

**** All menu items are grilled, baked or steamed. No preservatives, hormones or steroids. ****

20% Senior Discount - Age 55 and Older

Sandwiches

Classic Grilled Chicken\$4.29
All natural—hormone free, chargrilled chicken breast with roasted aioli mayonnaise, dijon mustard, curly leaf lettuce, roma tomatoes and sliced pickles on a fresh ciabatta bun
cal. 402 / fat 7g / carb. 38

Grilled BBQ Chicken\$4.59
All natural—hormone free, chargrilled chicken breast with BBQ sauce, romaine lettuce, roma tomatoes, caramelized onions, pickles and chipotle mayonnaise on a fresh ciabatta bun
cal. 413 / fat 6g / carb. 44g
.....Add Jalapenos \$.25

Grilled Adobo Chicken\$4.59
All natural—hormone free, chargrilled chicken breast with a spicy mustard glaze, chipotle mayonnaise, curly leaf lettuce and roma tomatoes on a fresh ciabatta bun
cal. 411 / fat 7g / carb. 40g

Grilled BBQ Tilapia\$4.59
Chargrilled Tilapia (mild white fish) with roasted aioli mayonnaise, BBQ sauce, curly leaf lettuce and tomatoes on a fresh multi-grain bun
cal. 334 / fat 3g / carb. 53g

Grilled Atlantic Salmon\$5.59 **Must Try!**
Chargrilled Atlantic salmon with roasted aioli mayonnaise, curly leaf lettuce, roma tomatoes and dijon mustard on a fresh ciabatta bun
cal. 399 / fat 5g / carb. 39g

All Natural Beef Burger\$3.99
All natural 90% lean premium beef patty (hormone, antibiotic free), curly leaf lettuce, roma tomatoes, pickles, caramelized red onions, ketchup and dijon mustard on a fresh ciabatta bun
cal. 397 / fat 11g / carb. 43g
.....Add American or Pepperjack Soy Cheese \$.50
.....Add Jalapenos \$.25

Sierra Turkey\$4.59 **Must Try!**
Thick slices of warm, roasted turkey (hormone, steroid free), cranberry-ginger relish, curly leaf lettuce, caramelized onions, roma tomatoes, avocado and chipotle mayo on a fresh multi-grain bun
cal. 366 / fat 6g / carb. 55g

Grilled Garden Burger\$4.59
Garden vegetable patty with carrot-corn sauce, curly leaf lettuce, roma tomatoes, caramelized red onions and roasted aioli mayonnaise on a fresh multi-grain bun
cal. 296 / fat 3 / carb. 59g
.....Add American or Pepperjack Soy Cheese \$.50
.....Add Avocado \$.50

Entrées

LOW CARBS

Served on a bed of brown rice pilaf and your choice of 2 veggie sides
(Nutritional values are for protein only)

Classic Grilled Chicken\$6.29
All natural—hormone free, chargrilled chicken breast with side of roasted aioli mayonnaise
cal. 194 / fat 4g / carb. 0g

Grilled BBQ Chicken\$6.59
All natural—hormone free, chargrilled chicken breast with BBQ sauce
cal. 194 / fat 4g / carb. 0g

Grilled Adobo Chicken\$6.59
All natural—hormone free, chargrilled chicken breast with our spicy mustard glaze
cal. 194 / fat 4g / carb. 0g

Grilled BBQ Tilapia\$6.59
Chargrilled Tilapia (mild white fish) with BBQ sauce
cal. 81 / fat 1g / carb. 0g

Grilled Atlantic Salmon\$7.19
Chargrilled Atlantic salmon with side of our roasted aioli mayonnaise
cal. 191 / fat 2g / carb. 0g

Roasted Turkey\$6.59
Thick slices of warm, roasted turkey (hormone, steroid free) with gravy and cranberry-ginger relish
cal. 101 / fat 0g / carb. 2g

Wraps

Chicken Caesar\$3.59
All natural—hormone free, grilled chicken strips, romaine lettuce, diced roma tomatoes and parmesan cheese rolled in a fresh spinach tortilla with Caesar dressing
cal. 363 / fat 10g / carb. 41g

Southwestern\$3.59
All natural—hormone free, grilled chicken strips with a chili mustard glaze, black-bean spread, diced roma tomatoes, black-bean corn salsa and shredded romain lettuce in a fresh Southwest tortilla
cal. 338 / fat 5g / carb. 50g

