

SMOOTHIES

Protein Smoothies \$8.99

Chocolate Delight - Chocolate Protein / Banana / Peanut Butter / Chocolate Almond Milk

Chocolate Strawberry - Chocolate Protein / Strawberries / Banana / Cacao Nibs / Chocolate Almond Milk

Miami Vice - Vanilla Protein / Strawberry / Banana / Coconut Flakes / Coconut Milk

Very Berry - Vanilla Protein / Mixed Berries / Vanilla Almond Milk

PB&J - Vanilla Protein / Mixed Berries / Banana / Peanut Butter / Vanilla Almond Milk

Blueberry Chia - Vanilla Protein / Blueberries / Banana / Chia Seeds / Coconut Oil / Vanilla Almond Milk

Pineapple Express - Vanilla Protein / Pineapple / Blueberries / Coconut Oil / Coconut Milk

Thin Mint - Chocolate Protein / Banana / Cacao Nibs / Peppermint Oil / Mint Chlorophyll / Chocolate Almond Milk

Super Food Smoothies \$9.99

Yoda - Vanilla Protein / Pineapple / Coconut Oil / Spirulina Manna / Kale / Vanilla Almond Milk

Superman - Vanilla Protein / Pineapple / Maca Powder / Chia Seeds / Goji Berries / Coconut Milk

Wonder Woman - Vanilla Protein / Banana / Walnuts / Local Honey / Cinnamon / Vanilla Almond Milk

Hulk - Vanilla Protein / Banana / Almond Butter / Green Vibrance / Vanilla Almond Milk

Wolverine - Vanilla Protein / Pineapple / Cilantro / Spinach / Chia seeds / Vanilla Almond Milk

Flash - Vega Mocha Protein / Banana / Dates / Almond Butter / Cacao Nibs / Cold Brew / Chocolate Almond Milk

SMOOTHIE & JUICE BOOSTS \$0.99

Green Vibrance · Whey or Vegan Protein Chlorophyll
Spirulina Cayenne Extract Ginger · Maca Powder

COCONUT WATER SLUSHIES \$10.99

Strawberry Lemon - Coconut Water / Ice / Agave
Orange Mango - Coconut Water / Ice / Agave
Pineapple Ginger - Coconut Water / Ice / Agave

SUPER FRUIT BOWLS \$15.99

Step #1: Choose Your Base

Rainforest - Acai / Blueberry / Banana / Almond Milk / Ice

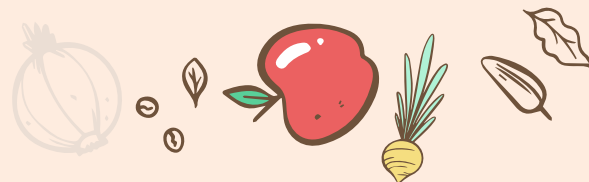
Tropical - Pitaya / Pineapple / Banana / Almond Milk / Ice

Step #2: Choose 2 Add Ins

Chia Seeds / Almond Butter / Flax Seeds / Peanut Butter / Coconut Oil / Spirulina / Green Vibrance / Protein (\$1.00 extra)

Step #3: Choose 2 Add Ons

Gluten Free Granola / Cacao Nibs / Coconut Flakes / Walnuts / Hemp Seeds / Goji Berries / Fresh Seasonal Fruit (when available)



JUICES

Basic Juices \$9.99

Fresh Pressed Juice - Apple or Carrot

ABC - Apple / Beet / Carrot

The Cooler - Cucumber / Apple / Carrot

Wellness Juices \$9.99

Green Life - Celery / Apple / Cucumber / Lemon / Kale

The Alkalizer - Celery / Lemon / Kale / Spinach / Parsley

Love Green - Cucumber / Apple / Kale / Spinach / Parsley

Easy Green - Pineapple / Spinach / Kale / Lemon / Cucumber

Orange Cleanse - Carrots / Apple / Ginger / Lemon

Purple Detox - Beets / Kale / Apple / Celery

Metabolism Booster - Carrot / Grapefruit / Orange / Ginger / Cayenne Extract

Energizer - Orange / Beets / Cucumber / NRG Pre-workout

Fat Burner - Grapefruit / Spinach / Apple / Mint Chlorophyll / Cucumber

Wheatgrass & Juice \$11.99

Sweet Grass - Pineapple / Apple / Cucumber / Wheatgrass

Morning Greens - Fresh Orange Juice / Cucumber / Celery / Wheatgrass

Wheatgrass Lemonade - Wheatgrass / Lemon / Ginger / Apple & Choice of Honey or Agave

Purifier - Celery / Beets / Carrot / Cucumber / Apple / 1 oz. Wheatgrass

Wellness Shots 1oz - \$2.25 | 2 oz. - \$4.00
Wheatgrass / Fire Cider / Lemon / Ginger

Home Run \$7.99

1 oz. of each - Wheatgrass / Fire Cider / Lemon / Ginger

Grand Slam \$14.99

2 oz. of each - Wheatgrass / Fire Cider / Lemon / Ginger



SMOOTHIE & JUICE BOOSTS \$0.99

Green Vibrance · Whey or Vegan Protein Chlorophyll
Spirulina · Cayenne Extract Ginger · Maca Powder

WHAT MAKES US SO GREEN...

