Sunshine	\$4.99	\$5.99
Carrot, orange, lemon & ginger		
Wheatgrass		
Wheatgrass Shot	1 oz	2 oz
	\$1.49	\$2.99

Paninis & Melts

Grilled Panini

Made fresh to order and grilled to perfection. Served on locally baked bread from Flour Garden Bakery with a side of veggie chips. Gluten Free bread available for 30¢ extra.

Florentine Chicken	\$8.49
Chicken, spinach, feta cheese, grilled onions & garlic basil aioli drizzle	
Smokin' Turkey	\$8.49
Smoked turkey, roasted red peppers, grilled onions, pepper jack cheese & chipotle aioli	
Portabella Heaven	\$8.49
Marinated grilled portabella mushroom, spinach, grilled onions & feta cheese with garlic basil aioli.	
Tempeh Reuben	\$8.49
Baked tempeh, coleslaw, sauerkraut, swiss cheese & Reuben sauce	

Open Faced Melts

Made fresh to order on our homemade gluten free Bread. Grilled to perfection.

Avocado Melt	\$8.29
Sliced avocado with tomato, carrots, sprouts & vegenaïse on whole grain bread with muenster cheese broiled on top.	
Luna Melt	\$8.29
The garbanzo and marinated diced vegetable pâté of Grace Place fame. Served with tomato, carrots, sprouts, & vegenaïse on whole grain bread with muenster cheese broiled on top.	
Tuna Melt	\$8.29
Our own tuna salad with tomato, carrots, sprouts, vegenaïse, whole grain bread and Muenster cheese broiled on top.	

Salads & Bowls

Salads

Our salads start with all Organic Living Salad Mix: spring mix, beets, red peppers, zucchini, red cabbage, carrots, kale, romaine, tomatoes and cucumbers.

Life Salad	\$8.49
Living Salad Mix topped with your choice of mock chicken, or mock salmon or luna pâté.	
Protein Salad	\$8.49
Living Salad Mix with your choice of chicken salad, tuna salad, or egg salad	

Homemade dressings: Creamy Lemon Tahini, Good Foods Garden, Balsamic Basil Vinaigrette.

Daily Big Bowl

We start with high quality grain and bean from our bulk bins. Then we add organic vegetables and delicate spices to round out a healthy, hearty meal.

Peasant Bowl	\$7.49
Grain and bean du jour topped with sauted organic veggies and your choice of dressing.	
Shepherd's Bowl	\$7.99
Soup du jour, green salad, whole grain or corn bread, and dressing. (Fruit salad in season)	
Soup du Jour	\$3.99
Fresh made-from-scratch soup	

Our meats are antibiotic & hormone free; our cheeses are BHA and BHT free.

Coffee Menu

Speciality Coffee & Tea

Made with local Lamplighter coffee & Rishi tea.

	Small (12 oz)	Large (16 oz)
Latte (Hot or Iced)		
Latte	\$2.99	\$3.49
Plain, Vanilla, Caramel or Hazelnut		
Mocha	\$3.49	\$3.99
Plain, Vanilla, Caramel or Hazelnut		
Honey Bee	\$3.29	\$3.79
Vanilla and honey		
Chai	\$3.49	\$3.99
Seasonal Offerings	\$3.49	\$3.99

Lat-teas (Hot or iced)

Bombay	\$2.99	\$3.49
Chai tea & your choice of milk & sweetener		
Zen Temple	\$2.99	\$3.49
Green tea & your choice of milk & sweetener		
London Fog	\$2.99	\$3.49
Earl Grey tea with your choice of milk & sweetener		

Milk Choices:

Whole, skim, ½ & ½, Almond, Coconut & Soy

Sweetener options:

Sugar, Agave, Honey & Stevia

**During the
summer, a fresh
made iced tea
will be available.**

Coffee & Tea

Made with local Lamplighter coffee & Rishi tea.

	Small (12 oz)	Large (16 oz)
Frappés (Blended)		
Green Tea	\$3.49	\$3.99
Matcha tea		
Chai	\$3.49	\$3.99
Chai Tea		
Mocha	\$3.49	\$3.99
Espresso		
Caramel	\$3.49	\$3.99
Espresso		
Espresso Drinks		
Americano	\$2.29	\$2.49
Espresso Shot double:	\$2.49	
Coffee Drinks		
Daily Grind	\$1.99	\$2.29
Brew of the day		
Steamers		
Hot Steamers	\$2.29	\$2.49
Vanilla, Caramel or Hazelnut		
Hot Teas & More		
Black	\$1.99	\$2.29
Earl Grey, English Breakfast		
Green	\$1.99	\$2.29
Classic, Jasmine		
Herbal	\$1.99	\$2.29
Three Ginger Tangerine Orange		
Hot Cocoa	\$2.49	\$2.99
Apple Cider	\$2.49	\$2.99