



beverages

small 16 oz / large 32 oz

MANGO ICED GREENTINI ● **3.95** (77 cal.) / **6.95** (155 cal.)

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

LEMONADE **3.95** (50 cal.) / **6.95** (101 cal.)

ICED GREEN TEA **3.95** (0 cal.) / **6.95** (0 cal.)

ICED BLACK TEA **3.95** (0 cal.) / **6.95** (0 cal.)

our homemade dressings



12oz DRESSING BOTTLE **7.95**

our famous dressings are:

naturally preserved with
apple cider vinegar

vegan and
gluten free

made from
family recipes

made with no
artificial flavors
or colors

Ranch is not vegan or preserved with apple cider vinegar
Calories for 1 oz serving size: lo cal 10, spicy asian 100, house 140, sesame 110, ranch 100

PURCHASE IN STORE OR ONLINE AT [SHOPHEALTHNUT.COM](https://shophealthnut.com)

every day:

we hand tear
our lettuce

we brew
our mango
green tea

we make our tuna salad,
chicken salad & soup from
scratch using family recipes

we make
our famous
dressings

we cook our chicken
with no butter,
no fat & no oil

our produce is
delivered fresh

locations

WOODLAND HILLS

23365 MULHOLLAND DR.
WOODLAND HILLS, CA 91364
MON-FRI: 9AM-7:30PM SAT: 10AM-7PM
SUN: CLOSED
818-222-7391

SHERMAN OAKS

4550 VAN NUYS BLVD. STE A1
SHERMAN OAKS, CA 91403
MON-SAT: 10:30AM-8:30PM
SUN: CLOSED
818-386-8256

MANHATTAN BEACH

332 MANHATTAN BEACH BLVD.
MANHATTAN BEACH, CA 90266

MON-SAT 10AM-8PM
SUN: CLOSED
310-943-1060

Now Open SANTA MONICA

1447 LINCOLN BLVD.
SANTA MONICA, CA 90401
MON-SAT: 10:00AM-8:00PM
SUN: CLOSED
310-441-8050

CULVER CITY

8900 VENICE BLVD. #108
CULVER CITY, CA 90232
MON-SAT: 10:00AM-8:00PM
SUN: CLOSED
310-340-2002

[HEALTHNUTLA.COM](https://healthnutla.com)

LET'S GET SOCIAL!



CATERING

menu



DINE IN + TAKE OUT

menu



salads

served with hand torn romaine and iceberg lettuce, with original house dressing unless specified otherwise.

for organic baby greens, spinach, or kale - add 1.25

DELUXE ●● 11.95 (428 cal.)

shredded mozzarella, tomatoes, carrots, cucumbers, sunflower seeds
add choice of protein 2.95-4.25 (63-220 cal)



DELUXE SALAD

CHINESE CHICKEN ● 13.75 (284 cal.)

shredded chicken breast, dry chow mein noodles, pickled ginger, and carrots, served with our delicious sesame dressing
add avocado for 2.25 (83 cal.)

HIGH PROTEIN ● 15.75 (488 cal.)

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

TUNA AVOCADO ● 15.75 (600 cal.)

tuna, avocado, tomatoes, sprouts, sunflower seeds

CHEF 15.75 (510 cal.)

sliced turkey breast, shredded mozzarella, tomatoes, sprouts, sunflower seeds
add avocado for 2.25 (83 cal.)



CHINESE CHICKEN SALAD

COBB 15.75 (549 cal.)

shredded chicken breast, shredded mozzarella, soy bacon bits, sliced egg, carrots, tomatoes, cucumbers, served with our delicious ranch dressing



QUINOA AVOCADO SALAD

QUINOA AVOCADO ● 14.75 (481 cal.)

red and white quinoa, avocado, carrots, cucumbers, red onions, tomatoes, sunflower seeds, and cashews on a bed of fresh spinach and kale

specialties



NOODLERAMA™

NOODLERAMA™ ● 14.45 (493 cal.)

our most popular dish! rice noodles, shredded chicken breast, carrots, cucumbers, and pickled ginger, served on romaine and iceberg lettuce with our spicy asian dressing
add avocado 2.25 (83 cal)

SPRING ROLL ● 12.75 (228 cal.)

rice noodles, carrots, cucumbers and sprouts, neatly wrapped in a thin, asian rice paper, cut into 8 delicious pieces. served with our spicy asian dressing
add choice of protein 2.95-4.25 (63-220 cal)
add avocado 2.25 (83 cal)

SALMON POKE BOWL* 17.95 (438 cal.)

raw salmon, warm brown rice, cucumbers, carrots, pickled ginger, toasted seaweed and sesame seeds, on a bed of organic baby greens, served with our spicy asian dressing



LETTUCE WRAP WITH TUNA

available proteins include: shredded chicken, tuna, spicy tuna, chicken salad, turkey, egg salad, quinoa & tofu

SPICEY RICEY™ ● 13.75 (375 cal.)

warm long grain rice, avocado, cucumbers, carrots, and pickled ginger served on romaine and iceberg lettuce with our spicy asian dressing
substitute brown rice 1.00 (7 cal)
add choice of protein 2.95-4.25 (63-220 cal)



SPICEY RICEY™



SPRING ROLL

LETTUCE WRAP 13.75 (171-285 cal.)

your choice of protein with sprouts, tomatoes, and carrots beautifully wrapped in iceberg lettuce. served with our original house dressing

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

sandwiches

served on multi-grain bread unless specified otherwise. for gluten free - add 1.15

TUNA AVOCADO ● 11.75 (584 cal.)

tuna, avocado, tomatoes, lettuce, and sprouts

TUNA 10.45 (501 cal.)

tuna, tomatoes, lettuce, and sprouts

SPICY TUNA 11.75 (594 cal.)

spicy tuna, smashed avocado, cucumbers, lettuce, tomatoes

CHICKEN SALAD 10.45 (534 cal.)

chicken salad, tomatoes, lettuce, and sprouts



TUNA AVOCADO SANDWICH

TURKEY AVOCADO 11.75 (566 cal.)

sliced turkey breast, smashed avocado, creamy herb mayo/mustard spread, tomatoes, lettuce

EGG SALAD ● 10.45 (470 cal.)

egg salad, tomatoes, lettuce, and sprouts

Warm & Delicious



GRILLED PANINI ● 14.95 (581-955 cal.)

your choice of protein, with tomatoes, spinach and mozzarella on grilled sourdough, served with a small soup or side salad
add avocado for 2.25 (83 cal.)

CHICKEN BISQUE SANDWICH 10.45 (524 cal.)

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



HEALTH NUT NOODLE SOUP ● 15.25 (545-617 cal.)

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



HEALTH NUT NOODLE SOUP

soups

VEGGIE SOUP ●● (60 cal. / 100 cal.)

TOMATO BISQUE ●● (300 cal. / 500 cal.)

LENTIL SOUP ● (210 cal. / 350 cal.)

COCONUT BUTTERNUT SQUASH (seasonal) ● (260 cal. / 433 cal.)

small 7.25 / large 10.95

● most popular ●● vegan ●●● vegetarian

calorie count excludes dressings (10-140 cal per 1 oz serving)

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