Vegetarian Southwestern\$3.29
Same as the Southwestern wrap, only we add an extra portion of black-bean corn salsa and hold the chicken!
cal. 280 / fat 4g / carb. 57g

Turkey Cranberry\$3.59
Strips of roasted turkey (hormone, steroid free), jicama cole slaw, cranberry-ginger relish, brown rice pilaf, dijon mustard on a fresh spinach tortilla
.....Add Avocado \$.50
cal. 379 / fat 6g / carb. 63g

Veggie Tofu.....\$3.59 **Must Try!**
Seasoned tofu with diced carrots and celery, romaine lettuce, cucumbers, diced roma tomatoes and avocado on a fresh Southwest tortilla
cal. 279 / fat 10g / carb. 33g

Salads

***Dressings: Lite Caesar, Fruit Juice Vinaigrette, Lite Ranch, Asian**

Classic Salad\$2.99
w/Grilled Chicken (All natural—hormone free).....\$4.99
w/Roasted Turkey.....\$4.99
Crisp romaine lettuce and field greens, grape tomatoes, cucumbers, grated carrots, and seasoned croutons, with your choice of dressing*
cal. 63 / fat 1g / carb. 12g
cal. 208 / fat 4g / carb. 13g (w/grilled chicken)
cal. 137 / fat 1g / carb. 13g (w/roasted turkey)

Caesar Salad\$2.79
w/Grilled Chicken (All natural—hormone free)\$4.79
Crisp romaine lettuce, shredded parmesan cheese, croutons and our own Caesar dressing
cal. 174 / fat 9g / carb. 15g
cal. 280 / fat 9g / carb. 15g (w/grilled chicken)

Asian Salmon Salad\$6.99
Crisp romaine lettuce and field greens, grilled Atlantic salmon, toasted slivered almonds, Mandarin oranges, caramelized red onions and Healthy's own Asian dressing, lightly sprinkled with toasted sesame seeds
cal. 250 / fat 7g / carb. 12g

Fresh Soups

Cup\$2.29 Bowl\$3.89
Soup & Salad\$4.89
(Bowl of soup and Healthy's classic side salad w/choice of dressing)

Veggie Sides

Air-Baked Fries cal. 217 / fat 6g / carb. 38g
Mashed Potatoes & Gravy cal. 102 / fat 3g / carb. 17g
Steamed Broccoli & Carrots cal. 52 / fat 2g / carb. 9g
Italian Green Beans cal. 35 / fat 0g / carb. 8g
Jicama Cole Slaw cal. 93 / fat 5g / carb. 10g
Brown Rice Pilaf cal. 118 / fat 1g / carb. 24g
Edamame (soybeans) cal. 160 / fat 8g / carb. 12g
***Black-Bean Corn Salad cal. 76 / fat 1g / carb. 15g**
***Side Classic Salad cal. 45 / fat 1g / carb. 8g**
***Side Caesar Salad cal. 93 / fat 5g / carb. 6g**
***Seasoned Tofu Salad cal. 120 / fat 6g / carb. 10g**
.....All veggie sides \$1.29

Healthy Extras

Baked Chicken Nuggets\$3.29
Six all white meat, hormone-free, breaded chicken nuggets
No artificial flavors, colors or preservatives
cal. 230 / fat 10g / carb. 17g

Baked Fish Sticks\$3.39
Six, all-natural, baked and lightly breaded fish sticks
No artificial flavors, colors or preservatives! Served with tarter sauce or ketchup
cal. 228 / fat 7g / carb. 29g

Veggie Plate\$4.39
(Choice of 4 veggie sides)

Healthy Kids

Kids Meals include choice of 1 veggie side & juice (apple or orange)
*Side salads additional \$.50

Jr. Hamburger\$3.19
All natural 90% lean beef patty (hormone free), ketchup, mustard and pickles on a wheat bun
.....Add American Soy Cheese \$.50
cal. 416 / fat 10g / carb. 43g (hamburger only)

Jr. Baked Chicken Nuggets\$3.19
Four all white meat, hormone-free, breaded chicken nuggets
No artificial flavors, colors or preservatives
cal. 152 / fat 6g / carb. 11g (chicken nuggets only)

