

OMELETTE STATION

Create Your Own Omelette: 2 Organic Eggs with three fillings served with whole grain bread / wrap \$6.99
Any additional veggie topping is \$0.50 (not available after 2pm)

Choose from these fillings:

ORGANIC VEGGIES	CHEESE \$0.75	MEATS \$1.50
Bell Peppers	Scallions	Cheddar Cheese
Broccoli	Spinach	Feta Cheese
Mushrooms	Tomatoes	Vegan Cheese
Olives	Avocado \$0.75	Chicken
Onions		Turkey Sausage
		Turkey Bacon

SIGNATURE FRESH OMELETTES

The Greek Isles – 2 Eggs, Green Pepper, Cherry Tomato, Olives, Red Onion and Feta Cheese	\$8.59
Lean n’ Fit – 2 Egg Whites, Baby Spinach, Onion, Red Peppers, Mushrooms, Turkey Sausage, Jalapeno and Cheese	\$9.99
FFT Signature – 2 Eggs, Baby Spinach, Red Pepper, Green Pepper, Mushroom, Onion, Cheese and Avocado on the side	\$8.59

Add Cheese \$0.75 cents
Add Avocado on the side \$0.75 cents

BURGER & POCKET STATION

Served in a Whole Wheat Pita with Organic Lettuce, Tomato, Cucumber, Pickles

Sweet Potato Sweetness - Quinoa Sweet Potato Black Bean Burger with Soy Cheese, Avocado, Cilantro Dressing	\$9.59
Turkey Tango - Turkey Burger on a Whole Grain Bun with Chipolte Dressing (Avocado on the side \$0.75)	\$10.99
Cod Fish Cool - Cod Fish Patty with Russian Dressing	\$9.59
Fab Falafel - Homemade Falafel Balls with Tahini Dressing	\$8.99
Garden Goodness - Green Veggie Patty with Soy Cheese and Cilantro Dressing	\$9.59
“QT” Kale - Quinoa Tuna in a Whole Wheat Pita paired with our Energizing Kale Slaw	\$9.59

WRAP STATION

Served on Whole Grain Wrap with Organic Lettuce, Tomato, Cucumber

Avo Pesto Cado - Avocado, Spinach, Cucumber, Tomatoes, Feta Cheese and Pesto (Grilled Chicken add \$2.00)	\$9.59
Cha Cha Chicken - Chicken Salad	\$9.59
Honey Mustard Harmony - Honey Mustard Grilled Chicken Salad	\$9.59
Cali Sundried Tomato (contains walnuts) - Sundried Tomato Grilled Chicken Salad	\$9.59

SANDWICH STATION

All sandwiches are served on Whole Grain Bread with Organic Lettuce, Tomato and Cucumber. Whole Wheat Pita or Whole Wheat Wrap \$0.75

Cha Cha Chicken Salad	\$9.29
Hummus with Avocado & Soy Cheese	\$8.99
Salmon Salad	\$11.99
Tuna Salad	\$9.29

BURGER PATTIES

Cod Fish Patty - DF - Cod Fish, Red Pepper, Celery, Onions, Carrots, Bread Crumbs, Vegenaïse	\$6.99
Quinoa Sweet Potato Black Bean Patty - V - Quinoa, Sweet Potato, Black Beans, Red and Green Peppers, Bread Crumbs	\$6.99 ea

Falafel Balls - V - Chickpea Flour, Veggies Served with Tahini Dressing	\$0.50 ea
Veggie Burger Patty - DF, GF Green Peas, Red and Green Peppers, Onions, Com, G/F Bread Crumbs	\$6.99 ea
Turkey Meatballs - GF Free Range Turkey, Carrots, Eggs, Brown Rice, Veggie Parmesan	\$1.99 ea
Turkey Patty - DF, GF, SF Turkey, Peppers, Onions, Beans, Tomato Paste, Ketchup	\$7.99

SIGNATURE SALADS

AJ's Avocado Kale - Kale, Avocado, Black Beans, Cherry Tomatoes, Pumpkin Seeds, Pickled Onions, Feta Cheese Topped with Avocado served with Avocado Dressing	\$10.99
The Dancing Greek - Romaine Lettuce, Tomato, Cucumber, Red Onion, Olives and Feta Cheese in a Red Wine Vinaigrette. Topped with Homemade Falafel Balls	\$9.99
Mexican Mamba - Romaine Lettuce, Tomato, Grilled Chicken, Black Beans, Pico De Gallo, Cheddar Cheese, Com, Topped with Guacamole, Tortilla Chips served with Avocado Dressing	\$11.99
Fiesta Kale - Romaine Lettuce, Kale Slaw, Quinoa, Scallions, Chipotle Chicken, Pickled Onions	\$10.99