At Green Life Market, we use 100% organic produce, 100% of the time. Our food service operation strives to cater to a variety of different diets and dietary needs. We always ensure that we do not use ingredients such as: GMO's, high-fructose corn syrup, artificial flavors or colors, and bleached flours or sugars. At Green Life Market, we believe in quality, that's why we do all the cooking ourselves, and we source our ingredients from organic farms, small businesses and local vendors. We carry these standards across each department in our stores and we hope that by supplying you with healthy alternatives, you will spread these values amongst your friends and family and across the community!



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TAKE OUT MENU

green life MARKET

"Your One Stop Shop for Healthy Living"

**238 Newton Sparta Road
Andover, NJ 07860**

(973) 512-3900



Hours of Operation:

Monday - Friday 8 AM - 8 PM

Saturday - Sunday 9 AM - 6 PM

THE DELI CLOSSES 1 HOUR PRIOR TO THE STORE CLOSING

Visit our other locations in Butler & Wayne NJ

BREAKFAST

****All Egg Sandwiches Come w/ 2 Organic Eggs****

Vegan Egg, Vegan Cheese & Fakin' Bacon Available

CLASSICS

Egg & Cheese.....	\$4.99
Egg & Meat	\$4.99
Meat & Cheese.....	\$4.99
Turkey Bacon, Egg & Cheese	\$5.99
Chicken Sausage, Egg & Cheese	\$5.99
Roast Beef, Egg & Cheese.....	\$5.99
Bacon, Egg & Cheese.....	\$5.99
Taylor Ham, Egg & Cheese.....	\$5.99

SPECIALTY SANDWICHES

Everything Kale	\$6.99
<i>Egg, Cheese, Sautéed Kale, Avocado, Nutritional Yeast & Chipotle Ranch</i>	
Early Bird	\$6.99
<i>Egg, Cheese, Peppers, Mushrooms, Onions & Garlic Herb Sauce</i>	
Buffalo Bacon	\$6.99
<i>Turkey Bacon, Egg, Cheddar, Sautéed Kale & Buffalo Sauce</i>	
The Carnivore	\$6.99
<i>Roast Beef, Egg, Cheddar, Sautéed Onion & Buffalo Sauce</i>	
Egg & Cheesesteak.....	\$6.99
<i>Roast Beef, Egg, Cheddar, Pepper, Mushroom, Onion & Garlic Herb Sauce</i>	

EGG SALAD SANDWICHES

Egg Salad Sandwich	\$4.99
Egg Salad, Lettuce, Tomato, Onion & Sprouts	\$5.99
Egg Salad, Avocado, Cucumber & Arugula	\$5.99
Egg Salad, Fresh Mozzarella, Tomato & Roasted Red Peppers.....	\$5.99

TOFU EGG SALAD AVAILABLE!

DRESSINGS

- Balsamic Vinaigrette (V) (GF)
- Cashew Dressing (V) (GF)
- Chipotle Ranch (GF)
- Cilantro Lime Dressing (GF)
- Fire Cider Vinaigrette (GF)
- Honey Lime Mustard (GF)

SAUCES

- Banana Curry (V) (GF)
- Buffalo Aioli (GF)
- Carrot Ginger (V) (GF)
- Garlic Herb Aioli (V) (GF)
- Garlic Tahini (V) (GF)
- Ginger Nama Shoyu (V)
- Miso (V) (GF)
- Spicy Thai Peanut (V) (GF)

