

SALADS

NOODLERAMA 14.75
our most popular dish! rice noodles, shredded chicken breast, carrots, cucumbers, and pickled ginger, with spicy asian dressing – 33g of protein!

CHINESE CHICKEN SALAD 14.15
shredded chicken breast, dry chow mein noodles, pickled ginger, carrots, with sesame dressing – 31g of protein!

TUNA AVOCADO SALAD 16.15
tuna, avocado, tomatoes, sprouts, sunflower seeds, with original house dressing – 33g of protein!

HIGH PROTEIN SALAD 16.15
shredded chicken breast, shredded mozzarella, tomatoes, carrots, cucumbers, sunflower seeds, almonds, cashews, with original house dressing – 43g of protein!

SPICEY RICEY 14.15
warm long grain rice, avocado, cucumbers, carrots, and pickled ginger, with spicy asian dressing



Tuna Avocado Salad

DELUXE TUNA SALAD 16.60
our flagship salad! our world famous tuna, shredded mozzarella, tomatoes, carrots, cucumbers, sunflower seeds, served with original house dressing – 38g of protein!

DELUXE SALAD 12.25
shredded mozzarella, tomatoes, carrots, cucumbers, sunflower seeds, with original house dressing

COBB SALAD 16.15
shredded chicken breast, shredded mozzarella, soy bacon bits, sliced egg, carrots, tomatoes, cucumbers, with ranch dressing – 56g of protein!

SALMON POKE BOWL 18.45
raw marinated salmon, warm brown rice, cucumbers, carrots, pickled ginger, toasted seaweed and sesame seeds, on a bed of organic baby greens, with spicy asian dressing

QUINOA AVOCADO SALAD 15.15
red and white quinoa, avocado, carrots, cucumbers, red onions, tomatoes, sunflower seeds, almonds and cashews on a bed of fresh spinach and kale, with original house

DRESSINGS:

HOUSE • SPICY ASIAN • SESAME
RANCH • LO CAL (NO OIL)

- scratch made here in LA
- gluten free
- vegan(excluding ranch)

all salads served w/ romaine & iceberg unless specified otherwise



Noodlerama



DELUXE SPRING ROLLS



CHINESE CHICKEN SPRING ROLLS

WRAPS & ROLLS

WRAPS

LETTUCE WRAP 14.15
your choice of protein with sprouts, tomatoes, and carrots beautifully wrapped in iceberg lettuce, with original house dressing

TUNA AVOCADO TORTILLA WRAP 13.25
creamy homemade tuna, mozzarella cheese, tomato, crisp carrots and lettuce, all tightly wrapped in a wholesome whole wheat tortilla, served with a side of our world famous house dressing!

CHINESE CHICKEN TORTILLA WRAP 12.15
shredded chicken, crisp carrots and lettuce, crunchy chow mein noodles, and a hint of zesty ginger, all tightly wrapped in a wholesome whole wheat tortilla, served with a side of our delicious sesame dressing!

SPRING ROLLS

SPRING ROLLS 6.75 / 12.95
rice noodles, carrots, cucumbers, lettuce, sprouts, neatly wrapped in a thin, asian rice paper, served with our spicy asian dressing.

DELUXE SPRING ROLLS 9.95 / 19.15
our signature spring rolls, loaded with creamy avocado and your choice of protein, served with our spicy asian dressing.

CHINESE CHICKEN SPRING ROLLS 8.25 / 14.25
our famous salad now in a spring roll! shredded chicken, lettuce, carrots, pickled ginger, and chow mein noodles deliciously wrapped in a thin, asian rice paper, served with our sesame dressing. (comes uncut only)



LETTUCE WRAP



CHINESE CHICKEN TORTILLA WRAP

SANDWICHES



Tuna Avocado Sandwich



Turkey Avocado Sandwich

TURKEY AVOCADO SANDWICH 12.15
sliced turkey breast, smashed avocado, creamy herb mayo/mustard spread, tomatoes, lettuce, served on multigrain bread – 31g of protein!

