

SANDWICHES

Multi grain bread with tomatoes, lettuce and sprouts
Gluten free – add 1.15



Tuna Avocado ★	8.45
Tuna	7.45
Egg	7.45
Chicken	7.45
Tofu	7.45
Turkey	7.45

Grilled Paninis ★ 11.45

Choice of homemade tuna, chicken salad or sliced turkey, tomatoes, spinach, and mozzarella on sourdough, served with a side salad

Spicy Tuna 8.45

Avocado, cucumbers, lettuce, and tomatoes

Avocado Cheese 7.95

Avocado, mozzarella, tomatoes, lettuce, sprouts

BLT Avocado 7.95

Soy bacon bits, avocado, lettuce, and tomatoes

Veggie 7.95

Avocado, cucumber, carrots, tomatoes, lettuce, sprouts

Gardenburger 7.95

Gardenburger patty, tomatoes, lettuce, and sprouts on a wheat hamburger bun with ketchup or BBQ sauce

Alaskan Salmon Burger 8.45

Alaskan salmon patty, avocado, tomatoes, lettuce, grilled onions, and sprouts on a wheat hamburger bun

Health Nut Lunch Combo 8.45

Your choice of half a sandwich (tuna, egg salad, chicken salad, tofu, or turkey) and soup or salad

EXTRAS

With purchased entrees only

Side salad (lettuce, cucumbers, carrots, seeds)	4.75
Tuna, spicy tuna, chicken, tofu, trky, egg, quinoa	3.75
Free range, organic chicken (substitute 2.75)	4.25
Avocado, sliced egg, mozzarella cheese	1.80
Vegetables (1.00), seeds, cashews, almonds	1.25
Additional side of dressing (limit one per order)	0.75

SPECIALTIES



Noodlerama™ ★ 10.75

Asian rice noodles, shredded chicken breast, carrots, cucumbers, pickled ginger served on a fresh bed of romaine/iceberg lettuce with Spicy Asian dressing

Spicy Ricey™ 10.45

Warm long grain rice, avocado, cucumbers, carrots and pickled ginger, on shredded romaine/iceberg lettuce served with Spicy Asian dressing

Tortilla Wrap 10.45

Choice of tuna, chicken, avocado, egg, turkey, or tofu with sprouts, lettuce and tomatoes neatly wrapped in a wheat tortilla, served with a side salad

Lettuce Wraps 10.25

Choice of tuna, chicken, avocado, egg, turkey, or tofu with sprouts, tomatoes, carrots, beautifully wrapped in iceberg lettuce with House dressing

Brown Rice Roll 10.25

Warm brown rice, avocado, carrots, and cucumber, all wrapped in toasted seaweed, and served with wasabi soy dipping sauce

Spring Roll 10.45

Carrots, cucumbers, and sprouts firmly wrapped in a thin Asian rice wrap, with Spicy Asian dressing

Health Nut Pho ★ 10.25

Rice noodles, shredded chicken or tofu, avocado, and spinach, sprinkled with pickled ginger, served in our warm vegetable broth

OPEN FACED MELTS

Topped with melted mozzarella and served with a side salad

Tuna Avocado Melt ★ 12.75

Tuna, avocado, tomatoes on a wheat English muffin

Tuna Melt 11.45

Tuna and tomatoes, on a wheat English muffin

Turkey Avocado Melt 12.75

Turkey breast, avocado, tomato, multigrain bread

Chicken Melt 11.45

Chicken salad, tomatoes on multigrain bread

SALADS

Served on hand torn romaine and iceberg lettuce and Original House dressing unless specified otherwise
Sub organic baby greens, spinach or kale – add 1.45



Deluxe ★ 8.95

Shredded mozzarella, tomatoes, carrots, cucumbers, sunflower seeds. Perfect with our delicious Health Nut tuna! (add 3.75)

Chef ★ 12.45

Sliced turkey breast, shredded mozzarella, tomatoes, sprouts, sunflower seeds

Chinese Chicken ★ 11.25

Shredded chicken breast, chow mein noodles, pickled ginger, and carrots with Sesame dressing

Tuna 11.25

Tuna, shredded mozzarella, tomatoes, sprouts

Tuna Avocado ★ 12.45

Tuna, avocado, tomato, sprouts, sunflower seeds

Tuna Egg 12.45

Tuna, egg, tomato, sprouts, sunflower seeds

Organic Quinoa 10.45

Organic red and white quinoa mix (kale, cucumbers, red onions, tomatoes, seeds, cashews) on a bed of fresh spinach

Chicken 11.25

Chicken salad, shredded mozzarella, tomatoes, sprouts

Tofu 11.25

Tofu, tomatoes, sunflower seeds, carrots, sprouts

High Protein ★ 12.95

Shredded chicken breast, almonds, cashews, shredded mozzarella, tomatoes, carrots, cucumbers, sunflower seeds

Homemade Vegetable Soup

Carrots, tomatoes, celery, potatoes, onions, herbs
5.25 (12 oz)

SMOOTHIES

16 oz smoothies made with real fruit and fresh vegetables
No added sugar or syrups

- | | |
|--|------|
| Super Green ★
Banana, apple juice, wheat germ, wheat bran, lecithin, protein powder, spirulina | 7.95 |
| Klean Green™ ★
Kale, spinach, apple, banana, almond milk | 7.95 |
| Immune Booster
Strawberry, banana, orange juice, Echinacea, Vitamin C | 7.95 |
| Pina Colada
Pineapple, banana, yogurt, pineapple-coconut juice | 6.95 |
| Very Berry★
Strawberry, blueberry, banana, cran-raspberry and apple juice | 6.95 |
| Strapplebana™
Strawberry, banana, apple juice | 6.45 |
| Green Tea
Banana, yogurt, green tea powder, nonfat milk | 6.45 |
| High Pro Malt
Banana, yogurt, nonfat milk, protein powder | 6.45 |
| Femme Special
Strawberry, banana, soy milk, apple juice, calcium, magnesium | 6.95 |



DRINKS

16 oz / 32 oz

- | | |
|--|-----------|
| Mango Iced Greentini™ (most popular!) ★ | 3.25/5.75 |
| Strawberry Mango Iced Greentini™ | 3.25/5.75 |
| Strawberry Lemonade | 2.50/4.50 |
| Lemonade or Arnold Palmer | 2.50/4.50 |
| Iced Green Tea | 3.25/5.75 |
| Iced Black Tea | 2.25/3.95 |
| Chai Tea Latte (iced or hot) – 16 oz only | 3.50 |

HOMEMADE DRESSINGS



Pictured: Sesame, Ranch, Low Cal, Original House & Spicy Asian dressings shown with Organic Quinoa Salad

At Health Nut, we pride ourselves on making everything in house, including our famous dressings. Come try one today!

BUY A 12 OZ BOTTLE FOR ONLY 5.95!

- ORIGINAL HOUSE
- RANCH
- SPICY ASIAN
- LOW CAL
- SESAME

TAKE OUT OR DELIVERY

- 1) healthnutla.com
- 2) [facebook.com/healthnutla](https://www.facebook.com/healthnutla)
- 3) Health Nut mobile app



#healthnutla



Family owned and operated since 1988



818.222.7391
healthnutla.com

23373 Mulholland Dr.
Woodland Hills, CA 91364

Mon-Fri: 9-7:30 Sat: 10-7 Sun: Closed