

**\*\*All chicken is hormone free**



## Wraps

(add cheese for \$1.00)

### SMOKIN' CHIPOTLE SALMON WRAP | \$9.00

Cajun grilled salmon with seasonal greens, tomatoes, onions, carrots, cucumbers, and chipotle-ranch dressing on a toasted tomato basil wrap.

### GRILLED CHICKEN MOZZARELLA | \$6.50

Grilled chicken breast with caramelized onions, mozzarella cheese, and low-fat ranch on a toasted garlic herb wrap.

### GRILLED CHICKEN SPINACH | \$6.50

Grilled chicken breast with sautéed spinach, cheddar cheese, and honey mustard on a toasted spinach herb wrap.

### GRILLED CHICKEN CAESAR | \$6.00

Grilled chicken breast with seasonal greens, parmesan cheese, croutons, and caesar dressing on a garlic herb wrap.

### ROCK'N TUNA | \$6.00

Low fat white albacore tuna salad with seasonal greens, tomatoes, onions, carrots, oregano, oil and vinegar and mayo on a garlic herb wrap.

### CHICKEN CHEESE STEAK | \$6.50

Sautéed pressed chicken breast with grilled onions, cheddar and mozzarella cheese with ketchup and mayo on a tomato basil wrap.

### CLASSIC GRILLED CHICKEN | \$6.00

Grilled chicken breast with seasonal greens, tomatoes, carrots, cucumbers, onions, and low-fat ranch dressing on a garlic herb wrap.

### TASTY TURKEY | \$6.00

Fat free oven roasted turkey with seasonal greens, tomatoes, cucumbers, onions, carrots, low fat mayo, oregano, oil and vinegar on a garlic herb wrap

### SOUTHWEST BBQ CHICKEN | \$6.25

Grilled chicken breast with seasonal greens, tomatoes, onions, BBQ and low-fat ranch dressing on a tomato basil wrap.

### THE ULTIMATE TURKEY BURGER | \$6.00

Fat free turkey burger with seasonal greens, tomatoes, onions, and specialty sauce on a tomato basil wrap.

### THAI CHICKEN | \$7.25

Grilled chicken breast with seasonal greens, carrots, onions, thai and low-ranch dressing on a garlic herb wrap.

## Vegetarian Wraps

### HERB CHIC'N AND CHEDDAR | \$7.00

Soy chic'n with sautéed spinach, cheddar cheese and honey mustard on a toasted spinach herb wrap.

### SOY CHIC'N MOZZARELLA | \$7.00

Soy chic'n with caramelized onions, mozzarella cheese, and low-fat ranch dressing on a garlic herb wrap.

### HONEY BBQ SOY CHIC'N | \$7.00

BBQ soy chic'n with seasonal greens, tomatoes, onions, and low-fat ranch dressing on a tomato basil wrap.

### SOY THAI CHIC'N | \$7.25

Soy chic'n with seasonal greens, carrots, onions, thai and low-ranch dressing on a toasted garlic herb wrap.

### TOFU | \$6.75

Deep fried tofu with tomatoes, seasonal greens, carrots, onions, low fat ranch and reduced balsamic dressing, on a toasted garlic herb wrap

### SOY CHIC'N CAESAR | \$7.00

Soy chic'n with seasonal greens, parmesan cheese, croutons, and caesar dressing on a garlic herb wrap.

### EDEN | \$5.50

Seasonal greens with tomatoes, onions, carrots, cucumbers, cheddar cheese and honey mustard on a spinach herb wrap.

## Salads

### SMOKIN' CHIPOTLE SALMON | \$10.00

Cajun grilled salmon with seasonal greens, tomatoes, onions, carrots, cucumbers, and chipotle-ranch dressing.

### THAI CHICKEN | \$7.50

Grilled chicken with seasonal greens, carrots, onions, and thai dressing.

### GRILLED CHICKEN CAESAR | \$7.00

Grilled chicken breast with seasonal greens, croutons, parmesan cheese, and caesar dressing.

### GRILLED CHICKEN SALAD | \$7.00

Grilled chicken breast with seasonal greens, tomatoes, onions, cucumbers, oregano, cheddar cheese, and choice of dressing\*.

### BBQ CHICKEN SALAD | \$7.00

Grilled BBQ chicken breast with seasonal greens, tomatoes, onions, cucumbers, cheddar cheese, and choice of dressing\*.

### CLASSIC CHEF SALAD | \$7.00

Low-fat honey roasted turkey, seasonal greens, tomatoes, onions, cucumbers, oregano, cheddar cheese, and choice of dressing\*.

## Vegetarian Salads

### SOY THAI | \$7.50

Soy chic'n with seasonal greens, carrots, onions, thai and ranch dressing.

