

JUICE MENU

Freshly Made While You Wait
WE USE ORGANIC VEGETABLES
& FRUITS - UNLESS
UNAVAILABLE

All Juices 16 oz.

Just Carrot or Just Apple \$ 4.99

Just Orange 5.99

Just Grapefruit 6.99

Body Cleanse 5.99

Carrot, Cucumber, Apple, Celery, Beets
& Parsley

Carrot Detox \$ 7.99

Carrots, Lemon & 1 oz of Wheat Grass

Digestive \$ 5.99

Cucumber, Apple, Beets, Lemon, Ginger
Detox – Inflammation Fighter

\$ 5.99

Beets, Celery, Cabbage, Carrots, Ginger,
Lemon, Apple

Energy Booster - \$ 5.99

Carrot, Beets, Apple, Lemon, Ginger

Flu Shot Tonic \$ 7.99

Carrot, Kale, Celery, Spinach, Ginger,
Turmeric

Green Juice Detox \$ 5.99

Green Apples, Lemon, Cucumber

Green Juice 6.99

Cucumber, Zucchini, Celery, Cabbage,
Parsley, Spinach, Kale

Immune Builder - \$5.99

Orange, Carrot, Ginger, Lemon

Liver Cleanse \$ 5.99

Apple, Beet, Lemon, Ginger, Parsley

Make Your Own Juice - \$ 5.99

Choose from – 8 oz of Carrot, Apple,
Celery, Cucumber & any 2 of the
following: Kale, Spinach, Zucchini,
Parsley, Orange, Beets, Ginger, Lemon,
Cabbage.

Metabolic Booster - \$8.99

Beets, Berries, Apple, Grapefruit, Lemon,
Ginger, Greens, Kelp, Cayenne, Coconut
Oil

Mixed Juice 5.99

Carrots, Apples, Beets, Parsley, Spinach

Super C - \$ 6.99

Grapefruit, Orange, Lemon and Lime

Super Detox - \$ 9.99

Glass of Warm Water w/ Fresh Lemon
Juice, 1oz of Wheat Grass & Green Juice

Ask About our Featured

Monthly Juices

Additional Charge for Extra Ginger –
Green Leaf Vegetables or Turmeric

SHOTS

Ginger Shot

1 oz. \$ 1.50 – 2 oz. \$ 3.00

Turmeric Shot or Wheat Grass

1 oz. \$ 2.25 – 2 oz. \$ 4.50

SMOOTHIES

**WE USE ORGANIC FROZEN
FRUITS, NEVER ICE OR
SYRUPS!**

Your Choice of Apple Juice, Almond
Milk, Soy Milk, Organic Milk or
Filtered Water

16 OZ - \$ 5.99

With Coconut Water - \$ 6.99

Add Protein or Greens, add \$ 1.00

Add at NO CHARGE

Lecithin, Flax Meal, Almonds (10),
or Peanut Butter

Chai - \$ 5.99

Organic Frozen Bananas,

Coconut, All Spice

Mixed Berry - \$5.99

Frozen Mixed Berries & Frozen Bananas,
Optional Goji Berries

Tropical - \$ 5.99

Organic Mangoes, Organic Bananas

**Peanut Butter or Almond
- \$ 5.99**

Bananas, Peanut or Almond Butter,
Cocoa Nibs

Super Green - \$ 6.99

Frozen Bananas, Almonds, Spirulina

**Ask about our Seasonal
Smoothies**

ORGANIC SALADS

Organic Garden Salad - \$ 4.99

Mesclun, Tomatoes, Cucumbers,

Red Cabbage, Carrots,

Add Chicken – Hummus

Or Tuna = \$ 2.99

Add Avocado 1.50

Tuna Salad – 8.99 lb

Chicken Salad Free Range Chicken
9.99 lb.

Please check for Daily Assortment of
Salads

SANDWICHES & WRAPS

Wrap 6.99 - Ezekiel Bread \$ 5.99

Avocado

Avocado, Lettuce, Tomato,

Cucumber

Chicken with Grilled Veggies

Grilled Free Range Chicken, and
Grilled Vegetables

Hummus

Organic Hummus, Lettuce,

Cucumber, Tomatoes

Tuna

Dolphin Friendly Tuna, Lettuce,
Cucumbers and Tomatoes

Turkey

Organic Turkey Breast, Lettuce
Tomatoes, Mayo or Mustard

Organic Turkey Panini Melt -

\$ 6.99

Organic Turkey Breast, Spicy Grilled
Vegetables, Dairy or Vegan Cheese,
Greens on a Multi grain Bread.

Veggie Burger Panini - \$ 5.99

Multigrain Panini Bread, California
Burger w/vegan Cheese

Also available – Spanakopita, Stuffed
Grape Leaves, Vegetarian Patties,
BBQ Ribs, & Vegetarian Chicken
Salads

POULTRY & FISH

Grilled Free Range Chicken

\$ 9.99 lb.

Wild Salmon from Chile

Poached or Baked \$ 15.99 lb.

Also Available Assorted Grilled
Chicken Salads.

