

Healthy Way

Gluten free restaurant and bakery.

MENU

Healthy Way

Appetizers

Chips & Salsa

Gluten free tortilla chips w/ gluten free based salsa \$4.50

Nachos

Gluten free tortilla chips w/ cheese and peppers \$5.25

Breadsticks

Gluten free breadsticks w/ dipping sauce of choice \$5.25

Chicken Wings

Comes in buffalo, BBQ, teriyaki, and korean \$6.30

Salads

Seven Layer

Tomato, cucumber, onion, peas, eggs, cheese, and bacon \$7.50

Ceaser

Crutons, parmesan, lemon, egg, and sauce \$7.25

Chef

Eggs, ham, croutons, tomatoes, cucumbers, cheese.... \$6.45

Mandarin

Carrots, tomatoes, cucumber, orange, dressing \$6.30

Greek

Tomatoes, cucumber, green peppers, red onion, cheese, olives ... \$7.65



Drinks

Sparkling Waters

Calistoga, Wegmans, Perrier, and Gerolsteiner \$2.35

Hot Teas

Lipton, Twinings, Harney & Sons, and Dilmah \$3.75

Coca-Cola Products

Coca-Cola, Coke, Diet Coke, Fanta, and Mello Yello \$2.10

Juices

Apple, Grape, Orange, Pineapple, Carrot, and Lemonade ... \$6.30



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Restaurant

Frittata

\$8.45

tomatoes, olive oil, fresh rosemary leaves, eggs, milk, gluten-free bake mix, salt, pepper, red potatoes, spinach leaves, parmesan cheese

Kale Pasta

\$3.75

kale, olive oil, chopped garlic, red pepper, fennel seeds, lemon, cheese, egg, gluten-free baking flour, xantham gum, salt

Lamb Kofta

\$3.25

ground lamb, garlic, shallot, cilantro, nutmeg, cinnamon, turmeric, non-fat greek style yogurt, salt, black pepper, oil

Spaghetti

\$2.25

ground beef, olive oil, diced onion, minced garlic, diced carrot, diced tomatoes or sauce, tomato paste, basil, oregano, brown sugar, bay leaves salt, pepper, gluten free spaghetti, parmesan cheese

Veggie Wrap

\$4.75

white rice flour, tapioca starch, xanthan gum, baking powder, salt, shortening, avocado, salt, garlic, onion, pepper, tomatoes, cucumber, lettuce, green bell pepper

Grilled Chicken

\$7.50

lemon juice, olive oil, salt, minced garlic, pepper, boneless skinless chicken tenders or breasts trimmed into strips, spinach, lettuce

Shrimp Scampi

\$6.60

shrimp, olive oil, butter, garlic, leek or onion, asparagus, lemon juice cayenne pepper, black ground pepper, ground sea salt, gluten-free angel hair pasta, parsley, parmesan cheese, or a non-dairy cheese

Lobster Bisque

\$12.55

butter, finely diced scalling, finely diced celery with leaves, half and half, tomato paste, paprika, old bay seasoning, cayenne, cane sugar, coarsely chopped lobster meat, quality sherry, salt, pepper

Harvest Rice

\$8.75

mild pork sausage, olive oil, onions, butternut squash, apples, sherry, basmati, salt, walnuts, cranberries, chicken broth, italian, fresh sage

Cabbage Roll Casserole

\$5.75

premium ground beef, delicious white rice, salt, beef broth, freshly chopped onions, tomato sauce, fresh cabbage

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Bakery

Sandwich Bread

\$12.35

brown rice flour, eggs, non-GMO cornstarch, tapioca flour, butter, almond meal, sugar, honey, potato flour, yeast, xanthan gum, unflavored gelatin, rice bran, egg replacer, sea salt, vinegar

Crepes

\$3.75

eggs, butter, sugar, gluten free flour blend, gluten-free vanilla extract, milk

Scones

\$3.25

gluten-free flour blend, sugar, baking powder, xantham gum, salt, butter, eggs, milk, gluten free vanilla extract

Muffins

\$2.25

brown rice flour, tapioca starch, non-GMO cornstarch, potato starch, xanthan gum, blueberries, canola oil, sugar, brown sugar, lemon juice, baking soda, cinnamon, aluminum free baking powder, sea salt, egg replacer, lemon extract, vanilla extract

Cakes

\$18.75

brown sugar, brown rice flour, non-GMO cornstarch, tapioca flour, potato flour, canola oil, baking soda, sea salt, vinegar, vanilla, xantham gum

Cupcakes

\$2.50

brown sugar, brown rice flour, non-GMO cornstarch, tapioca flour, potato flour, canola oil, baking soda, sea salt, vinegar, vanilla, xantham gum

Honey Nut Bread

\$4.60

almond milk, non-GMO cornstarch, garfava flour, tapioca flour, brown rice flour, almond meal, brown sugar, flax meal, canola oil, honey, vinegar, aluminum free baking powder, xanthan gum, egg replacer, sea salt, baking soda

Hamburger Buns

\$8.55

brown rice flour, non-GMO cornstarch, tapioca flour, eggs, sugar, canola oil, potato flour, non-GMO cornmeal, yeast, rice bran, aluminum free baking powder, vinegar, unflavored gelatin, egg replacer, xanthan gum, sea salt

Cookies

\$1.75

semi sweet chocolate chips, brown rice flour, tapioca starch, non-GMO cornstarch, potato starch, butter, brown sugar, sugar, eggs, sea salt, baking soda, xanthan gum, aluminum free baking powder, vanilla

Pumpkin Bread

\$4.75

pumpkin puree, sugar, canola oil, brown rice flour, non-GMO cornstarch, tapioca flour, brown sugar, lemon juice, potato flour, cinnamon, baking soda, egg replacer, sea salt, xanthan gum, ginger, nutmeg, vanilla