

Healthy Way

Gluten free restaurant and bakery.

# MENU

# Healthy Way

## Appetizers



### **Chips & Salsa**

Gluten free tortilla chips w/ gluten free based salsa ..... \$4.50

### **Nachos**

Gluten free tortilla chips w/ cheese and peppers ..... \$5.25

### **Breadsticks**

Gluten free breadsticks w/ dipping sauce of choice ..... \$5.25

### **Chicken Wings**

Comes in buffalo, BBQ, teriyaki, and korean ..... \$6.30

## Salads

### **Seven Layer**

Tomato, cucumber, onion, peas, eggs, cheese, and bacon ..... \$7.50

### **Ceaser**

Crutons, parmesan, lemon, egg, and sauce ..... \$7.25

### **Chef**

Eggs, ham, croutons, tomatoes, cucumbers, cheese.... \$6.45

### **Mandarin**

Carrots, tomatoes, cucumber, orange, dressing ..... \$6.30

### **Greek**

Tomatoes, cucumber, green peppers, red onion, cheese, olives ... \$7.65



## Drinks



### **Sparkling Waters**

Calistoga, Wegmans, Perrier, and Gerolsteiner ..... \$2.35

### **Hot Teas**

Lipton, Twinings, Harney & Sons, and Dilmah ..... \$3.75

### **Coca-Cola Products**

Coca-Cola, Coke, Diet Coke, Fanta, and Mello Yello ..... \$2.10

### **Juices**

Apple, Grape, Orange, Pineapple, Carrot, and Lemonade ... \$6.30

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## Restaurant



### Frittata

\$8.45

tomatoes, olive oil, fresh rosemary leaves, eggs, milk, gluten-free bake mix, salt, pepper, red potatoes, spinach leaves, parmesan cheese

### Kale Pasta

\$3.75

kale, olive oil, chopped garlic, red pepper, fennel seeds, lemon, cheese, egg, gluten-free baking flour, xanthan gum, salt

### Lamb Kofta

\$3.25

ground lamb, garlic, shallot, cilantro, nutmeg, cinamon, turmeric, non-fat greek style yogurt, salt, black pepper, oil

### Spaghetti

\$2.25

ground beef, olive oil, diced onion, minced garlic, diced carrot, diced tomatoes or sauce, tomato paste, basil, oregano, brown sugar, bay leaves salt, pepper, gluten free spaghetti, parmesan cheese

### Veggie Wrap

\$4.75

white rice flour, tapioca starch, xanthan gum, baking powder, salt, shortening, avocado, salt, garlic, onion, pepper, tomatoes, cucumber, lettuce, green bell pepper

### Grilled Chicken

\$7.50

lemon juice, olive oil, talt, minced garlic, pepper, boneless skinless chicken tenders or breasts trimmed into strips, spinach, lettuce

### Shrimp Scampi

\$6.60

shrimp, olive oil, butter, garlic, leek or onion, asparagus, lemon juice cayenne pepper, black ground pepper, ground sea salt, gluten-free angel hair pasta, parsley, parmesan cheese, or a non-dairy cheese



### Lobster Bisque

\$12.55

butter, finely diced scalling, finely diced celery with leaves, half and half, tomato paste, paprika, old bay seasoning, cayenne, cane sugar, coarsely chopped lobster meat, quality sherry, salt, pepper

### Harvest Rice

\$8.75

mild pork sausage, olive oil, onions, butternut squash, apples, sherry, basmati, salt, walnuts, cranberries, chicken broth, italian, fresh sage

### Cabbage Roll Casserole

\$5.75

premium ground beef, delicious white rice, salt, beef broth, freshly chopped onions, tomato sauce, fresh cabbage



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## Bakery

### Sandwich Bread

\$12.35

brown rice flour, eggs, non-GMO cornstarch, tapioca flour, butter, almond meal, sugar, honey, potato flour, yeast, xanthan gum, unflavored gelatin, rice bran, egg replacer, sea salt, vinegar

### Crepes

\$3.75

eggs, butter, sugar, gluten free flour blend, gluten-free vanilla extract, milk

### Scones

\$3.25

gluten-free flour blend, sugar, baking powder, xanthan gum, salt, butter, eggs, milk, gluten free vanilla extract

### Muffins

\$2.25

brown rice flour, tapioca starch, non-GMO cornstarch, potato starch, xanthan gum, blueberries, canola oil, sugar, brown sugar, lemon juice, baking soda, cinnamon, aluminum free baking powder, sea salt, egg replacer, lemon extract, vanilla extract

### Cakes

\$18.75

brown sugar, brown rice flour, non-GMO cornstarch, tapioca flour, potato flour, canola oil, baking soda, sea salt, vinegar, vanilla, xanthan gum

### Cupcakes

\$2.50

brown sugar, brown rice flour, non-GMO cornstarch, tapioca flour, potato flour, canola oil, baking soda, sea salt, vinegar, vanilla, xanthan gum

### Honey Nut Bread

\$4.60

almond milk, non-GMO cornstarch, garfava flour, tapioca flour, brown rice flour, almond meal, brown sugar, flax meal, canola oil, honey, vinegar, aluminum free baking powder, xanthan gum, egg replacer, sea salt, baking soda

### Hamburger Buns

\$8.55

brown rice flour, non-GMO cornstarch, tapioca flour, eggs, sugar, canola oil, potato flour, non-GMO cornmeal, yeast, rice bran, aluminum free baking powder, vinegar, unflavored gelatin, egg replacer, xanthan gum, sea salt

### Cookies

\$1.75

semi sweet chocolate chips, brown rice flour, tapioca starch, non-GMO cornstarch, potato starch, butter, brown sugar, sugar, eggs, sea salt, baking soda, xanthan gum, aluminum free baking powder, vanilla

### Pumpkin Bread

\$4.75

pumpkin puree, sugar, canola oil, brown rice flour, non-GMO cornstarch, tapioca flour, brown sugar, lemon juice, potato flour, cinnamon, baking soda, egg replacer, sea salt, xanthan gum, ginger, nutmeg, vanilla