SPICY TUNA AVOCADO SANDWICH 12.15
spicy tuna, smashed avocado, cucumbers, lettuce, tomatoes, served on multigrain bread – 31g of protein!

EGG SALAD SANDWICH 10.75
egg salad, tomatoes, lettuce, sprouts, served on multigrain bread

AVOCADO CHEESE SANDWICH 12.15
smashed avocado, mozzarella, tomatoes, lettuce, sprouts served on multi grain bread

VEGGIE SANDWICH 12.15
smashed avocado, cucumber, carrots, tomatoes, lettuce, sprouts served on multi grain bread

TUNA AVOCADO SANDWICH 12.15
our best selling sandwich! tuna, avocado, tomatoes, lettuce, sprouts, served on multigrain bread – 34g of protein!

TUNA SANDWICH 10.75
tuna, tomatoes, lettuce, sprouts, served on multigrain bread

CHICKEN SALAD SANDWICH 10.75
chicken salad, tomatoes, lettuce, sprouts, served on multigrain bread

sourdough and gluten free options available (additional charge)



vegan



vegetarian

fan favorites

WARM ITEMS



SOUPS

HEALTH NUT NOODLE SOUP 15.75

rice noodles, avocado, spinach, pickled ginger with your choice of shredded chicken or tofu, served in our warm vegetable broth

TOMATO BISQUE

LENTIL SOUP

BUTTERNUT SQUASH

VEGGIE SOUP

small
7.45

large
11.25



PANINIS

GRILLED PANINI (BUILD YOUR OWN) 15.25

your choice of protein, with tomatoes, spinach and mozzarella on grilled sourdough, and a small soup or side salad

TUNA AVOCADO PANINI 17.50

homemade tuna, avocado, with tomatoes, spinach and mozzarella on grilled sourdough, served with a small soup or side salad

SHREDDED CHICKEN AVOCADO PANINI 17.50

hand torn chicken, avocado, with tomatoes, spinach and mozzarella on grilled sourdough, served with a small soup or side salad

CHICKEN SALAD AVOCADO PANINI 17.50

homemade chicken salad, avocado, with tomatoes, spinach and mozzarella on grilled sourdough, served with a small soup or side salad

SPICY TUNA AVOCADO PANINI 17.50

spicy tuna, avocado, with tomatoes, spinach and mozzarella on grilled sourdough, served with a small soup or side salad



CHICKEN BISQUE SANDWICH 10.95

Must try! shredded chicken dipped in rich tomato bisque, melted mozzarella, red onions, pinch of basil, inside toasted sourdough

SIGNATURE COMBOS

BISTRO PAIR

the ultimate comfort duo.
fresh-pressed grilled
cheese meets our creamy,
delicious tomato bisque

14.35



THE HALF & HALF

The perfect lunchtime
balance. A fresh-sliced
half sandwich paired with
a warm, nourishing bowl of
our delicious soup

starting at
12.85

THE CLASSIC SET

Big hunger meets big
flavor. A hearty, full
sandwich served with a
satisfying kettle chip
crunch

starting at
13.85



BEVERAGES

MANGO ICED GREENTINI

our most popular drink! freshly brewed
mango green tea, honey, and a little bit of
cane sugar makes this a must have!

LEMONADE

lemon juice, cane sugar, citric acid. simple
and delicious!

ICED GREEN TEA

unsweetened and refreshing green tea

ICED BLACK TEA

unsweetened and refreshing black tea

small
4.10

large
7.15



*FAMILY SIZE
AVAILABLE NOW!



health nut™

FRESH OBSESSED | SINCE 1988



DINE IN + TAKE OUT

menu



LET'S GET SOCIAL! [f](#) [t](#) [i](#) [s](#) [m](#)

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CATERING
menu

