

Good'n' Raw™



OUR MISSION: **Increasing humanity's potential naturally by feeding it nutritious foods.**

Welcome!

We hope you enjoy our selection of raw and living foods for meals, snacking or home preparation. Our hours are listed below and we are open the same hours as Optimal Wellness Center. Our marketplace also carries bulk nuts, seeds, butters, powders, fruits, and handcrafted goods from people just like us! **Good'n' Raw** strives to bring you the most nutritious foods available for the health of ourselves and the environment.

HOURS

Mon thru Fri 8:30am – 7pm
Sat 9am – 5pm

ALLERGY WARNING!

Foods are processed in a kitchen where nuts are used!



GOURMET RAW FOOD

♥ THE TUNA SALAD Sunflower seeds, walnuts, celery, onion, parsley, living pickles, dill, kelp, raw vinegar, lemon, herbs, ancient sea salt.	8 oz	4.99
MOCK CHICKEN SALAD Cucumber, celery, sunflower, cashew, pecans, green onion, lemon, sea salt, spices, romaine.	8 oz	6.50
RAWSOME BURGER Portabellas, walnuts, sunflower seeds, almonds, celery, red onion, red pepper, olive oil, flax seeds, ginger, garlic, herbs, spices, ancient sea salt.		6.50
SERVED ON A BED OF MIXED GREENS with a side of CASHEW MAYONNAISE cashew, lemon, maple, probiotic, sea salt.		6.50
BRAWCOLI SALAD Broccoli, cranberry, sunflower seeds, coated in a sweet cashew mayonnaise.	8 oz	3.50
ONION BREAD Onion, sunflower seeds, flax seeds, Braggs liquid aminos.	2 slices	2.50
CORN TORTILLA CHIPS Corn, golden flax blended with herbs, spices.	4 oz	8.00
SESAME HERB KALE CHIPS Kale, sesame seeds, apple cider vinegar, scallions, lemon, garlic, herbs, ancient salt.	3oz	6.50
CHI ZEE RED PEPPER KALE CHIPS Kale, cashews, red pepper, lemon juice, nutritional yeast, ancient sea salt.	3oz	6.50
RANCH KALE CHIPS Kale, cashews, extra virgin olive oil, apple cider vinegar, parsley, lemon juice, onion powder, coconut nectar, ancient sea salt, dill, garlic powder, fresh garlic.	3oz	6.50
PIZZA KALE CHIPS Kale, cashews, sun-dried tomato, dates, extra virgin olive oil, flax seed, nutritional yeast, Italian seasonings, garlic powder, onion powder, ancient sea salt, fresh garlic.	4 oz	7.99
CRANBERRY ORANGE GRANOLA Sprouted buckwheat, pecans, cranberries, apples, sunower seeds, almonds, pumpkin seeds, dates, honey, lemon, orange, vanilla, cinnamon, ancient sea salt.	1/2lb bag 1 lb bag (5 srvgs)	7.95 14.95
CARROT CAKE WITH ORANGE CASHEW ICING Carrots, dates, pecans, walnuts, cashews, orange, coconut, raisins, flax seeds, coconut nectar, vanilla, cinnamon, nutmeg, ginger, ancient sea salt.	whole cake (4-6 srvgs) (special orders only)	
LEMON BAR Dates, coconut, lemon, almonds, vanilla bean, sea salt,		2.50
ORANGE BAR Dates, coconut, orange, almonds, vanilla bean, sea salt.		2.50
MACADAMIA NUT BROWNIE Cacao, cashews, almonds, macadamia nuts, honey, coconut oil, coconut.		3.00
LEVITATING LOTUS ENERGY/PROTEIN BAR Almonds, dates, brazil nuts, pecans, pumpkin seeds, sunflower seeds, Goji berries, cacao nibs, cranberries, orange juice, maca, chlorella, vanilla bean, ancient sea salt.		2.75

100% organic is our goal...sometimes the universe limits us to 90%

Be sure to go to "What's New at OWC?" on our website homepage www.owcenter.com or take a look at our Special Chalk Board when you come into the Center for Weekly Specials.