CREATE YOUR OWN SALAD

Step 1. Choose Organic Greens	Step 2. Choose Four Toppings	Step 3. Choose Protein
Argula	Veggies & Cheese	Chicken / Tuna (\$2.00)
Romaine	Nuts & Seeds	Avocado / Egg (\$1.00)
Spring Mix	(Additional \$0.50)	2 Falafel (\$1.00)

FRESH ORGANIC SALADS TO GO

House Salad - Romaine, Spinach, Beets, Carrots, Com, Edamame, Sunflower Seeds and English Cucumbers with Balsamic Vinaigrette.	\$8.29
Spinach Salad - Spinach, Cabbage, Cranberries, Apples and Almonds with Raspberry Vinaigrette.	\$8.29

SIGNATURE BOWLS

Choose between Organic Quinoa or Brown Rice. Add Grilled Chicken or Turkey Sausage \$2.00

Hit the Road Jack - Black Beans, Pico De Gallo, Pepper Jack Cheese, Kale, Homemade Guacamole with Hot Cherry Pepper Sauce and Avocado Dressing	\$10.99
7th Street Bowl - Mushrooms, Onions, Brussel Sprouts, Peppers, Cilantro with a Sesame Ginger Dressing (We Recommend Turkey Sausage)	\$9.99
Thai Zinger - Cabbage, Kale, Shaved Brussel Sprouts, Scallions, Mushrooms, Roasted Red Pepper with Sweet Chili Sauce	\$9.99
Greek Goddess - Spinach, Chick Peas, Red Onion, Cherry Tomato, Olives, Feta in a Roasted Garlic Vinaigrette	\$9.99

CREATE YOUR OWN BOWL

Step 1: Choose Quinoa / Brown Rice \$8.99

Step 2: Choose Toppings (4 included)

Baby Spinach	Cilantro	Peppers
Black Beans	Corn	Pepper Jack Cheese
Broccoli	Feta Cheese	Pico De Gallo
Brussel Sprouts	Jalapeno Peppers	Red Onions
Carrots	Kale	Scallions
Chickpeas	Lettuce	Add toppings (\$0.50 each)
	Mushrooms	
	Olives	

HOT DISHES

Channa Masala – DF, GF, SF, V - Chickpeas, Tomatoes, Coconut Milk, Herbs and Seasonings	\$3.59 (1/2 lb)
Eggplant Parmesan - Eggplant, Breadcrumbs, Eggs, Skim Milk, Mozzarella Cheese, Tomato Sauce	\$4.59 (1/2 lb)
Grilled Chicken - DF, GF, SF - Free Range, Hormone-Free Chicken	\$3.99 each
Grilled Salmon - Grilled Salmon with Honey Mustard Dressing	\$13.99 (1/2 lb)
Grilled Veggies – DF, GF, SF, V - Zucchini, Eggplant, Broccoli, Cauliflower, Red, Yellow and Green Peppers, Red and Yellow Onions	\$5.59 (1/2 lb)
Quinoa and Veggies - GF, V - Quinoa, Vegetables, Tamari Sauce, Sesame Oil	\$4.59 (1/2 lb)
Spaghetti Squash - GF, LF - Spaghetti Squash, Zucchini, Peppers and Onions, Tofu, Soy Cheese	\$4.99 (1/2 lb)
Spinach Casserole - GF, LF - Spinach Soy Sour Cream, Soy Cream Cheese, Onions	\$4.29 (1/2 lb)
Spinach Quiche - Spinach, Onions, Parsley, Eggs, Cheddar Cheese, Parmesan Cheese, Whole Grain Flour	\$5.29 (1/2 lb)
Tofu Lasagna - GF - Brown Rice Noodles, Spinach, Mushrooms, Tofu and Homemade Tomato Sauce	\$4.59 (1/2 lb)
Veggie Brown Rice - GF, V - Brown Rice, Vegetables, Sesame Seeds, Tamari Sauce	\$3.59 (1/2 lb)
Veggie Three Bean Chili - V - Black Beans, White Navy Beans, Cannellini Beans, Carrots, Celery, Onions, Corn, Tomatoes, Ginger	\$3.29 (1/2 lb)
Zucchini Quiche - Zucchini, Onions, Garlic, Eggs, Whole Grain Flour, Parmesan Cheese	\$5.29 (1/2 lb)

SPECIALS

Channa Special / Three Bean Chili Special with Veggie Brown Rice	Sm \$5.99 Med \$9.99 Lg \$12.99
Chicken Entrée of the Day with Veggie Brown Rice	Sm \$7.99 Med \$12.99 Lg \$15.99
Grilled Salmon Special with Veggie Brown Rice and Kale Slaw	\$16.99