Jr. Turkey Sandwich.....\$3.19
Thick slices of warm turkey breast (hormone, steroid free), mayonnaise and pickles on a wheat bun
cal. 340 / fat 5g / carb. 41g (turkey sandwich only)

Jr. Baked Fish Sticks\$3.19
Four, all-natural, baked and lightly breaded fish sticks
No artificial flavors, colors or preservatives! Served with tarter sauce or ketchup
cal. 152 / fat 5g / carb. 19g (fish sticks only)

Desserts

Cookies.....\$1.45
(Chocolate Chip, Oatmeal Chocolate Chip, Oatmeal Cranberry Raisin, Double Chocolate Chip)

Smoothies

No Ice or Sugar Added - Just naturally good!

Banaberry Blast\$1.99(Sm)\$3.65(Lg)
Bananas & Strawberries (Lg) cal. 252 / fat 0g / carb. 64g

Mezzo Mango\$1.99(Sm)\$3.65(Lg)
Mangos, Raspberries & Strawberries
(Lg) cal. 222 / fat 0g / carb. 56g

Berry Blue\$1.99(Sm)\$3.65(Lg)
Blueberries, Bananas & Strawberries
(Lg) cal. 252 / fat 0g / carb. 62g

Drinks

Odwalla Juices\$2.29
Odwalla Specialty Juices.....\$2.99
Apple/Orange Juice\$1.00
Bottled Water\$1.00
Iced Tea, Coke, Diet Coke, Dr. Pepper, Diet Dr. Pepper, Sprite\$1.00
Coffee, Hot Tea.....\$.95

Our Breads

Multigrain Bun: Wheat flour, water, whole wheat flour, sugar granulated, rye cracked guisto, 9 grain cereal mix (wheat, barley, rye, corn, triticale, millet, oats, brown rice, soya bean, flax seed), rye flour medium, bakers margarine, yeast, sea salt, dough conditioner (wheat flour, datem, salt, soybean oil, ascorbic acid, enzymes, rye sourdough (medium rye flour, water)
cal. 200 / fat 1g / carb. 43g
Ciabatta Bun: Wheat flour, water, dry malt, sea salt, yeast
cal. 175 / fat. 0g / carb. 35g

Healthy Combos

Include 1 veggie side & drink*

*iced tea, bottled water, juice (OJ or AJ) or soda

- Nutritional values are for sandwich only -

	w/drink	w/small smoothie		w/drink	w/small smoothie
Classic Grilled Chicken\$5.95	\$6.99	Grilled BBQ Tilapia	\$6.29\$7.39
All natural—hormone free, chargrilled chicken breast with roasted aioli mayonnaise, dijon mustard, curly leaf lettuce, roma tomatoes and sliced pickles on a fresh ciabatta bun cal. 402 / fat 7g / carb. 38			Chargrilled Tilapia (mild white fish) with roasted aioli mayonnaise, BBQ sauce, curly leaf lettuce and tomatoes on a fresh multi-grain bun cal. 334 / fat 3g / carb. 53g		
Grilled BBQ Chicken\$6.29	\$7.39	Grilled Atlantic Salmon	\$6.99\$7.99
All natural—hormone free, chargrilled chicken breast with BBQ sauce, romaine lettuce, roma tomatoes, caramelized onions, pickles and chipotle mayonnaise on a fresh ciabatta bun cal. 413 / fat 6g / carb. 44gAdd Jalapenos \$.25			Chargrilled Atlantic salmon with roasted aioli mayonnaise, curly leaf lettuce, roma tomatoes and dijon mustard on a fresh ciabatta bun cal. 399 / fat 5g / carb. 39g		
Grilled Adobo Chicken\$6.29	\$7.39	Sierra Turkey	\$6.29\$7.39
All natural—hormone free, chargrilled chicken breast with a spicy mustard glaze, chipotle mayonnaise, curly leaf lettuce and roma tomatoes on a fresh ciabatta bun cal. 411 / fat 7g / carb. 40g			Thick slices of warm, roasted turkey, cranberry-ginger relish, curly leaf lettuce, caramelized onions, roma tomatoes, avocado and chipotle mayo on a fresh multi-grain bun cal. 366 / fat 6g / carb. 55g		
All Natural Beef Burger\$5.79	\$6.89	Grilled Garden Burger	\$6.29\$7.39
All natural 90% lean premium beef patty (hormone free), curly leaf lettuce, roma tomatoes, pickles, caramelized red onions, ketchup and dijon mustard on a fresh ciabatta bun cal. 397 / fat 11g / carb. 43gAdd American or Pepperjack Soy Cheese \$.50Add Jalapenos \$.25			Garden vegetable patty with carrot-corn sauce, curly leaf lettuce, roma tomatoes, caramelized red onions and roasted aioli mayonnaise on a fresh multi-grain bun cal. 296 / fat 3 / carb. 59gAdd American or Pepperjack Soy Cheese \$.50Add Avocado \$.50		

