

Breakfast

8AM - 11AM (MON - SAT) • 12PM - 4PM (SUN)

BREAKFAST WRAPS

TWO EGGS • \$3.00

TWO EGGS & TURKEY SAUSAGE OR TURKEY BACON • \$4.50

TWO EGGS & SPINACH • \$4.50

TWO EGGS, SPINACH & TURKEY SAUSAGE OR TURKEY BACON • \$6.00

add provolone, mozzarella, cheddar or soy cheese for \$0.75
substitute egg whites for \$0.75

BREAKFAST PLATTERS

TWO EGGS, SWEET POTATO HOME FRIES & FRUIT • \$6.00

TWO EGGS, SWEET POTATO HOME FRIES, TURKEY SAUSAGE & FRUIT • \$7.50

TWO EGGS, SWEET POTATO HOME FRIES, TURKEY BACON & FRUIT • \$7.50

TWO EGGS, SWEET POTATO HOME FRIES, SALMON CROQUETTES & FRUIT • \$9.00

substitute egg whites for \$0.75

WAFFLES / PANCAKES

MULTI GRAIN WAFFLES • \$6.00

served with maple syrup and fruit

MULTI GRAIN PANCAKES • \$6.00

add blueberries, bananas, flaxseed or wheat germ for \$1.00

HLS BREAKFAST SIDES

TURKEY SAUSAGE • TURKEY BACON • TWO EGGS (ANY STYLE) • SCRAMBLED TOFU • SOY SAUSAGE • SWEET POTATO HOME FRIES \$3.00

Breakfast

8AM - 11AM (MON - SAT) • 12PM - 4PM (SUN)

VEGETARIAN BREAKFAST WRAPS

SCRAMBLED TOFU • \$3.00

SCRAMBLED TOFU & SOY SAUSAGE • 4.50

SCRAMBLED TOFU & SPINACH • \$4.50

SCRAMBLED TOFU, SPINACH & SOY SAUSAGE • \$6.00

add provolone, mozzarella, cheddar or soy cheese for \$0.75

VEGETARIAN BREAKFAST PLATTERS

SCRAMBLED TOFU, SWEET POTATO HOME FRIES & FRUIT • \$6.00

SCRAMBLED TOFU, SWEET POTATO HOME FRIES, SOY SAUSAGE & FRUIT • \$7.50

OATMEAL \$3.50 SMALL / \$5.00 LARGE

INCLUDES 2 OF THE AVAILABLE TOPPINGS:
BLUEBERRIES, BROWN SUGAR, CRAISINS,
RAISINS, FLAXSEED, GRANOLA, BANANAS,
WHEAT GERM

\$0.50 EACH ADDITIONAL TOPPING

POWER UP YOUR OATMEAL BY ADDING SOY OR
WHEY PROTEIN FOR \$1.50

MEAL REPLACEMENT SHAKES

RISE & SHINE (24oz) • \$6.50

carrot juice, orange juice, bananas, strawberries, oatmeal, soy or organic fat free milk and cane juice

GOOD DAY (24oz) • \$6.50

apple juice, strawberries, bananas, oatmeal, soy or organic fat free milk, cane juice and cinnamon

add Soy or Whey Protein for \$1.50

Quick Grabs

QUICK GRABS

VEGETARIAN PATTIES • \$2.50

Soy chic'n, Soy Beef or Soy Fish (flavors are subject to availability)

CHICKEN SKEWER • \$4.50

BBQ or honey jerk chicken skewer served on a warm pita wrap

SOY CHIC'N SKEWER • \$5.00

BBQ or honey jerk soy chic'n skewer served on a warm pita wrap

SOUP - \$3.50 SMALL / \$5.00 LARGE

CHICKEN AND VEGETABLE

BLACK BEAN

VEGETARIAN CHILI

DAIRY FREE DESSERTS

CARROT CAKE • \$4.75

JUMBO BROWNIE SQUARE • \$3.00

COFFEE / HOT TEA

COFFEE • \$2.00(12oz) / \$2.75(16oz)

HERBAL TEA • \$1.50(12oz) / \$2.00(16oz)

*ask about our kid's options

Salads

SALADS

CLASSIC CHEF SALAD • \$7.00

Low-fat honey roasted turkey, romaine lettuce, tomatoes, sweet onions, cucumbers, cheddar cheese and choice of dressing