### GARDEN | \$6.00

Seasonal greens with tomatoes, carrots, cucumbers, and choice of dressing\*.

### TOFU | \$7.50

Deep fried Tofu with seasonal greens, tomato, onions, carrots, cucumbers, and choice of dressing\*.

### SOY CHIC'N CAESAR | \$7.50

Soy chic'n with seasonal greens, croutons, parmesan cheese, and caesar dressing.

### SOY BBQ CHIC'N SALAD | \$7.50

BBQ Soy chic'n with seasonal greens, tomatoes, onions, cucumbers, cheddar cheese, and low-fat ranch dressing.

**\*Dressing**

Balsamic, Ranch, Honey Mustard, Caesar, Thai

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Please inform your cashier if a person in your party has any food allergies. Peanuts, nuts and other food allergies are present at HLS.

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## Brown Rice Dishes

### 1. Choose your protein

**Chicken Breast** | \$10

**Salmon Filet** | \$12

**Soy Chicken** | \$11

**Soy Citrus Spare Ribs** | \$11

### 2. Choose two sides

**Sweet Corn**

**Kale**

**Fresh Cut Fries**

**Brown Rice**

**Spinach Leaf**

**Broccoli**

**Sweet Potato Fries**

**Soup (Seasonal)**

### 3. Choose a sauce

**BBQ**

**Mustard Vinaigrette**

**Thai**

**Honey Jerk**

## Sides

**\$3.50**

**Sweet Potato Fries**

**House Salad**

**Sweet Corn**

**Soup (Seasonal)**

**Fresh Cut Fries**

**Spinach**

**Kale**

**Soy Chic'n Nuggets** | \$4.50

## Kids Menu

**SOY NUGGETS & FRIES** | \$5.00

Soy chic'n nuggets with a side of french fries or sweet potato fries.

## Smoothies & Shakes

(add ginger for \$.50)

**\$4.50 (16 Oz.)** | **\$6.00 (24 Oz.)**

**PINEAPPLE MANGO TANGO**

Pineapple, mango, and organic cane juice.

**STRAWBERRY BANANA**

Strawberries, banana, and organic cane juice.

**MIXED BERRY MANTRA**

Strawberries, blackberries, raspberries, blueberries, banana, and organic cane juice.

**MO BAY**

Pineapple, mango, strawberries, and organic cane juice.

**SPICY ICY**

Mango, banana, ginger, and organic cane juice.

**ITAL NUT**

Raw cashews, raisins, banana, soy milk, and organic cane juice.

**PINEAPPLE BANANA BANGER**

Pineapple, banana, and organic cane juice.

**COOKIE IN A CUP**

Cinnamon, raisins, banana, oat, soy milk, and organic cane juice.

**GOOD DAY (Only available in 24 Oz.)** | \$6.50

Apple juice, strawberries, banana, oatmeal, soy milk, cinnamon and organic cane juice.

**RISE AND SHINE (Only available in 24 Oz.)** | \$6.50

Carrot juice, orange juice, banana, strawberries, oatmeal, soy milk and organic cane juice.

**Organic Orange Juice** | \$3.99 (16 Oz.) | \$5.99 (24 Oz.)

**Spring Water** | \$1.40

## Fresh Squeezed Juices

**WHEATGRASS SHOT** | \$3.00 PER Oz.

**CARROT** | \$3.99 (16 Oz.) | \$5.99 (24 Oz.)

**APPLE** | \$3.99 (16 Oz.) | \$5.99 (24 Oz.)

**VITAMIN AWESOME** | \$4.99 (16 Oz.) | \$6.99 (24 Oz.)

Kale, carrot, and apple

**GREEN DREAM** | \$4.99 (16 Oz.) | \$6.99 (24 Oz.)

Kale, celery, and apple

**VEGGIE LOVE** | \$4.99 (16 Oz.) | \$6.99 (24 Oz.)

Kale, celery, and carrot

**SUPREME GREEN** | \$7.25 (16 Oz.) | \$10.50 (24 Oz.)

Wheatgrass, kale, celery, and apple

## Wrap Platters (Catering)

(Feeds up to 12 people)

**REGULAR WRAP PLATTER** | \$55.00

Choose up to 5 different items from the wraps section  
(does not include salmon wraps)

**PREMIUM WRAP PLATTER** | \$65.00

Choose up to 5 different items from the wraps section above  
(includes salmon wrap - limited to 4 per platter)

**VEGETARIAN WRAP PLATTER** | \$65.00

**VEGETARIAN + REGULAR WRAP PLATTER** | \$55.00

## Large Salads

(Feeds up to 12 people)

**GARDEN SALAD** | \$30.00

**SPECIALTY SALAD** | \$50.00

**SOY SPECIALTY SALAD** | \$60.00

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