

## BREAKFAST

ALL BREAKFAST ORDERS MUST BE PLACED BY 3PM  
THE PREVIOUS DAY

### ON THE RISE BAGELS WITH ASSORTED HOUSE-BLENDED CREAM CHEESES

\$30 / dozen, \$15 / half dozen

Cream Cheese flavors include : Plain, Garden Medley,  
Maple Walnut, Roasted Red Pepper, Olive

### HL MORNING BAKERY BASKETS

Assorted muffins and scones \$24 / dozen, \$12 / half dozen

Assorted breakfast pastries \$27 / dozen, \$14 / half dozen



### YOGURT PARFAIT

With fresh fruit & granola (dairy or soy) \$4.25 / each

### FRESH FRUIT SALAD \$3.95 / single \$35 / Large (serves 10-12)

Mix of fresh-cut seasonal fruit and berries

### QUICHE \$13.00 / each (serves 6-8)

Lorraine, Broccoli Cheddar or Italian (pesto, spinach,  
roasted red peppers, mozzarella & parmesan)

### BAGELS & LOX PLATTER \$49 / each (serves 10-12)

On the Rise Bagels, Smoked Salmon, Capers, Red Onions  
and Champlain Valley Creamery Cream Cheese

## BEVERAGES

### BOX O' JOE \$14 / each

Twelve cups of fresh-brewed coffee

### COLD DRINKS AVAILABLE UPON REQUEST

## FAMILY STYLE LUNCH PLATTERS

### WRAP SAMPLER \$75 (serves 10-12)

An assortment of our fantastic wraps, both meat and  
vegetarian

### SPECIALTY SANDWICH SAMPLER \$80 (serves 10-12)

A generous assortment of our specialty sandwiches

### BUILD YOUR OWN SANDWICH PLATTER

\$80 / small (serves 10) , \$150 / Large (serves 20)

Build your sandwich just the way you like it on one of our  
house-baked bulky rolls; includes oven-roasted turkey,  
smoked turkey, ham, roast beef, cheddar, swiss, provolone  
and an assortment of veggie fixings and condiments.

## AMAZING SALADS

AVAILABLE IN AN INDIVIDUAL BOX OR FAMILY SIZE BOWL SERVING 10-12

\* Dressing Choices: Roasted Red Pepper, Balsamic, Lemon Tahini, Spicy Peanut,  
Miso Ginger, Honey Mustard

### GARDEN GREENS SALAD \$6.75 / box \$23 / family

With carrots, beets, cucumbers, cherry tomatoes and  
choice of dressing

### CLASSIC CEASAR \$7.50 / box \$25 / bowl

With house-baked croutons

### CHICKEN CEASAR \$8.95 / box \$29 / bowl

With our herb-marinated grilled chicken

### BABY SPINACH SALAD \$7.50 / box \$29 / bowl

Feta and strawberries with balsamic onions, toasted  
almonds and choice of dressing

### CLASSIC SIDE SALADS \$8.75 / lb.

Choose from Pesto Pasta, Classic Coleslaw, Potato  
Salad, Sesame Noodles, Peanut Noodles, Melinda's Spicy  
Noodles, Black Bean and Quinoa Salad, or Tabouli

### CHICKEN SALADS \$10.25 / lb.

Classic Chicken Salad, Curried Chicken Salad, Asian  
Chicken Salad

### TUNA SALADS \$9.25 / lb.

Classic Tuna, California Tuna, Tuna w/ Apples & Walnuts

## FINGER FOODS

### CRUDITÉ TRAY \$30 / small (serves 10) , \$50 / Large (serves 20)

Fresh vegetables served with house-made creamy  
hummus and roasted red pepper dip & ricotta

### MEDITERRANEAN DELIGHTS

\$45 / small (serves 10) , \$70 / Large (serves 20)

A delectable assortment of olives, stuffed grape leaves,  
capers, roasted red peppers, artichoke hearts, hummus  
and pita bread

