



## EAT WELL CAFÉ

Hours: 11 am to 1 pm

**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 am-1:00 pm Weekdays



## Eat Well Café Meal Deal

Meal includes your choice of **entrée**,  
choice of side salad, or cup of soup,  
beverage & dessert

\$7.99

À la carte entrée  
(protein, starch and vegetable)

\$4.99

See chalkboard for daily menu

*\*NO substitutions please\**



## SANDWICHES & PANINIS

made-to-order

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

\$7.99

Add dessert for \$1

Choice of bread, deli meat, cheese,  
vegetables, and condiments.

*\*Please see server for available  
offerings\**



## SOUPS & SALADS

Bowl of Soup \$3.99 | Cup of Soup \$1.99

Bowl of Soup & Side Salad (*includes  
beverage*) \$6.99

Entrée Salad (*includes beverage, cup of  
soup and regular dessert*)  
\$7.99

Side Salad \$2.99



## BEVERAGES

\$2

COFFEE

ICED or HOT TEA

MILK

JUICE

## DESSERTS

\$2.49



There is a \$1 service fee for To-Go Meals  
Please note prices do not include tax