GRILLED CHICKEN CAESAR • \$7.00

Low-fat hormone-free grilled chicken breast, romaine lettuce, low fat croutons, parmesan cheese and low-fat caesar dressing

HLS CHOPPED SALAD • \$7.00

Hormone-free grilled chicken breast, romaine lettuce, tomatoes, carrots, cucumbers and special sauce

THAI CHICKEN SALAD • \$7.00

Low-fat hormone-free grilled chicken, mesculin greens, carrots, red onions and peanut ginger dressing

TRADITIONAL GRILLED CHICKEN SALAD • \$7.00

Hormone-free chicken breast, romaine lettuce, tomatoes, sweet onions, cucumbers, cheddar cheese and choice of dressing

SMOKIN CHIPOTLE SALMON SALAD • \$9.00

Cajun grilled salmon, mesculin greens, tomatoes, sweet onions, shaved carrots and cucumbers, with chipotle ranch dressing

VEGETARIAN SALADS

SKINNY CHEF SALAD • \$7.50

Soy turk'y, romaine lettuce, tomatoes, sweet onions, cucumbers, cheddar cheese and choice of dressing

VEGETARIAN CAESAR • \$7.50

Soy chic'n, romaine lettuce, low fat croutons, parmesan cheese and low-fat caesar dressing

HOUSE SPECIAL CHOPPED SOY CHIC'N SALAD • \$7.50

Soy chic'n, romaine lettuce, tomatoes, carrots, cucumbers and special sauce

SOY THAI • \$7.50

Soy chic'n, mesculin greens, carrots, red onions and peanut ginger dressing

GARDEN • \$6.00

Green leaf lettuce, tomatoes, carrots, cucumbers and choice of dressing

MY BIG FAT GREEK SALAD • \$7.25

Romaine lettuce, tomatoes, black olives, sweet onions, peppers, feta cheese and balsamic vinaigrette

GRILLED TOFU • \$7.50

Grilled Tofu, mesculin greens, tomato, sweet onions, shaved carrots and cucumbers with choice of dressing.



chicken skewer



grilled chicken spinach

Wraps

WRAPS

GRILLED CHICKEN MOZZARELLA • \$6.50

Hormone-free grilled chicken breast, caramelized onions, sautéed peppers, low-fat mozzarella cheese and low-fat ranch dressing on a toasted garlic herb wrap

GRILLED CHICKEN SPINACH • \$6.50

Hormone-free grilled chicken breast, sautéed spinach, cheddar cheese and low-fat creamy honey mustard on a toasted spinach herb wrap

CLASSIC GRILLED CHICKEN • \$6.00

Hormone-free grilled chicken, mesculin greens, tomatoes, sweet onions, carrots, cucumbers and low-fat ranch dressing on a garlic herb wrap

GRILLED CHICKEN CAESAR • \$6.00

Hormone-free grilled chicken breast, crispy romaine lettuce, parmesan cheese and caesar dressing on a garlic herb wrap

TASTY TURKEY • \$6.00

Sliced fat-free oven roasted turkey, mesculin greens, tomatoes, sweet onions, carrots, cucumbers, low-fat mayo, oregano and oil & vinegar on a multi grain wrap

SOUTH WEST BBQ CHICKEN • \$6.25

Hormone-free BBQ grilled chicken breast, mesculin greens, tomatoes, sweet onions and low-fat ranch dressing on a tomato basil wrap

THE ULTIMATE TURKEY BURGER • \$6.00

Fat-free turkey burger, mesculin greens, tomatoes, sweet onions and low-fat specialty sauce on a tomato basil wrap

ROCKIN' TUNA • \$6.00

Low-fat white albacore tuna salad, green leaf lettuce, tomatoes, sweet onions, carrots, cucumbers and low-fat mayo on a garlic herb wrap

THAI CHICKEN • \$6.00

Hormone-free grilled chicken breast, mesculin greens, carrots, onions and peanut ginger dressing and ranch drizzle on a garlic herb wrap

SMOKIN CHIPOTLE SALMON WRAP • \$8.00

Cajun grilled salmon, mesculin greens, tomato, sweet onion, and chipotle ranch dressing on a toasted tomato basil wrap