SALADS AND ENTREES

Chicken Salad - DF, SF - Hormone-Free Chicken, Carrots, Celery, Safflower Mayo, Balsamic Vinegar	\$4.99(1/2 lb)
Grilled Honey Mustard Chicken Salad - DF, GF - Hormone-Free Chicken, Honey, Mustard, Roasted Red Peppers, Celery, Scallions, Vegenaïse	\$5.29(1/2 lb)
Grilled Chicken Salad with Sundried Tomatoes - DF, GF - Hormone-Free Chicken, Sundried Tomatoes, Celery, Walnuts, Cranberries, Vegenaïse, Tofu Sour Cream	\$5.29(1/2 lb)
Dill Salmon Salad - DF, GF - Salmon, Dill, Vegenaïse, Celery, Scallions	\$6.99(1/2 lb)
Tuna Salad - DF - Tuna, Tofu, Sunflower Seeds Carrots, Safflower Mayo	\$4.99(1/2 lb)
Quinoa Tuna Salad - DF, GF - Organic Quinoa, Tuna, Celery, Onions, Vegenaïse	\$5.29(1/2 lb)
Beet & Mango Salad - GF, SF, V - Beets, Mangos and Raspberry Vinaigrette Dressing	\$3.99(1/2 lb)
Broccoli Rabe (Seasonal) - GF, SF, V - Broccoli Rabe, Sundried Tomatoes	\$5.99(1/2 lb)
Brussel Sprouts - V - Brussel Sprouts, Carrots	\$5.29 (1/2 lb)
Butternut Squash (Seasonal) - DF, GF, SF, V - Butternut Squash, Cranberries, Agave, Cinnamon	\$3.99 (1/2 lb)
Cabbage Cleanser - DF, GF, V - Red and Green Cabbage, Carrots, Vegenaïse and Homemade Dressing	\$4.99 (1/2 lb)
Cajun Sweet Potatoes - DF, GF, SF, V - Sweet Potatoes	\$4.29 (1/2 lb)
Chickpea Salad – DF, GF, SF, V - Chickpeas, Carrots, Cucumber, Red Pepper, Spinach, Balsamic Vinegar	\$3.99 (1/2 lb)
Crackling Cauliflower - GF, SF, V - Cauliflower, Potatoes, Peas	\$3.99 (1/2 lb)
Gingered Yams - V - Yams, Scallions, Agave	\$4.29 (1/2 lb)

Guacamole - GF, SF, V - Avocado, Onions, Cilantro, Lemon Juice	\$6.99 (1/2 lb)
Hummus - V - Chickpeas mixed with Sesame Tahini, Tamari, Lemon Juice	\$3.99 (1/2 lb)
Kale & Avocado Salad - Kale, Avocado, Lemon Juice, Cherry Tomatoes, Onions, Red Wine Vinegar	\$5.99 (1/2 lb)
Kale and Brussel Sprouts - GF, SF, - Kale, Brussel Sprouts, Almonds and Parmesan Cheese	(Sm. \$3.99 / Lg. \$6.99)
Kale Slaw (A Great Energizer) - DF, GF, V - Kale, Carrots, Radish, Vegenaize, Lemon Juice, Mustard	\$4.99 (1/2 lb)
Mango Salad (Seasonal) - DF, GF, SF, V - Mangos, Cilantro, Onion, Red Pepper, Lemon Juice Olive Oil, Mint	\$4.99 (1/2 lb)
Sunshine Quinoa - DF, GF, SF, - Quinoa, Almonds, Cucumber, Yellow Peppers, Apricots, Mint, Lemon, Agave, and House Dressing	\$4.99 (1/2 lb)
Thai Peanut Noodles – DF, GF - Brown Rice Spaghetti, Zucchini, Green and Red Peppers, Scallions, Peanut Butter, Honey, Sesame Oil, Tamari	\$4.99 (1/2 lb)
Veggie Pasta Salad - V - Organic Semolina Pasta, Carrots, Celery, Vegenaize	\$4.59 (1/2 lb)

FRESH ORGANIC JUICES

Sm. 12 oz. / Lg. 16 oz.

Food For Thought Special Carrot, Apple, Beet, Spinach, Cucumber, Parsley, Lemon, Ginger, Kale, Celery	\$6.59 / \$7.99
Green Machine Spinach, Kale, Parsley, Cucumber, Green Apple, Celery, Ginger, Lemon	\$6.99 / \$8.99
Immune Booster Orange, Carrot, Ginger (Add dropper full of Echinacea for \$1.00)	\$6.59 / \$7.59
Iron Man Carrot, Apple, Beet, Celery, Spinach	\$5.99 / \$7.59
Liver Cleanse Beet, Cabbage, Carrot, Lemon, Ginger, Parsley, Turmeric	\$6.59 / \$7.99
Rejuvenator Carrot, Apple, Beet, Ginger, Lemon	\$5.99 / \$7.59

WELLNESS SHOTS

Organic Wheat Grass Juice	1oz \$2.19 2oz \$4.29
Tilu's Tumeric Elixir - Ginger, Tumeric and Honey	2oz \$3.59

ACAI "ah-sigh-ee" Bowls

The Dynamic Duo Organic Acai, Almond Milk, Banana, Mixed Berries, Sliced Almonds, Shredded Coconut, Chocolate Protein Powder	\$9.99
Mango Madness Organic Acai, Almond Milk, Banana, Granola, Mango and Shredded Coconut	\$8.99
The Original AB Original Acai, Almond Milk, Banana, Granola, Blueberries, Strawberries and Shredded Coconut	\$8.99

SMOOTHIES

HEALTHY MEALS ON THE GO! - 20 oz.

