

Sandwiches & Wraps

All sandwiches and burgers come on a choice of **Seven-Grain bread or Pumpernickel, Whole Wheat or Gluten-Free wrap** with lettuce, carrots, low-fat canola mayonnaise or whole grain mustard.

Extras

Tomatoes .. \$.20¢

Sprouts or Onions .. \$.10¢

Hummus or Cheese (American, Swiss, Provolone, Cheddar or Soy/Veggie Cheese) .. \$1.00

BFA Roasted Mixed Turkey

Organically raised whole turkey roasted daily. Mixture of white & dark meat.

Sandwich: \$5.45/Wrap: 5.85

BFA White Meat Turkey

Same as above, but with only white meat turkey.

Sandwich: \$5.45/Wrap: \$5.85

Turkey Salad

Organic roasted turkey meat made with organic vegetables, canola mayo, herbs, & spices

Sandwich: \$5.45/Wrap: \$5.85

Tuna Salad

Dolphin-free tuna made with organic vegetables, canola mayo, herbs & spices.

Sandwich: \$4.75/Wrap: \$5.19

Vegan Tempeh Salad

Organic soybeans, brown rice, sunflower seeds, veganaise, organic vegetables, & herbs.

Sandwich: \$4.75/Wrap: \$5.19

Vegan Un-Chicken Salad

Textured vegetable protein (TVP), carrots, celery, herbs, spices, & veganaise.

Sandwich: \$4.75/Wrap: \$5.19

Greek Stuffed Wrap.. \$5.60

Choice of wrap stuffed with homemade hummus, feta cheese, roasted red peppers, & vegetables

Applegate Farms, a Gluten-Free Casein Free lunchmeat is also available by the pound or on a sandwich or wrap.

BFA Grill

BFA 5-Grain Burger

\$4.79

Homemade, **wheat-free**, made with brown rice, barley, oats, sunflower seeds & lentils, flavored with carrots, onions, eggs, & spices

BFA Turkey Burger

\$5.25

Made only with ground turkey meat

Garden Burger

\$4.79

Made with mushrooms, onions, rolled oats, brown rice, egg whites, low-fat mozzarella, bulgur wheat & seasonings

Spicy Spinach Burger

\$5.25

Gluten-Free, homemade with spinach, breadcrumbs, eggs, parmesan & pepper jack cheeses, vegetables, & spices

Quinoa Sweet Potato Burger

\$4.79

Vegan, homemade with sweet potato, quinoa, onions, rice cheese, olive oil, garlic, bread crumbs, & spices.

Hot Specials

Served daily from 11 a.m. until 2 p.m.
Specials change daily!

Soups

All soups are made daily using only organic vegetables, herbs, & filtered water.

Vegan Chili

Made fresh daily with textured vegetable protein (TVP), organic vegetables & spices

Salads

We offer a selection of seasonal homemade salads including: **Potato Salad, Pasta with Tuna, Beet Salad, Tofu Salad, Marinated Carrots, 3-Bean Salad, & Vegetable Marinade**

Organic Garden Salad

\$8.25 lb.

A mixture of organic greens and seasonal vegetables. Dressing included

BFA Salad Platter

\$6.29

Organic Garden Salad with the choice of two side salads

**Ingredients used upon availability. Prices subject to change without notice.*

Organic Fresh Juice Bar

100% Organic.
Juiced while you wait!

Small 8 oz.	Medium 12 oz.	Large 16 oz.
\$3.99	\$4.99	\$5.99
1. Apple, Beet, & Carrot 2. Vegetable: Carrot, Celery, & Beet 3. Carrot		
\$4.99	\$5.99	\$6.99
4. Carrot, Beet, Apple, Celery, Lemon, Ginger, & Garlic 5. Orange, Carrot, & Ginger 6. Fruit 7. Orange and/or Grapefruit		
\$5.99	\$6.99	\$7.99
8. Green Apple, Celery, & Kale 9. Kale, Cucumber, Apple, Lemon, & Celery 10. Apple, Lemon, & Ginger		

**Please note ANY substitutions to the above juice recipes will result in an additional charge per substitution. Please limit request to those items listed on the menu.*

Desserts

We offer fresh baked, natural breads, pastries, cookies, muffins, cakes, and pies! Vegan and Gluten-Free desserts are also available. All desserts are baked using only unbleached, unbromated flours, and aluminum free baking powder. No refined sugar, preservatives, or artificial ingredients are ever used.

Prices subject to change without notice. Ingredients used upon availability. Not all selections may be available at all times

Only 8®



America's Healthiest Frozen Yogurt
THE 8 HEALTHY REWARDS THAT ONLY 8 GIVES YOU!

1. NO FAT, NO CHOLESTEROL
2. CALCIUM FORTIFIED
3. LOW CALORIES, LOW CARBS
4. ALL NATURAL - NO PRESERVATIVES
5. SWEETENED WITH FRUCTOSE
6. SAFE FOR MOST DIABETICS AND LACTOSE INTOLERANTS
7. 4 HEALTHY YOGURT CULTURES
8. GREAT TASTE THAT WON'T GO TO YOUR WAIST

NUTRITION FACTS
Serving Size 1/2 Cup By Volume (40 grams)
Amount Per Serving
Calories 32 Calories From Fat 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 1g	
Calcium 5%	
Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet.

WHAT DOES "ONLY 8" MEAN?
It signifies the only 8 wonderful ingredients that go into ONLY 8 FROZEN YOGURT which give you the "8 Healthy Rewards", making it a part of your well-balanced diet.

INGREDIENTS:
1) Water
2) Fructose
3) Grade A Kosher Whey
4) Whey Protein Concentrate
5) Malodolcine
6) Natural Flavorings & Stabilizers
7) Calcium
8) Active Yogurt Cultures (L. Acidophilus, L. Bifidus, S. Thermophilus, Bifidus)



Pledge of Purity

In order to provide you with the healthiest, most nutritious meal we...

- Use only stainless steel and cast iron pots
- Use only filtered water for cooking
- Use only organic fruits and vegetables
- Never use sugar, salt, white flour, artificial ingredients or preservatives
- Use unbleached, unbromated flours
- Use organic meat and poultry that is nitrate, steroid, and hormone free
- Always try to accommodate special dietary concerns such as: vegetarian, vegan, gluten-free, wheat-free, yeast-free, dairy-free, etc.

Our Staff is dedicated to serving you the freshest and finest food from Mother Nature!

Black Forest Acres Deli Menu



Deli Hours

Monday-Friday
9:30 a.m. – 7:00 p.m.

Saturday
9:30 a.m. – 4:00 p.m.

Closed on Sundays



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