Healthy's Nutritionals

(Variances may occur in nutritional data due to the nature of the product and to variations in preparation at the Unit level)

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sandwiches										
Classic Grilled Chicken	1 ea.	402	7	1	94	596	38	1	1	40
Grilled BBQ Chicken	1 ea.	413	6	1	93	704	44	1	7	40
Grilled Adobo Chicken	1 ea.	411	7	1	96	429	40	1	2	41
Grilled BBQ Tilapia	1 ea.	334	3	0	50	667	53	1	12	27
Grilled Atlantic Salmon	1 ea.	399	5	0	55	390	39	1	1	24
Beef Burger, 1/4 lb.* Patty	1 ea.	397	11	5	72	884	43	1	4	28
Sierra Turkey	1 ea.	366	6	0	30	795	55	2	12	25
Grilled Garden Burger	1 ea.	296	3	0	0	458	59	4	7	12
Entrees (Protein Only)										
Grilled Chicken Breast	1 pc.	194	4	1	96	104	0	0	0	35
Grilled BBQ Tilapia	1 pc.	81	1	0	50	34	0	0	0	19
Grilled Atlantic Salmon	1 pc.	191	2	0	55	52	0	0	0	18
Roasted Turkey	1 pc.	101	0	0	41	648	2	0	0	22
Brown Rice Pilaf	1 ea.	88	1	0	0	162	18	2	1	2
Wraps										
Chicken Caesar	1 ea.	363	10	4	60	750	41	3	3	31
Southwestern	1 ea.	338	5	1	47	781	50	5	6	26
Vegetarian Southwestern	1 ea.	280	4	1	0	840	57	6	7	11
Turkey Cranberry	1 ea.	379	6	1	20	1161	63	5	10	19
Veggie Tofu	1 ea.	279	10	1	0	266	33	4	2	14
Salads										
Classic Salad	1 ea.	63	1	0	0	87	12	3	2	3
Classic Salad w/Chicken	1 ea.	208	4	1	71	166	13	3	3	28
Classic Salad w/Turkey	1 ea.	137	1	0	30	573	13	3	2	19
Caesar Salad	1 ea.	174	9	3	14	355	15	2	3	11
Caesar Salad w/Chicken	1 ea.	280	9	2	78	377	15	2	3	33
Asian Salmon Salad	1 ea.	250	7	1	47	87	12	3	7	18
Dressings & Condiments										
Lite Caesar Dressing	1 ea.	75	3	0	3	191	8	0	2	3
Fruit Juice Vinaigrette	1 ea.	51	3	0	0	42	6	0	4	0
Lite Ranch Dressing	1 ea.	79	5	0	2	267	6	0	4	2
Asian Dressing	1 ea.	29	2	0	0	31	3	0	2	0
Gravy	1 ea.	7	0	0	0	64	1	0	0	0
Avocado	1 ea.	46	4	1	0	3	2	1	0	1
BBQ Sauce	1 ea.	95	0	0	0	624	23	0	21	0