Berry Powerful - Soymilk, Strawberries, Blueberries, Banana, Berries Protein Powder and Flax Seed Oil	\$7.99
Fountain of Youth - Coconut Water, Wheatgrass, Spinach, Apple, Peeled Lemon, Pineapple and Ginger	\$8.99
Heavenly Hawaiian - Pineapple Juice, Ginger, Bananas, Strawberries, Frozen Yogurt and a touch of Cinnamon	\$6.99
Gazal's Pumpkin Harvest - Vanilla Protein Powder, Almond Milk, Almond Butter, Banana and Pumpkin Spice	\$8.59
Joyful Almond Buttercup - Almond Milk, Almond Butter, Cacao Powder,	

Dates, Vanilla, Strawberries, Banana	\$8.99
Monster Verde - Apple Juice, Spinach, Kale, Bananas, Strawberries, Source of Life Protein Powder, Green Powder	\$8.59
Muscle Mania - 25 grams of Grass Fed Chocolate Whey Protein, Soy Milk, Peanut Butter, Banana and Maca	\$7.99
Source of Life - Apple Juice, Bananas, Peanut Butter, Flax Seed Oil and Source of Life Protein Powder	\$7.59
Super Detox - Apple Juice, Acai, Strawberries, Bananas, Chorella and Ginger	\$6.99
Raw and Fit - Coconut Water, Chia Seeds, Blueberries, Flax Seed Oil, Almond Butter, Raw and Fit Protein Powder	\$9.99
The Dragon's Fruit - Apple Juice, Pitaya, Strawberry and Banana	\$6.99

All smoothies can be made with your choice of Soy, Almond or Organic Milk or Coconut Water. Add in or Subs. \$0.75 ea.

KID'S KORNER

Sm. 12 oz. / Lg. 16 oz.

Cookies & Cream - Almond Milk, Non-Fat Vanilla Frozen Yogurt, 1/2 scoop of Cookies and Cream Protein Powder and Organic Oreo Cookies	\$5.99 / \$7.99
Funky Monkey - Mango Juice, Bananas, Peaches, Mango and Non-Fat Vanilla Frozen Yogurt	\$5.99 / \$7.99
Fruity Smoothie - Apple Juice, Pineapple Juice, Non-Fat Vanilla Frozen Yogurt, Strawberries and Bananas	\$5.99 / \$7.99

HOMEMADE SOUPS

Varies by the day. Most of our soups are vegan and gluten free.
12oz \$4.29 16oz \$4.99 32oz \$8.99

Butternut Squash	Carrot Ginger	Cauliflower
Chicken Noodle	Chicken Tortilla	Creamy Green
Fagioli	Mushroom	Red Lentil
Tomato Florentine	White Bean Escarole	

DESSERTS

Apple Pear Crisp DF, V \$3.99	Banana Cake - DF, GF, SF \$3.69
Carrot Cake - DF, GF \$4.99	Chocolate Cake - DF, GF, SF \$4.29
Oatbran Muffins \$3.69	

*All prices on this menu are subject to change. *
Not Every Item Available Everyday.

This is not a Gluten Free or Nut Free facility.
DF- Dairy Free / GF- Gluten Free / SF- Soy Free
V - Vegan / LF-Lactose Free



GARDEN CITY'S HEALTHY CAFE

Vitamins Discounted 10% - 40%
Nutritional Supplements
Vegan & Gluten Free Choices

Eat-In or Take Out
Free Parking
Local Delivery (\$20 Minimum)
No Delivery on Sundays

TEL: (516) 747-5811

FAX: (516) 280-3223

154 SEVENTH STREET, GARDEN CITY, NY

www.foodforthoughtgc.com

deliveryfft@gmail.com

Mon-Fri 7:00 am - 8:00 pm
Saturday 8:00 am - 6:00 pm
Sunday 8:00 am - 5:00 pm

Our dishes are made with the finest ingredients
No preservatives, no colors, antibiotic and
hormone free chicken & turkey

This is not a Gluten Free or Nut Free facility.
DF- Dairy Free / GF- Gluten Free / SF- Soy Free
V - Vegan / LF-Lactose Free