2 oz. - \$1.00 • 4 oz. - \$2.00
8 oz. - \$4.00 • 16 oz. - \$8.00

SALADS

Thai Chicken (contains: peanuts) (GF)	\$9.99
<i>Arugula, Cucumber, Banana Peppers, Pumpkin Seeds & Our Signature Thai Chicken Salad w/ Cilantro Lime Dressing</i>	
Avocado Tuna (GF) (D)	\$9.99
<i>Mixed Greens, Tomatoes, Cucumbers, Salad Sprouts, Carrots, Sunflower Seeds & Our Homemade Avocado Tuna Salad w/ Fire Cider Dressing</i>	
Caprese (GF)	\$9.99
<i>Mixed greens, Fresh Mozzarella, Tomatoes, Red Onion, Roasted Red Peppers & Grilled Chicken w/ House Balsamic Dressing</i>	
Beet Salad (GF)	\$9.99
<i>Arugula, Beets, Goat Cheese, Walnuts, Cucumbers & Crunchy Sprouts w/ House Balsamic Dressing</i>	
Hummus & Sprouts (V) (D)	\$9.99
<i>Mixed Greens, Salad Sprouts, Celery, Carrots, Bell Peppers, Crunchy Sprouts, Tamari Almonds & Roasted Garlic Hummus w/ Ginger Nama Shoyu Sauce</i>	
The Cobb (GF)	\$9.99
<i>Romaine, Red Onions, Tomatoes, Blue Cheese, Avocado, Turkey Bacon & Grilled Chicken w/ House Fire Cider Dressing</i>	
Chicken Apple Salad (GF)	\$9.99
<i>Arugula, Apples, Roasted Beets, Almonds, Pumpkin Seeds, Goat Cheese & Grilled Chicken w/ House Balsamic Dressing</i>	
Taco Salad (GF)	\$9.99
<i>Romaine, Tomatoes, Red Onion, Black Beans, Corn, Cheddar Cheese & Fiesta Ground Turkey w/ Chipotle Ranch Sauce</i>	
House Salad (GF) (Vegan upon request)	\$8.99
<i>Mixed Greens, Cheddar Cheese, Tomatoes, Onions, Cucumber, Carrots, Salad Sprouts & Hemp Seeds w/ Olive Oil & Red Wine Dressing</i>	

ADD-ONS

* Chicken	\$3.00
* Turkey Bacon, Fakin' Bacon, Avocado, or Egg	\$2.00
* Corn, Black Beans, Hummus, Vegetable, Cheese or Extra Dressing (2 oz.).....	\$1.00

(GF) = Gluten-Free | (V) = Vegan | (D) = Dairy Free

COLD SANDWICHES

Thai Chicken (contains: peanuts)	\$9.99
<i>Thai Chicken Salad, Banana Peppers, Cucumbers, Arugula & Cilantro Lime Dressing</i>	
Avocado Tuna (D).....	\$9.99
<i>Avocado Tuna Salad, Tomatoes, Salad Sprouts, Cucumbers & Mixed Greens</i>	
Honey Lime Turkey.....	\$10.99
<i>Turkey, Provolone, Lettuce, Tomato, Onion & Honey Lime Mustard</i>	
Fiesta Turkey.....	\$9.99
<i>Fiesta Ground Turkey, Romaine, Tomatoes, Red Onion, Black Beans, Corn, Cheddar Cheese & Chipotle Ranch</i>	
The Italian	\$9.99
<i>Applegate Ham, Genoa Salami, Provolone Cheese, Lettuce, Tomato, Onion & Fire Cider Dressing</i>	
Turkey Special	\$10.99
<i>Turkey, Swiss Cheese, Lettuce, Tomato, Onion & Garlic Herb Sauce</i>	
TBLT (D)	\$9.99
<i>Turkey Bacon, Tomatoes, Romaine & Garlic Herb Sauce</i>	
Vegan Sandwiches	
Black Bean (V)	\$9.99
<i>Black Bean Meatballs, Mixed Greens, Tomato, Cucumber, Avocado & Garlic Herb Sauce</i>	
Falafel (V)	\$9.99
<i>Falafel, Lettuce, Tomato, Onion, Cucumber & Garlic Tahini Sauce</i>	
Hummus & Avocado (V)	\$9.99
<i>Roasted Garlic Hummus, Cucumbers, Tomato, Avocado & Salad Sprouts</i>	
Roasted Veggie (V).....	\$9.99
<i>Seasonal Veggies, Vegan Smoked Tomato Cheese & Mixed Greens W/ Garlic Herb Sauce</i>	
Veggie Heaven (V).....	\$9.99
<i>Mushroom, Roasted Red Pepper, Shredded Carrot, Mixed Greens & Garlic Herb Sauce</i>	
VLT (V)	\$9.99
<i>Tempeh (Fakin' Bacon), Tomatoes, Romaine & Garlic Herb Sauce</i>	

ADD-ONS

* Chicken	\$3.00
* Turkey Bacon, Fakin' Bacon, Avocado, or Egg	\$2.00
* Corn, Black Beans, Hummus, Vegetable, Cheese or Extra Dressing (2oz)	\$1.00
* Gluten-Free Option Available	\$1.50