SOUPS - 16 oz 4.99

Black Bean Soup - Carrot and Ginger -
Chicken Noodle - Chicken Tortilla Soup -
Chicken Vegetable with Rice - Chipotle
Sweet Potato Soup - Coconut Curry
Chicken Soup - Curried Cauliflower
Soup -

Lentil Soup - Minestrone - Potato Leek -
Roasted Vegetable Soup - Thai Chicken
Soup with Curry -

Tomato Basil Soup - Turkey Gumbo -
Vegetarian Vegetable Soup - White Bean
& Escarole Soup -

CHILI - 16 oz \$ 5.99

Inquire for Chili of the Day

DESSERTS

Carrot Cake, Vegan Coconut
Pudding, Vegan Cheese Cake


the Health Nuts

BAYSIDE – NY

718-225-8164

WESTBURY

516-683-9177

Deli Serves Food until

6:00 pm and Last Juice is
Served at 6:30

Please call and place your
order for later pick-u

Bean Salads

Avocado Salad
Black Beans w/Krunchy Kale
Chick Peas w/ Krunchy Kale
Curried Cauliflower w/ Red Lentils
Edamame Salad
Mexican Bean Salad
Mung Bean Salad

Burgers

BLACK BEAN BURGER
CALIFORNIA VEGAN
QUINOA FLAXSEED

Desserts

Carrot Cake
Fresh Fruit Salad
Vegan Coconut Puddings
Vegan Strawberry Cheese Cake

Fish & Poultry

Cilantro Lime Chicken Salad
Curried Free Range Chicken w/
Almonds
House Chicken Salad
Grilled Free Range Chicken
Salmon Poached Wild From Chile
Salmon Baked Wild from Chile
Thai Chicken Salad
Tuna Salad

Grain Salads

Cous Cous Salads
Farro Salad
Farro Salad (Mustard Vinaigrette)
Garbanzo Salata
Millet Lemon Salad
Quinoa Harissa Salad
Quinoa Corsican Detox Salad
Quinoa Cranberry
Quinoa Fruit & Nut
Quinoa & Kale
Quinoa Tabouli
Tabouli Salad

Organic Raw

Alfredo Vegan Butternut Pasta
Alfredo Vegan Zucchini Pasta
Asian Raw Bok Choy Salad
Kale & Almond Salad
Tahini Beet Salad
Tahini Carrot Salad
Tahini Butternut Squash
Tahini Zucchini Salad
Zucchini Pasta Marinara

Pasta

Pad Thai Noodles
Pesto Pasta
Rice Noodle Stir Fry
Thai Noodle Salads
Tokyo Buckwheat Soba
Whole Wheat Dumpling
Udon Noodles
Vegetarian Chicken Lo Mein

Quiche

Organic Broccoli Quiche
Organic Cauliflower Quiche

Rice Salads

Black Rice with Butternut Squash
Brown Rice with Lentils
Brown Rice with Vegetables
Collard Greens w/Brown Rice
Jasmine Rice with Veggies
Sprouted Risotto & Lentils
Sprouted Risotto with Vegetables
Stuffed Grape Leaves
Tofu & Rice

Soups

Black Bean Soup - Carrot - Chili -
Chicken Noodle- Chicken & Rice -
Chicken Tortilla - Thai Chicken -
Curried Cauliflower - Lentil -
Minestrone- Potato Leek - Tomato -
Turkey Gumbo -Roasted Vegetable
Soups - White Bean

Vegetable Salads

Asian Raw Bok Choy Salad
Asian Slaw Salad
Beet Salad
Broccoli Salad
Broccoli Rabe
Brussel Sprout Slaw
Brussel Sprouts Whole
Butternut Squash Salad
Cabbage Vinaigrette Slaw
Cauliflower Roasted Salad
Carrot Salad
Chick Peas in Vinaigrette
Chili Organic
Cole Slaw Organic
Collard Greens Salad
Grilled Vegetable
Hummus
Kale Orange Maple
Kale with Roasted Sweet Potatoes
Pomegranate Salad
Potato Salad
Roasted Veggies in Vinaigrette
Roasted Veggies in Citrus Asian
Vinaigrette

Seaweed Salad
Spinach Greek & Dill
Spring Salad
String Bean Salad
Sweet & Sour Greens
Tokyo Seaweed Salad
Tofu Salad
Wheat Berry Salad

Vegan

Organic Lentil Loaf
Vegetarian Hawaiian Nuggets
Vegetarian Stuffed Cabbage
Vegetarian BBQ Ribs
Tempeh with Brown Rice
Vegetarian Beef Stew
Vegetarian Sausage & Peppers
Sweet & Sour Tofu
Tofu with Snow Peas
Vegan Lasagna
Vegetarian Chicken Salad
Vegetarian Turkey Salad

Wraps & Sandwiches

Avocado Wraps
Black Bean Burrito
Chicken Salad in Raisin Nut Bread
Chicken & Mushroom Wrap
Chicken & Garlic Wrap
Grilled Chicken Wrap
Chili Wrap
Collard Greens & Rice Wrap
Falafel with Tahini Sauce
Hummus Wrap
Spanakopita
Tofu Salad Wrap
Tuna Wraps
Turkey Organic Wrap
Vegetarian Chicken Salad Wrap
Vegetarian Sausage & Peppers Wrap
Vegetarian BBQ Rib Wrap
Zucchini & Eggplant Wrap
Panini - Organic Turkey Melt
Whole Wheat Soy Chicken Patties
Whole Wheat Vegetarian Patties
Whole Wheat Stuffed Pockets
Whole Wheat Collard Green Rolls
Whole Wheat Spinach Rolls
W/W Croissants with Spinach

Our Whole Wheat Wrap

Ingredients:

Whole Wheat Flour, Water,
Enriched Flour, Sunflower Oil,
Cultured Wheat Flour, added with
Vinegar, Soy Lecithin, Salt, Guar
Gum, Yeast, Baking Powder, Citric
Acid.