



At The Healthy Hut, we
make the tastiest yet
healthiest food in the
neighborhood.

You can order foods and
beverages that contain
vitamins and minerals.

We do not cook with
butter or salt, but those

We accept all major credit
cards.

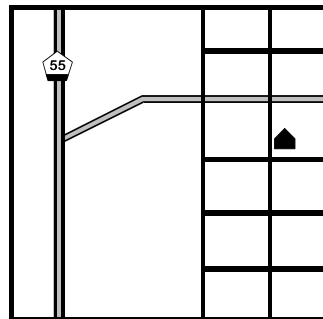
Sorry! No personal checks
accepted.



The Healthy Hut

Hours

*Monday-Friday 11 a.m.—9 p.m.
Saturday 11 p.m.—10 p.m.
Sunday CLOSED*



The Healthy Hut
1234 Nutritious Way
Nutrition, OR

**The Healthy
Hut**

Menu



*A healthy food
restaurant
alternative*

Phone: 1-HEALTHYHUT



BEVERAGES

All beverages are low in fat and sugar.

Splash-Splash Fruit Punch—made with real fruit juices \$1.50

Shake-Em-Up Milkshake—low fat milk is central to this drink \$2.95

Yogi Bear Yogurt Smoothie—real fruit mixed with low fat yogurt—a perfect mix \$3.50

Simply Sumptuous Herb Tea—filled with lots of herbs to improve your health \$1.00

Chocolate Lovers Carob Drink—carob, the low fat alternative to chocolate \$1.75



APPETIZERS

Beautiful Four Bean Salad—lots of protein in these beans \$1.75

Jamaican Hot Fruit Salad—delicious tropical fruits with a nice natural sauce \$2.50

Humming Hamburger Vegetable

Soup—what a great way to get one serving of your daily vegetables \$2.50

Fly Away Wings—baked, not fried \$2.25



MEATLESS DISHES

All entrees served with a small green salad.

Peggy's Pasta With Three Cheeses—cheese, full of calcium for your bones \$6.50

Rice and Bean Tostadas—beans have lots of protein to fill your daily needs \$5.95

Vegetarian Chili—this has a kick from some wonderful natural herbs and spices \$5.75

Angel Hair From Heaven With Asparagus, Tomatoes, and Herbs—get your grain servings along with loads of healthy veggies \$6.75

Mama Mia Pasta and Sicilian Tomato Sauce—tomatoes have lots of healthy benefits \$5.25

Tofu Stir Fry—protein filled tofu, lots of veggies and light canola oil \$6.50



SIDE

Crispy Apple-Rice Salad—fruits and veggies mixed into one with a light balsamic dressing \$2.50

Geeky Greek Salad—full of tomatoes, cucumbers, onions, and feta with a drop of healthy olive oil \$2.95

Spring Herb Rice—lots of natural herbs to add flavor \$1.50

Fun Fruit Kabobs—fresh seasonal fruit with a light yogurt dip \$2.25



MAIN DISHES

All entrees served with a small green salad.

Hong Kong Chicken Chop Suey—protein and veggies lightly stir-fried \$7.95

Hey Mon! Jamaican Chicken—baked, not fried \$6.50

Veggie -Topped Chicken

Burgers—protein and fresh, in-season vegetables grilled \$5.95

Sumptuous Salmon—plank grilled fresh wild salmon—lots of omega 3 \$9.95

Sizzling Sirloin Steak—for you protein lovers a nice lean grilled to order steak full iron \$10.95



DESSERTS

Banana Bread—lots of ripe bananas full of potassium \$2.50

Lemony Lemon Squares—fresh lemons and lots of vitamin C \$2.75