HLS CHICKEN CHEESE STEAK • \$6.00

Sauteed pressed chicken, grilled onions, provolone cheese, with low-fat mayo and ketchup on a toasted tomato basil wrap

HLS LEAN BISON BURGER • \$7.50

Chargrilled Bison burger, melted cheddar, romaine lettuce, tomatoes, sweet onions and ketchup on a toasted multigrain roll.

add feta cheese, mozzarella, provolone, or cheddar cheese to any wrap for \$1.00 or soy cheddar cheese for \$1.50

wheat grass shot

Wraps

VEGETARIAN WRAPS

TEMPTING SOY TURKEY • \$6.75

Soy turk'y, mesculin greens, tomatoes, sweet onions, carrots, cucumbers, oregano and oil & vinegar on a multi grain wrap

HERB CHIC'N AND CHEDDAR • \$7.00

Soy chic'n, sautéed spinach, cheddar cheese and low-fat creamy honey mustard on a toasted spinach herb wrap

SOY CHIC'N MOZZARELLA • \$7.00

Soy chic'n, caramelized onions, sautéed peppers and low-fat ranch dressing on a toasted garlic herb wrap

HONEY BBQ SOY CHIC'N • \$7.00

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

VEGETARIAN CHILI WRAP • \$5.50

Homemade vegetarian chili and brown rice on a toasted tomato basil wrap

SENSATIONAL SOY BURGER • \$6.75

Homemade soy burger, mesculin greens, tomatoes, sweet onions and specialty sauce on tomato basil wrap

EDEN WRAP • \$6.50

Mesculin greens, tomatoes, sweet onions, carrots, cucumber, soy cheddar and low-fat creamy honey mustard on a spinach herb wrap

SOY CHIC'N CAESAR • \$7.00

Soy chic'n, crispy romaine lettuce, parmesan cheese and caesar dressing on a garlic herb wrap

GRILLED TOFU WRAP • \$6.50

Grilled tofu, mesculin greens, tomato, sweet onions, shaved carrots, cucumbers, ranch dressing and reduced balsamic on a toasted garlic herb wrap

SAUTEED EGGPLANT • \$6.75

Juicy eggplant sauteed with tomatoes and sweet onions, layered over brown rice, topped with reduced balsamic on a toasted garlic herb wrap.

add feta cheese, mozzarella, provolone, or cheddar cheese to any wrap for \$1.00 or soy cheddar cheese for \$1.50

SIDES

SWEET POTATO FRIES • \$3.00

FRESH CUT FRIES • \$3.00

SIDE HOUSE SALAD • \$3.00

sweet potato fries

Drinks

J.R.I.N.C JUICES • \$2.50

JUST REAL INGREDIENTS NO CHEMICALS.

MIXED BERRY LIME • KIWI GREEN TEA • PINEAPPLE GINGER • MANGO PASSION • STRAWBERRY LEMONADE

SPRING WATER • \$1.25

FRESH SQUEEZED JUICES • \$3.50

CARROT • APPLE • ORANGE • CARROT APPLE • APPLE ORANGE • CARROT ORANGE

VITAMIN AWESOME • \$4.50

Kale, Carrot and Apple

GREEN DREAM • \$4.50

Kale, Apple and Celery

WHEAT GRASS SHOTS • \$3.00 PER OZ.

HLS SHAKES - \$4.50 (16oz) / \$6.00 (24oz) ADD SOY OR WHEY PROTEIN TO ANY SHAKE FOR \$1.50

CLASSIC STRAWBERRY BANANA

Strawberry, banana and organic cane juice

PINEAPPLE BANANA BANGER

Pineapple, banana and organic cane juice

MIXED BERRY MANTRA

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

COOKIE IN A CUP

Cinnamon, raisins, banana, oats, banana, soymilk or organic fat free milk and organic cane juice

MO BAY

Mango, strawberry, pineapple and organic cane juice

PINEAPPLE MANGO TANGO

Pineapple, mango and organic cane juice

ITAL NUT

Raw cashews, raisins, banana, soymilk or organic fat free milk and organic cane juice

SPICY ICY

Mango, banana and ginger

DESIGNED BY REMEONER DESIGNS



OPEN 7 DAYS A WEEK
MONDAY - SATURDAY • 8AM - 10PM
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