### SEASONAL FRUIT PLATTERS

\$35 / small (serves 10) , \$60 / Large (serves 20)

Gorgeous assortment of fresh fruit and berries

### HL'S FAMOUS GUACAMOLE & SALSA

\$30 (serves 10) With crispy tortilla chips

### BAKESHOP DESSERT PLATTER \$30 (serves 10)

An assortment of our house-baked cookies, brownies  
and bars

## ARTISAN CHEESE

### ARTISAN CHEESE PLATTER

\$50 / small (serves 12-15) , \$90 / Large (serves 24-30)

Beautiful, abundant selections of our Cheese  
Department's favorite picks

### VERMONT \$50 / small (serves 12-15) , \$90 / Large (serves 24-30)

VT Butter & Cheese Creamery Chevre, Shelburne  
Farms One-Year Cheddar, Green Mtn. Blue Cheese  
Boucher Blue, Taylor Farms Smoke Gouda & Orb Weaver  
Farmhouse Cheese; with olives to garnish

### ITALIAN \$50 / small (serves 12-15) , \$90 / Large (serves 24-30)

Asiago, Fontina Fontal, Gorgonzola Dolce, Provolone &  
Taleggio; with choice of olives or dried berries and nuts  
to garnish

### EUROPEAN

\$50 / small (serves 12-15) , \$90 / Large (serves 24-30)

French Tour de Marze Brie, Spanish Manchego, French  
Morbier, Mahon, & French Bucheron; with choice of fresh  
grapes or nuts and dried berries to garnish

# BAG LUNCHES

## TOTALLY TERRIFIC BAG LUNCHES \$10 / each

Choose one of our big, bursting-with-great-ingredients specialty sandwiches on your choice of bread or one of our amazing garden salads; comes with chips, a pickle and cookie or brownie.



\* Bread Choices: white, wheat, honey-oat, wheat roll, gluten-free, whole wheat wrap, sundried tomato wrap, or spinach wrap

## SANDWICH CHOICES:

**SMOKEY SOUTHWEST TURKEY** with monterey jack cheese, chipotle mayo, greens and tomato

**FRESH MOZZARELLA AND PESTO** with roasted red peppers and baby spinach

**SPICY ROAST BEEF** with cream cheese, horseradish mayo, greens and tomato

**NOT-YOUR-USUAL TUNA** with apples, cranberries, mesclun greens, tomato and sprouts

**THAI TOFU** with peanut sauce, cucumber, sprouts, tomato and greens

**GARDEN VEGETABLE AND HUMMUS** with red onion, bell pepper, tomato, cucumber, sprouts, and mesclun greens

**HAM AND SWISS** with tomato, greens and honey-mustard

**ROAST TURKEY AND CHEDDAR** with greens, tomato and garlic mayo



We use recycled, recyclable and biodegradable packaging whenever possible. We also minimize waste whenever we can, so help us save resources by asking for paper plates, cups, napkins or plastic silverware only when you need them.

### We deliver!

Orders over \$100 are delivered free anywhere in Burlington, South Burlington, Winooski, Williston, Colchester, Essex Junction & Shelburne. For orders under \$100 a \$10 fee will apply. All orders outside of our local delivery area will be charged a \$15 fee.

If you don't see what you're dreaming about, please let us know. We're famous for accommodating our customers. If you have a food allergy, dietary restriction, or simply an out-of-the-box idea, let us know and we'll come up with a delicious solution.

THIS MENU IS AVAILABLE  
MONDAY THROUGH FRIDAY 9AM-3PM  
ORDERS MUST BE PLACED A MINIMUM OF 3 HOURS  
AHEAD OF PICK-UP / DELIVERY TIME.  
PLEASE ALLOW A 1HR WINDOW FOR DELIVERY  
TO PLACE AN ORDER PLEASE CALL US AT 802.863.2569

visit us online at [www.healthylivingmarket.com](http://www.healthylivingmarket.com)

Healthy Living is located at  
222 Dorset Street, South Burlington, Vermont  
Open 8am-9pm Seven Days a Week

