



by vita organic foods

JUICES {9.99}

slimfit

grapefruit, cucumber, celery, parsley, orange, apple

pineapple

pineapple, pear, lemon, ginger

glorious green

kale, spinach, romaine, celery, green apples, pineapple, lime, ginger

lemon turmeric

lemon, orange, turmeric, apple

dandelion teatox {4.99}

dandelion, manuka honey, lemon, ginger

**100%
FRESH &
ORGANIC**

SMOOTHIES {9.99}

clean & green

spinach, avocado, mango, banana, almond milk

chocolate love

raw cacao powder, banana, almond milk, almond butter, peanut butter

100% ORGANIC SALADS {9.99}

kale chicken caesar

tuscan kale, chickpea croutons, caesar dressing

chopped salad

romaine, hard boiled eggs, peppers, carrots, celery, cucumbers, tomatoes, italian olives

popeye salad

quinoa, spinach, almonds, pears, chickpea croutons

harvest salad

chicken salad over kale with apples, pears, cranberries, sunflower seeds

BREAKFAST ON THE RUN

egg muffin {5.99}

organic eggs, tomatoes, spinach, mushrooms

overnight oats {4.99}

almond milk, sunflower seeds, honey, fruit of the week

lean green bowl {8.99}

kale base, spinach, almond milk, almond butter, banana, gluten free granola, vegan protein powder

better bowl {8.99}

blueberry base*, almond butter, bananas, coconut, gluten free granola, vegan protein powder

*Blueberries have 25% less sugar & calories than Acai and more antioxidants.



8OZ. SIDES » IN THE FRIDGE

tuna salad {5.99}

sunflower seeds, cornishon pickles, onion, lemon juice

chicken salad {5.99}

apples, walnuts, cranberries

egg salad {4.99}

scallions, carrots

roasted garlic hummus {5.99}

SOUP(S) OF THE DAY

100% organic gluten free soups

16oz. {5.99} / quart {11.99}

MADE TO ORDER

Mon-Sat | 11am-2pm

100% ORGANIC HOT LUNCH



baked salmon {12.50}

over sautéed kale & quinoa

turkey meatballs {11.50}

over freshly made "zoodles"
(zucchini spaghetti)

chimichurri chicken {11.50}

grilled chicken, chimichurri sauce,
quinoa, black beans, corn, peppers

lemon shrimp {11.50}

fresh thyme, brown rice

balsamic chicken {11.50}

baby spinach, red bell peppers,
crimini mushrooms



asian tofu {10.50}

seared tofu, carrots, peppers,
onions, avocado, mushrooms,
sesame oil & rice vinegar

lentil bolognese {11.50}

whole wheat penne

falafel {10.50}

homemade falafel, cucumber, tomatoes,
mixed olives, onions, tahini dressing

tacos {10.50}

corn tortilla, black beans, corn,
avocado cream

THREE EASY WAYS
TO PLACE YOUR ORDER:

VITAORGANICFOODS.COM

(908) 277-0009

DOWNLOAD OUR APP

* CURBSIDE PICKUP AVAILABLE *

Seasonal Menu changes every 60 days