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cranberry-Ginger Relish	1 ea.	5	0	0	0	5	12	1	10	0
Roasted Aioli Mayo	1 T.	31	2	0	0	55	2	0	0	0
Jalapenos	1 ea.	14	0	0	0	366	3	1	0	0
Soy Cheese - American	1 sl.	38	2	0	0	250	1	0	0	4
Soy Cheese - Pepperjack	1 sl.	38	2	0	0	250	1	0	0	4
Veggie Sides										
Air-Baked Fries	5 oz	217	6	2	0	500	38	3	0	3
Mashed Potatoes & Gravy	1 ea.	102	3	2	8	375	17	1	1	3
Steamed Broccoli & Carrots	1 ea.	52	2	0	0	39	9	3	5	2
Italian Green Beans	1 ea.	35	0	0	0	7	8	4	3	2
Jicama Cole Slaw	1 ea.	93	5	0	0	178	10	2	5	1
Brown Rice Pilaf	1 ea.	118	1	0	0	262	24	2	1	3
Edamame (soybeans)	1 ea.	160	8	1	0	24	12	5	4	15
Black-Bean Corn Salad	1 ea.	76	1	0	0	215	15	4	3	4
Side Classic Salad	1 ea.	45	1	0	0	78	8	1	1	1
Side Caesar Salad	1 ea.	93	5	3	11	158	6	1	0	7
Seasoned Tofu Salad	1 ea.	120	6	0	0	351	10	2	5	7
Healthy Extras										
Baked Chicken Nuggets (6)	6 pc.	230	10	3	50	300	17	0	1	18
Baked Fish Sticks (6)	6 pc.	228	7	1	18	372	29	1	4	13
Healthys Kids										
Jr. Hamburger	1 ea.	416	10	4	55	643	43	0	9	36
Jr. Baked Chicken Nuggets (4)	4 pc.	152	6	2	32	200	11	0	1	12
Jr. Turkey Sandwich	1 ea.	340	5	0	21	764	41	0	7	30
Jr. Baked Fish Sticks (4)	4 pc.	152	5	1	12	248	19	1	2	9
Smoothies										
Banaberry Blast 20 oz. cup	1 ea.	252	0	0	0	17	64	5	51	2
Banaberry Blast 12 oz. cup	1 ea.	140	0	0	0	10	36	3	26	1
Mezzo Mango 20 oz. cup	1 ea.	222	0	0	0	17	56	7	50	1
Mezzo Mango 12 oz. cup	1 ea.	125	0	0	0	10	32	4	25	1
Berry Blue 20 oz. cup	1 ea.	252	0	0	0	17	62	5	45	1
Berry Blue 12 oz. cup	1 ea.	140	0	0	0	10	36	3	23	1
Drinks										
Apple Juice	12 oz	153	0	0	0	3	37	1	36	2
Orange Juice	12 oz	160	0	0	0	24	39	0	37	0

*Approximate weight before cooking

The Healthy's Story

Born out of frustration in trying to find healthy foods served fast in a world saturated with unhealthy fast foods, founder, Daniel Geraci and his wife, Allison took a leap of faith by selling what they owned to help fund the development of an upscale fast food restaurant. It would serve only fresh, high quality, healthy foods...*fast!*

Healthy's story began in April 1998, when Daniel went out in search of a quality team that would be able to put together the pieces of a world class healthy fast food restaurant called Healthy's. The first mission was to find a talented chef with a passion for healthy food! Following the great find of premier healthy cuisine chef, Marko Ellinger, Healthy's co-founding team eventually grew to twenty awesome and talented people over the next five years. With this pool of talent working together, Healthy's is now ready to serve you great tasting healthy foods using the highest quality, preservative free ingredients available. Our approach to food stresses freshness, variety, quality and value with an emphasis on low fat, calorie, cholesterol and sodium content. Everything at Healthy's is prepared one of three ways: grilled, steamed or baked. Our breads are baked fresh daily! Our foods are served in a clean and friendly atmosphere. *Healthy's guarantees a 100% Product Satisfaction or your money back!*

Healthy's is about PEOPLE! We care about our customers and what they eat! We also care about educating our customers with knowledge about healthy foods, nutrition, and alternative ways to live a healthy lifestyle! Every team member is taught the basics of food nutrition from the beginning so they can assist our customers in selecting foods from our menu. Nutritional information is also provided on the menuboard and in a handy nutritional pamphlet located at the front counter. Once a month, Healthy's will provide educational classes promoting a healthy lifestyle. Event schedules are located at the front counter. Healthy's is committed to becoming your all-in-one stop for a healthier YOU!

Healthy fast food without the GUILT! We believe Austin and the nation are ready for a great tasting healthy alternative! Our goal is to eventually expand across the nation by franchising within our company and one day crossing international borders. Help us out by spreading the word!



Hours of Operation
Mon ~ Thurs 10:30 am - 11:00 pm
Fri & Sat 10:30am - 12:00am
Closed Sunday