



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](mailto: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

## SANDWICHES, & WRAPS

made-to-order

*Comes with a beverage and your choice of chips, side salad, or cup of soup*

\$7.99

Choose your meat, cheese,

veggies and toppings.



Please see server for the daily listings.

## Eat Well Café Entree M.O.W. Entree

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

VARIES DAILY — SEE CHALKBOARD  
\$7.99

*no substitutions please*

## CREATE-YOUR-OWN SALAD

*Comes with a soup and dessert*  
\$5.99

## SOUPS & SALADS

Bowl \$3.99 | Cup \$1.99

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SOUP & SIDE SALAD \$6.99

SOUP & HALF SANDWICH \$6.99

*Comes with a drink*



## BEVERAGES

\$1

COFFEE

ICED or HOT TEA

MILK

JUICE

## DESSERTS

VARIES DAILY

\$1.99



There is a \$1 service fee for To-Go Meals

Please note prices do not include tax