

HEALTHY PALATE

Menu

Hours: M-F: 0500-1900

805-605-0079

Please Call and Order Ahead to Avoid Waiting in Line



Location:

Vandenberg Air Force Base Fitness Center,
Bldg 10130

"Bringing you the healthiest, most delicious smoothies, sandwiches, and salads on the base."

Mission

Fuel and uphold our fighters, strategists, and operations support personnel with awesomely delicious, healthy, and nutritious foods to kick the enemy's butt from here to the ether.

Salads

Caesar Salad \$5.95

Crispy and crunchy romaine lettuce, vitamin e rich avocado, chock full of beta carotene shredded carrots, with healthy dressings to compliment the salad

Chicken Salad \$5.95

Baked chicken strips with lettuce, tomato, onion, grated cheese, and sesame dressing specially commissioned to complement the chicken. It's light, it's full of nutrients, it's delicious.

Green Salad \$5.95

Mixed greens, tomato, cucumber, onion, olives and walnuts or cashews for some essential fatty acids, magnesium and blood building chlorophyll, get some!

Sandwiches

Avocado Sandwich \$5.95

Lots of avocado slices served on your choice of whole wheat or multi-grain bread, with sprouts, tomato, onion, olives, cucumber and lettuce.

Tuna Sandwich \$5.95

Light water packed tuna with mayo (premixed), lettuce, tomato, onion and cheese on your choice of whole wheat or multi-grain bread

Turkey Sandwich \$5.95

Generous slices of turkey with tomato, onion, lettuce, mayo and mustard on your choice of whole wheat or multi grain bread

Smoothies

Aloha: 16oz: 4.99 ;20oz: 5.99; 24oz: 6.99

Pineapple, orange and honey; packed with Bromelain, bio-flavonoids, vitamin C, and minerals.

Cocoa-Berry: 16oz: 4.99 ;20oz: 5.99; 24oz: 6.99

cocoa, mixed berries, and honey; loaded with antioxidants, glucose to fuel your brain and power your body.

Faking Colada: 16oz: 4.99 ;20oz: 5.99; 24oz: 6.99

coconut milk and pineapple with hint of honey to take you to the tropics as you enjoy the cellular restructuring properties of coconut and digestive enzymes in the pineapple. Who says you have to spend a lot of money on a vacation?

Strawberry Peach: 16oz: 4.99 ;20oz: 5.99; 24oz: 6.99

strawberries, peach and honey strategically designed to provide vision supporting lutein and zeaxanthin; can you see the goodness?

Sweet Green: 16oz: 4.99 ;20oz: 5.99; 24oz: 6.99

banana, cucumber, kale, and pinch 'o' honey that rushes some potassium, magnesium, sulfur and calcium into your body for that extra boost

Acai Lite: 16oz: 4.99 ;20oz: 5.99; 24oz: 6.99

Omega fatty acid rich acai, natural appetite suppressant garcinia fruit, nutrient rich apple and no calorie natural sweetener stevia for the lightweight you desire.

Energize: 16oz: 4.99 ;20oz: 5.99; 24oz: 6.99

power packed avocado, banana, pumpkin seeds for that boost of energy that sustains you throughout your workout, don't get started without it.

Muscle Boost: 16oz: 4.99 ;20oz: 5.99; 24oz: 6.99

muscle building protein, banana and peanut butter for the much needed nitrogen state to groom that brawny wide shoulders and v-taped waistline; hello Mr. Universe.

Recover: 16oz: 4.99 ;20oz: 5.99; 24oz: 6.99

no need to suffer after your work out, we have muscle repair blend of protein, flax seeds and banana with some honey to the rescue.

Weigh Less: 16oz: 4.99 ;20oz: 5.99; 24oz: 6.99

Weight Assist™ Shake Mix, banana and stevia specially formulated to support weight loss

Hot Drinks

French Roast Coffee: 8oz: 1.00; 16oz: 1.99

Hot Herbal Teas: 16oz: 1.99