

COLD-PRESSED

CRAFT YOUR OWN 6-PACK › \$40.00

Choose any assortment of flavors.
12 oz. No Added Sugar.



LOVING LIFE

Apple, Lemon, Kale, Red Grape, Tart Cherry



KEEP THE DOCTOR AWAY

Pineapple, Apple, Ginger, Turmeric, Cayenne



STARTING TODAY

Apple, Kale, Lemon, Parsley, Cucumber, Celery, Spinach, Ginger



GET LIT

Kale, Spinach, Cucumber, Pineapple, Jalapeño, Matcha



BRING ME BACK

Beet, Orange, Ginger, Cucumber, Lemon, Coconut Water



MAKE ME YOUNG

Blueberry, Blackberry, Strawberry, Lemon, Apple



FLUSH + GO

Carrot, Kale, Pineapple, Parsley, Mint, Lemon, Apple



HANG ME OUT TO DRY

Celery, Pear, Apple, Lemon, Lime, Orange, Activated Charcoal



FRESH-PRESSED ORANGE JUICE

Oranges

MATCHA ORGANIC GREEN TEA › \$4.00

Original • Ginger

BOOTLEG BUCHA › \$4.00

Tart Cherry Mint • Blueberry Lavender
Ginger • Seasonal Flavor

KARMA WATER › \$3.50

Acai Pomeberry • Orange Mango

ASARASI SPARKLING WATER › \$3.25

Pineapple, Ginger, Agave, Lemon, Cayenne

ESSENTIA ALKALINE WATER 20 OZ › \$2.50

COCONUT WATER › \$3.00



WELLNESS GUIDE



IMMUNITY

Help your body fight off foreign substances with these power-packed ingredients high in vitamins and minerals built to boost your immune system.



HEALTH & WELLNESS

Select from a variety of smart juices including heart-healthy and immune-boosting options.



DETOX

Start your juice cleanse detox and unleash the natural healing power of your body by ridding built-up toxins.



ENERGY

Energize your day with juices designed to oxygenate the blood, create increased brain function and physical energy.



ANTI-AGE

These juice recipes contain the right amount of antioxidants that can help you fight free radicals and repair stress and damage to your skin due to the environment and everyday living.



WEIGHT LOSS

Reshape your body (today!) with low-calorie juices and essential nutrients that you need to start your transformation.



RECOVERY

Give your muscles the necessary ingredients to rebuild, repair and recover with this protein-rich collection.



LOCATED INSIDE THE SHOPS AT HARBORCENTER
CORNER OF MAIN AND PERRY STREET
THEHEALTHYSCRATCH.COM (716) 855-4404



CATERING MENU

MINIMUM ORDER OF 8 PEOPLE



SMOOTHIES

PACK OF FOUR › \$24.00
Choose any assortment of flavors

BOSS DOG
Pineapple, Banana, Apple Juice

COMING IN HOT
Granola, Cinnamon, Cacao Nibs, Banana, Almond Milk

YOU'RE IN
Pitaya, Banana, Mango, Apple Juice

CAN'T BE SURE
Spinach, Pineapple, Avocado, Mango, Apple Juice



BREAKFAST

OVERNIGHT OATS
PACK OF FOUR › \$20.00
Choose any assortment of flavors:
Peanut Butter Banana • Cacao Almond
• Maple French Toast

YOGURT CUP BAR
SERVES 10 › \$50.00
Greek Yogurt topped with Granola, Coconut, Flax Seeds, Fresh Fruits and Berries.

FRUIT PLATTER
SERVES 8-10 › \$30.00
A Variety of Seasonal Fresh Fruits and Berries.

HOMEMADE BREADS AND BARS PLATTER
SERVES 8-10 › \$40.00
Paleo Muffins • Energy Bites • Granola Bars
• Quinoa Brownies.



To book your catering with The Healthy Scratch, please contact sales@Harborcenter.com or call 716-855-4581.

Minimum order of 8 People. 48 hours notice required. Prices subject to change. Prices do not include 8.75% sales tax or 18% administrative fee if applicable.

LUNCH



ASSORTED WRAP PLATTER
SERVES 8-10 › \$60.00
Choose up to three (3) varieties per platter.
Turkey Cranberry Almond • Greek Hummus
• Grilled Sriracha Hummus • Southwest Chicken
• Tuna Salad • Cobb Fit Wrap

FAMILY STYLE SALADS
SERVES 8-10 › \$50.00
Choose one.
Spinach, Strawberry and Goat Cheese
• Kale Quinoa and Chicken • Hummus Salad
• Cobb - Fit • Vegetarian Taco

SOUP
SERVES 8-10 › \$40.00
Choose one.
Vegan Carrot & Caramelized Onion
• Cream of Zucchini • White Turkey Chili

HEALTHY SNACK PLATTER
SERVES 10 › \$20.00
Terra Chips • Boomchicka Pop Popcorn
• Beanitos Chips • Simply Quinoa Chips

