

WE MAKE CATERING EASY.

JUST ANSWER THESE THREE QUESTIONS AND WE WILL DO THE REST:

- 1 How many people are you serving?
- 2 What is the budget you want to stay within?
- 3 What are your dietary restrictions?

Place your catering order today by visiting www.healthnut.cafe/catering, emailing us at catering@healthnut.cafe, or (if you prefer talking to a human) just call us at 405-401-2628.



WRAPS • SALADS • SANDWICHES • QUINOA BOWL
SMOOTHIES • BREAKFAST • COFFEE

WWW.HEALTHNUT.CAFE

follow us on facebook: [healthnutcafe](https://www.facebook.com/healthnutcafe)

VISIT WWW.HEALTHNUT.CAFE TO FIND YOUR FAVORITE LOCATION



12201 S. WESTERN AVE.
OKLAHOMA CITY, OK 73170

CATERING AVAILABLE

see back for details

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KID'S MEALS

served with fresh fruit & veggies 5.99
(12 & under)

KID'S HUMMUS FEAST

KID'S WRAP (chicken, turkey, or ham)

KID'S CHEESE QUESADILLA

KID'S SANDWICH (turkey, ham, or cheese)

BREAKFAST MENU

GREEK YOGURT PARFAIT 4.49

Greek yogurt (choice of blueberry, strawberry, or peach) topped with granola

GARDEN BREAKFAST MELT 4.99

eggs, cream cheese, tomatoes, spinach, black olives, grilled wheat tortilla

BREAKFAST SANDWICH 4.99

eggs, Black Forest ham, provolone, choice of wheat or white bread

BREAKFAST WRAP 4.99

eggs, tomatoes, Black Forest ham, provolone, grilled wheat tortilla

PB&B SANDWICH 4.99

peanut butter, banana, honey, whole wheat bread

1 INSIDE

HEALTH NUT

romaine, tomatoes, carrots, rainbow veggie blend, black olives, sunflower seeds, pepper jack, honey dijon

SPICY BLACK BEAN BURGER

black bean patty, pepper jack, spinach, tomatoes, onions, chipotle mayo

MEDITERRANEAN

grilled chicken, feta, tomatoes, black olives, basil pesto

WILD ALASKAN SALMON

wild salmon filet, parmesan, onions, tomatoes, spinach, chipotle vinaigrette

CALIFORNIA

grilled chicken, provolone, tomatoes, romaine, honey dijon

BAJA

ham, turkey, bacon, pepper jack, tomatoes, black olives, romaine, ranch

TERLINGUA

smoked turkey, pepper jack, tomatoes, romaine, chipotle mayo

GREEK

grilled chicken, feta, tomatoes, black olives, romaine, vinaigrette

QUESADILLA

grilled chicken, pepper jack, onions, bell peppers, tomatoes, chipotle mayo

SPICY CLUB

black forest ham, mesquite smoked turkey, bacon, pepper jack, tomatoes, onions, spinach, chipotle mayo

TUNA NUT

tuna salad with apples & pecans, provolone, tomatoes, romaine, sunflower seeds, vinaigrette

PECAN CHICKEN

grilled chicken, parmesan cheese, tomatoes, chopped pecans, romaine, raspberry vinaigrette

CAESAR

grilled chicken, parmesan, tomatoes, romaine, caesar

MELT

whole wheat jalapeño tortilla spinach

SANDWICH

honey whole wheat old fashioned white

(gluten free available 1.79)

2 OUTSIDE

SALAD

spinach or romaine

QUINOA BOWL

WRAP

whole wheat jalapeño tortilla spinach

HOW TO ORDER

STEP 1:

PICK WHAT GOES INSIDE

select any of our recipes.

STEP 2:

CHOOSE WHAT GOES OUTSIDE

make it a salad, quinoa bowl, wrap, melt, or sandwich.

STEP 3:

SELECT WHAT YOU WANT ON THE SIDE

pick any of our homemade side items.

ALL FOR \$8⁹⁹

3 ON-THE-SIDE

CHIPS AND SALSA

HEMP HEART QUESO

HUMMUS & PITA

QUINOA TABULI

WHOLE GRAIN PASTA SALAD

FRESH CUT FRUIT

VEGGIES & RANCH

*SOUPS AVAILABLE SEASONALLY

*All "on-the-sides" are available a la carte



4 CHOOSE A BEVERAGE

CRAFT FOUNTAIN SODA 2.29 / 2.49

GATORADE 2.25 V8 1.99 PERRIER 1.99

BOTTLED WATER 1.29 / large 1.79 TEA 2.49

HOUSE COFFEE 1.99

SMOOTHIES

HEALTH NUT SMOOTHIE 6.99

blueberries, raspberries, strawberries, banana, matcha, spinach, honey

MATCHA PEACHY 5.99

peaches, banana, matcha, honey

ELVIS 4.99

peanut butter, banana, milk, chocolate whey protein, honey

"THE TOMMY" 4.99

peanut butter, strawberry, milk, chocolate whey protein, honey

STRAWBERRY BANANA 3.99

strawberries, banana, honey

ORANGE STRAWBERRY 4.49

strawberries, banana, manadrin orange, honey

STRAWBERRY PEACH 4.49

strawberries, peaches, honey

MIXED BERRY 4.49

blueberries, raspberries, strawberries, banana, honey

MANGO PEACH 4.49

mangos, peaches, banana, honey

STRAWBERRY BLUEBERRY 4.49

strawberries, blueberries, banana, honey

RASPBERRY BANANA 4.49

raspberries, banana, honey

BOOSTERS

WHEY PROTEIN 1.99

GREEK YOGURT 1.49

SPINACH .99

PEANUT BUTTER .99

MATCHA 1.99

HEMP HEARTS 1.99

PLANT PROTEIN 1.99

COLLAGEN 1.99

TURMERIC .99

