



PRESENTED BY



EAT WELL CAFÉ

Hours: 11 a.m. to 1 p.m.
Address: 909 Arapahoe Ave.
In the Age Well Center

MEALS ON WHEELS OF BOULDER

The mission of Meals on Wheels of Boulder is to provide nutritious meals and a daily well-being check to Boulder residents, regardless of age or income.

info@mowboulder.org

(720) 780-3380

Mowboulder.org

3701 Canfield St.

Boulder, CO 80301

ABOUT THINK GOODNESS FOODS

Think Goodness Foods is a Meals on Wheels of Boulder initiative offering quiches, soups, and pies. Quiches and pies are frozen, ready to take-and-bake, and soups are ready to heat and eat! All Think Goodness Foods products are handmade using fresh ingredients.

All proceeds from Think Goodness Foods benefit Meals on Wheels of Boulder!

THE NICHE MARKET

The Niche Market is a Meals on Wheels of Boulder initiative located in our new building at 3701 Canfield Street.

The Market is a neighborhood shop offering local products, grocery essentials, pastries, snacks and much more!

Stop by the Niche Market today to get your groceries and do good at the same time.



Located in the Age Well Center, West – 909 Arapahoe, in Boulder
Open from 11-1:00 Weekdays

PANINIS, PITAS, SANDWICHES, & WRAPS

made-to-order

*Comes with a beverage and your choice of
chips, coleslaw, or potato salad*

\$6.99

CAPRESE PANINI

CUBANO PANINI

PESTO TURKEY PANINI

ROAST BEEF AND ONION PANINI

HAM AND CHEESE PANINI

GRILLED CHEESE

HAM SANDWICH

TURKEY SANDWICH

VEGGIE SANDWICH

ROAST BEEF SANDWICH

CLUB WRAP

CAESAR WRAP

VEGGIE WRAP

BEVERAGES

\$1

COFFEE

ICED TEA

HOT TEA

JUICE

DESSERTS

VARIES DAILY

\$1.99

CHEF MAX'S MAIN MEAL CHEF TODD'S MAIN MEAL

*Comes with a drink,
choice of side salad or cup of soup
& dessert*

VARIES DAILY — SEE CHALKBOARD

\$6.99

no substitutions please



CREATE-YOUR-OWN SALAD

Comes with a soup and dessert

\$5.99

SOUPS & SALADS

Bowl \$3.99 | Cup \$1.99

SOUP & SIDE SALAD \$5.99

SOUP & HALF SANDWICH \$5.99

Comes with a drink

A LA CARTE SIDES

\$2.99

COLESLAW

SIDE SALAD

POTATO SALAD

EGG SALAD



Please note that all prices do not include tax