

COMBINATION PLATES

- * Half Sandwich & Cup of Soup 8.00
- * Half Sandwich & Side Salad (carrots, tomatoes & cucumbers) 8.00



SOUP OF THE DAY WITH CRACKERS

- Cup 3.75
- Bowl 4.75
- Quart 12.00

SANDWICHES / WRAPS

(All served with lettuce, tomato and sprouts)

- Whole 8.00
- Half 4.75

**BREAD: Whole Wheat, Ezekiel, Pita, Gluten Free Millet,
Dave's Bread and Wraps**

- Tarragon Chicken Salad Sandwich
(Seasoned with Vegenaize®, Tarragon & Toasted Almonds)
- Curry Chicken Salad Sandwich
- Driz Sandwich *(Warm Turkey with Onion)*
- Tuna Salad Sandwich
- Egg Salad Sandwich
- Tofu Salad Sandwich
- Veggie Sandwich *(Avocado, Cucumber, Tomato with Sprouts)*
- Sliced Turkey Breast Sandwich
- Smoked Chicken Breast Sandwich
- Avocado Toast *(Avocado, Tomato, Onion Sprouts when
available, Olive Oil & Spike).. Single 6.00 or Double 10.00*

Add Cheese, Avocados or Hummus to:

- Bun extra 1.15
- 1/2 Sandwich extra .75
- Whole Sandwich extra 1.50
- 1/2 Salad extra .75
- Salad Plate extra 1.50

BURGERS

- Garden Burger on Whole Wheat Bun 7.50
- Adzuki Burger on Whole Wheat Bun 7.50
- Black Bean Burger on Whole Wheat Bun 7.50



SALAD PLATES

*(All served with Crackers, Salad Dressing & Lots of Veggies - including
zucchini, squash, cabbage, tomato and sprouts)*

- A's Salad
Turkey, Tomato, Cucumber, Carrots served with Lemon,
Garlic & Olive Oil dressing Bowl 6.50 / Plate 9.50
- Spinach Salad
Spinach, Smoked Chicken, Red Onion, Cucumber, Boiled
Egg, Beet Crisp and **Bacon Bits** Bowl 6.50 / Plate 9.50
- Salad Plate with Avocado or Cheese Bowl 6.50 / Plate 9.50
- Tarragon Chicken Salad Plate Bowl 6.50 / Plate 9.50
Seasoned with Vegenaize®, Tarragon & Toasted Almonds
- Curry Chicken Salad Plate Bowl 6.50 / Plate 9.50
- Tuna Salad Plate Bowl 6.50 / Plate 9.50
- Egg Salad Plate Bowl 6.50 / Plate 9.50
- Turkey Salad Plate Bowl 6.50 / Plate 9.50
- Smoked Chicken Breast Salad Plate Bowl 6.50 / Plate 9.50
- Tofu Salad Plate Bowl 6.50 / Plate 9.50
- Hummus & Chips Plate 10.00
- 1/2 order Hummus & Chips 6.00

ORGANIC SHORT BROWN RICE

- Cup 2.00
- Bowl 3.00
- Pint 4.00
- Quart 7.00



TABOULI

With or without grain

- 2oz 1.00 8oz 4.00
- 4oz 2.00 12oz 6.00

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SMOOTHIES

| | |
|-----------------------|--|
| 12 oz..... | 5.00 |
| 16 oz..... | 7.00 |
| *Strawberry | <i>Pineapple Coconut, frozen Strawberries and Bananas</i> |
| *Piña Colada | <i>Pineapple Coconut Juice and frozen Bananas</i> |
| *Purple Passion | <i>Pineapple Coconut Juice, frozen Bananas and Blueberries</i> |
| *Mexican Fiesta | <i>Papaya Juice, frozen Peaches and Bananas</i> |
| *Florida Sunset | <i>Apple Juice, frozen Strawberries, Peaches and a Dash of Honey</i> |
| *Berry-Berry | <i>Apple Juice, Blueberries, Strawberries and Peaches</i> |

| | |
|------------------------------|-----------|
| Smoothies with Protein..... | extra .50 |
| Smoothies with Greens+ | extra .50 |
| Smoothies with Flax | extra .50 |

ENERGY SMOOTHIES

| | |
|-----------------------|---|
| 16 oz..... | 8.00 |
| All-The-Whey | <i>Almond Milk, Banana's, Blueberries, Strawberries, Mangos, Kale, Spinach and Whey</i> |
| Pom-A-Bery | <i>Organic Pomegranate Juice, Blueberries, Strawberries and Peaches</i> |
| Açaí Energy | <i>Apple Juice, Blueberries, Strawberries and Peaches</i> |
| Tropical Splash | <i>Pineapple Coconut Juice, Bananas, Pineapple, Mangos and Protein</i> |

JUICES

| | | |
|--|----------------|-----------------|
| Apple or Papaya Juice | 12 oz.....2.50 | 16 oz..... 3.50 |
| Carrot Juice or Mixed Vegetable Juices | | |
| 12 oz..... | 5.00 | |
| 16 oz..... | 7.00 | |
| Quart..... | 12.00 | |

BEVERAGES

| | |
|------------------------------------|------|
| Raspberry Tea (Herbal) 16 oz..... | 2.00 |
| Coffee 16 oz..... | 2.00 |
| Alkaline Ionized Water 16 oz..... | 1.50 |
| Alkaline Ionized Water Gallon..... | 2.50 |



DINE IN or TAKE OUT



Menu

Anthony's
Health Hut
& Restaurant

LAKELAND SOUTH CENTER
5329 S. Florida Ave. • Lakeland, Florida

Call ahead and we'll get it ready for you!

644-5330

Restaurant Hours
Monday thru Saturday
10:00 a.m. - 4:00 p.m.