SOUP OF THE DAY

Small 16 oz. \$5.99 | Large 32 oz. \$9.99

HOT SANDWICHES

Grilled Chicken Veggie.....	\$9.99	Turkey Swiss BLT	\$10.99
<i>Grilled Chicken, American Cheese, Pepper, Mushrooms, Onions & Garlic Herb Sauce</i>		<i>Hot turkey, Swiss Cheese, Turkey Bacon, Lettuce, Tomato & Buffalo Sauce</i>	
BBQ Chicken.....	\$9.99	Hot Roast Beef	\$10.99
<i>Grilled Chicken, BBQ Sauce, Cheddar Cheese & Coleslaw</i>		<i>Roast Beef, Swiss Cheese, Coleslaw & Chipotle Ranch</i>	
Buffalo Chicken	\$9.99	Rockin' Roast Beef.....	\$10.99
<i>Grilled Chicken, Buffalo Sauce, Turkey Bacon, Cucumbers, Banana Peppers, Romaine & Bleu Cheese</i>		<i>Hot Roast Beef, Cheddar Cheese, Banana Peppers, Coleslaw & Buffalo Sauce</i>	
Caprese Melt.....	\$9.99	Chicken Sausage & Peppers.....	\$9.99
<i>Grilled Chicken, Fresh Mozzarella, Roasted Red Peppers, Mixed Greens & House Balsamic</i>		<i>Chicken Sausage, American Cheese, Sautéed Peppers, Onions & BBQ Sauce</i>	
Chicken Bacon	\$9.99	Grilled Eggplant (V)	\$9.99
<i>Grilled Chicken, Turkey Bacon, Cheddar Cheese, Lettuce, Tomato & Honey Lime Mustard</i>		<i>Grilled Eggplant, Sautéed Kale, Vegan Cheese, Shredded Carrots & BBQ Sauce</i>	

ADD-ONS

* Chicken	\$3.00
* Turkey Bacon, Fakin' Bacon, Avocado, or Egg	\$2.00
* Corn, Black Beans, Hummus, Vegetable, Cheese or Extra Dressing (2 oz.).....	\$1.00

BURGERS

- Step #1: Choose Your Patty**
Organic Beef / Organic Turkey / Vegan Quinoa & Lentil
- Step #2: Choose Your Bread**
Organic Roll / Whole Wheat Roll / Gluten Free Roll
- Step #3: Choose Your Style**

Classic.....	\$11.99	Mushroom & Swiss.....	\$11.99
<i>Cheddar Cheese, Lettuce, Tomato, Onion, Ketchup & Mayo</i>		<i>Swiss Cheese, Turkey Bacon, Mushroom, Onions & BBQ Sauce</i>	
Taco	\$11.99	Egg & Cheeseburger	\$11.99
<i>Cheddar Cheese, Black Beans, Corn, Lettuce, Tomato, Onion & Chipotle Ranch</i>		<i>Cheddar Cheese, Egg, Spinach & Buffalo Sauce</i>	
Honey Lime Avocado.....	\$11.99	Veggie Delight	\$11.99
<i>American Cheese, Avocado, Arugula & Honey Lime Mustard</i>		<i>Sautéed Kale, Grilled Eggplant, Coleslaw & Garlic Herb Sauce</i>	

STEAM BOWLS \$10.99

Spicy Thai (GF) (V)		Carrot Ginger (GF) (V)	
<i>Kale, Cabbage, Broccoli, Carrots, Celery, Water Chestnuts, Cashews & Quinoa</i>		<i>Kale, Cabbage, Celery, Zucchini, Roasted Red Peppers, Broccoli Slaw, Crunchy Sprouts, Tamari Almonds & Black Rice</i>	
Miso (GF) (V)			
<i>Kale, Cabbage, Broccoli, Broccoli Slaw, Bell Peppers, Beets, Tamari Almonds & Quinoa</i>			
Ginger Nama Shoyu (V)			
<i>Kale, Cabbage, Broccoli, Zucchini, Baby Corn, Water Chestnuts, Hemp Seeds & Black Rice</i>			
Sweet Cashew (GF) (V)			
<i>Kale, Cabbage, Broccoli, Celery, Carrots, Zucchini, Pumpkin Seeds, Raisins & Black Rice</i>			
Banana Curry (GF) (V)			
<i>Kale, Cabbage, Bell Peppers, Celery, Zucchini, Beets, Raisins, Cashews & Quinoa</i>			



TRY OUR MIRACLE SUBSTITUTE
Low Carb
Only 1g net carb for serving
Grain Free
Made from the Konjac plant eaten in Asia for over 1,000 years
Prebiotic
Made from a soluble fiber that feeds the beneficial bacteria in your gut
Add \$2.00

ADD-ONS

* Salmon or Shrimp	\$7.00
* Chicken	\$3.00
* Turkey Bacon, Fakin' Bacon, Tofu, Avocado, or Egg	\$2.00
* Corn, Black Beans, Hummus, Vegetable, Cheese or Extra Sauce (2 oz.)	\$1.00