

Greenhouse Deli - Our Story

At Greenhouse Deli, we love natural, fresh, local food that doesn't travel for days before it gets to you! and of course we love staying fit and looking good and want that for everyone else too. We've turned this interest into a healthy natural food business, using fresh natural ingredients, no preservatives and no trans fats.

If we can't pronounce it, we don't eat it and if we don't eat it, we don't serve it.

At Green House Deli, healthy and tasty go hand-in-hand. Anything that takes away from the natural flavors of food is something we avoid. And anything that makes it easier for you and your family to eat better is something we love.

Behind each flavor-filled dish is a story that starts long before that first bite. It all begins with like-minded people we love—those who go the extra mile to grow the best ingredients out there. Once those fresh ingredients reach our kitchen, we take our time to create magic just for you.

Our Goal

At GREEN HOUSE DELI, WE DON'T BELIEVE IN PRESCRIPTIVE DIETS BUT IN CREATING NOURISHING AND BALANCED MEALS. WE'VE SAID GOODBYE TO ARTIFICIAL FLAVORS, NASTY HORMONES, REFINED SUGARS AND PRESERVATIVES.

All items in our menu are below 450 Calories with high protein and only good fats and carbs, if any. We believe in serving food that tastes great, is good for you and makes you look amazing!

More natural in more ways

We were one of the few restaurants to remove artificial trans fats and hormones from our food. Since then, we have eliminated:

- Processed MSG
- High-fructose corn syrup
- Dyes
- Artificial colors*
- Artificial flavors

If we wouldn't serve it to our families, we're not going to serve it to yours

Our Commitment

At Greenhouse Deli, we take the phrase "fresh ingredients" seriously. For us quality ingredients make the difference between a common bite to eat and a meal you feel great about. As a rule, fresh ingredients are processed as little as possible. Why? We want to bring out the natural, wonderful flavors of our food, without stifling any of their taste with additives.

To get ingredients as fresh as possible, we need to look as locally as possible. This means more than just a tastier mouthful with each beautiful bite—it means that money you spend here is reinvested, back into the community. When you shop at a locally-owned, locally-sourced restaurant like Greenhouse Deli, you support local farmers, local economy and community.

Our Protein

Our chicken is antibiotic-free and grown without hormones because when farmers take care of their animals, they don't need those things.

We use hormone free pasture fed beef because it is better in every way – better for you, for the animals, the farmers and the environment. Oh, and it tastes better too!

Our sustainably raised, Red Snapper is fresh — that means never frozen and filleted by hand during morning prep.

Premium Ingredients:

Without a doubt, quality ingredients will make or break your favorite dish. We want our consumers to enjoy the authentic wholesomeness of fresh, high quality ingredients, enabling them to have a vivid, lively food experience.

Fresh ingredients also mean less salt, less oil, and less sugar, making for better blood pressure and a healthier heart. This way, you enjoy the fuller, finer flavors of the food.

Delicious flavors, wholesome ingredients, and bright spices. This is food you'll love to eat and makes you feel great.



MENU



Salad & Wraps

GREEN HOUSE SEASONAL SALAD 500 (300Kcal)

Mix Greens with special dressing, Pomegranate and Cashew Nuts.

GREEN HOUSE CAESAR SALAD 550 (320Kcal)

Mixed Greens, Grilled Chicken, Garlic Croutons, boiled eggs and Parmesan Cheese with our special Caesar dressing.

CAESAR SALAD WRAP 550 (380Kcal)

Mixed Greens, Grilled Chicken, Garlic Croutons, boiled eggs and Parmesan Cheese with our special Caesar dressing and whole wheat spinach tortilla.



Burgers

BEEF BURGER 750 (410Kcal)

Zero Fat Beef Patty, with cheese and whole wheat bun, turkey bacon and Veggies.

JALAPENO BEEF BURGER 750 (410Kcal)

A spicier take on our special low fat beef burger with Jalapenos, Whole wheat bun and Turkey bacon.

MEXICAN CHICKEN FILLET BURGER 800 (360Kcal)

Tangy Mexican Fillet Chicken Burger with wheat bun and Fresh herb sauce.



Mains (High Protein Option)

CHAR GRILLED SNAPPER 825 (355Kcal)

Our special Char grilled Red snapper with Cherry tomato, Basil and Garlic sauce.

GRILLED CHICKEN WITH FRESH HERB SAUCE 700 (260Kcal)

Chicken Fillet with Spicy fresh herb, butter and garlic sauce.

BEEF FILLET STEAK 800 (360Kcal)

Prime cut beef fillet, with a choice of pepper or Chimichurri sauce served with sautéed vegetables.



Pastas

PENNE ALFREDO PASTA 550 (280Kcal)

Grilled Chicken with Alfredo sauce, Parmesan, with whole wheat pasta.

SPAGHETTI & MEAT BALL 650 (375Kcal)

A healthier take on traditional comfort food, beef meatballs stuffed with ricotta and Italian Tomato sauce.



Pizzas

PEPPERONI PIZZA 700 (230Kcal)

Classic Italian thin crust Pizza with Mozzarella wheat crust.

CHICKEN SUPREME PIZZA 700 (250Kcal)

Spicy Chicken and vegetable pizza specially made for our local taste.



Extras

BAKED POTATO WEDGES WITH HERBS 280 (140Kcal)

Delicious Baked potatoes with Rosemary and Thyme.

REGULAR FRIES 250 (230Kcal)

Warm & crispy on the outside and soft from the inside. A favorite of Potato Lovers across the world.

SWEET POTATO FRIES 300 (200Kcal)

Slightly Sweeter & much healthier than regular fries. They are a great source of Potassium & Vitamins.

SPICY CHICKEN WINGS 400 (200Kcal)

Spicy chicken wings served with BBQ sauce.

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