

Natural Healing Express Weekly

Column 272 Café News

It seems like the time is almost here. We have been chatting about this new café for a while now and I believe we are finally at a point where we can talk specifics.

The concept behind our Integrative Café is to serve nutritious and healthy dishes and to go “bites”. There is not much in our area that offers protein balls! The protein balls contain 24 grams of protein per six, with zero carbs and zero sugar. Ya, I said it! ZERO carbs and zero sugar. What are breakfast entrée or snack can boast that?

The protein balls are covered with tri-colored quinoa or flaxseed (ground) so you are getting a wonderful serving of both protein and fiber. They can be purchased by the dozen or in a set of three. The smaller set is designed for runners or cyclists who choose to stop by during their workout to grab a quick pick-me-up.

Another breakfast favorite that will be featured is our Breakfast Frittatas. They contain a range of spinach, kale and other fabulous greens mixed with power-packed vegetables to get your day started out right! Each day will feature a house special frittata.

Perhaps our best feature is our broths, tea, protein drinks and coffees. We will have several available daily that can be paired with a healthy tincture. A tincture is a liquid vitamin that can easily be added to your favorite tea, protein drink, coffee or broth.

So, an example of our drink menu selections would be “I would like a Get Happy tea with an Adapt tincture and with a Broth Ice Cube”. That means you would be receiving a quite tasty herb packed lemon tea with an Adapt tincture (which contains Ashagwanda- I will let you all google that one and Siberian Ginseng) and have a protein and collagen packed ice cube to top it off.

Another example would be, “I would like a Get Burning, Chi Charge”. What you would be receiving is an amazing Metabolism boosting tea with a delightful extract designed to energize the whole body.

Who wouldn't like to stop by on their way to work and grab one of those for the day? (You can re-steep the tea by adding more hot water).

The possibilities are endless and we will work with your specific Bio-Individuality on any particular day to serve up a tea or protein drink that will best benefit your health.

Our idea concept is to become an integrative café so even those who may not want to eat all healthy meals will have something to enjoy as well. The concept is to meet you where you are on your specific bridge to health!

During the lunch hours, we will feature our healthy broth based soups coupled with Sinsinawa freshly made bread will take you back in time to grandma's house.

We plan to offer our broth infused potato bar one day of the week where you can add your own specific toppings! There will also be healthy salads and sandwiches.

There will be two final “tastings.” The first is scheduled for Wednesday, January 25 from 6pm to 8pm. This will feature “small bites” of the items planned for lunches, like our pesto bruschetta bread.

The last tasting will be held Saturday, January 27 from 9am to 3pm. During the breakfast hours, samplings of Breakfast Frittatas, protein balls and protein bars will be served. During the lunch hours, samplings of our healthy broth based soups!

Please stop by during the above times and try our café out , we look forward to seeing you there!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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