




HEALTHY BOWLS




Coco Chick  **17**
Garlic-lemon chicken, sauteed kale over coconut rice with agave citrus sauce

Tropical Salmon  **18**
Grilled salmon served over brown rice and sautéed broccoli with tropical salsa (mango, pineapple, onions, jalapeno and cilantro) with a agave citrus sauce


Steak Fajita Saltado  **18**
Sauteed flank steak, green peppers, red peppers, onions, over brown rice topped with sweet potatoes served with a spicy verde sauce

Mexicano  **17**
Grilled chicken, roasted corn, lettuce, pico de gallo, savory black beans, brown rice topped with guacamole, cilantro and chipotle sauce


Vegan Mexicano  **17.5**
Chipotle bean patty, roasted corn, lettuce, pico de gallo, brown rice topped with black beans, guac, cilantro and vegan chipotle sauce

Chop Chop  **16**
Ground turkey, sautéed onions, sweet peas over coconut rice, cilantro, green & red peppers with a sour cream sauce


Vegan chop chop  **17**
100% plant based meat, sautéed peppers, onions, sweet peas, cilantro, coconut rice with vegan chipotle sauce


Turkey Burger Bowl  **16**
Lean turkey burger with sauteed onions, carrots, zucchini and broccoli served over brown rice with cashew sauce


Keto Steak Bowl  **18**
Grilled steak, crispy bacon, goat cheese, broccoli and avocado served over sautéed brussels sprouts with spicy verde sauce

Keto Chicken Bowl  **18**
Grilled chicken over arugula salad, sautéed broccoli stem, diced bacon, avocado topped w horseradish sauce


Muscle Bowl  **17**
Grilled chicken over brown rice with black beans and roasted sweet potato, served with cashew sauce

Paleo Bowl  **17**
Grilled chicken over roasted sweet potato, topped with steamed broccoli and paleo sauce

Lean Mean Bowl  **17**
Grilled chicken, sautéed kale and spinach served over quinoa with an agave citrus sauce

Ginger Chic Bowl  **17**
Grilled chicken sautéed with ginger, garlic and collard greens over coconut rice and agave citrus sauce

Veggie Chick Bowl  **17**
Diced chicken sautéed with spinach, broccoli, corn, brussels sprouts, carrots with agave citrus sauce

Greek Platter  **17**
Sautéed grilled chicken over collard greens, Greek salad, feta cheese, avocado & brown rice with tzatziki sauce

 = Gluten Free

This is Not a Gluten-Free or Nut-Free Facility.

ESTD 2016



Healthy Boy

GRILL

**351 OLD COUNTRY ROAD
CARLE PLACE, NY 11514**

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WWW.HEALTHYBOYGRILL.COM



*Our Dishes are
Freshly Made to Order*



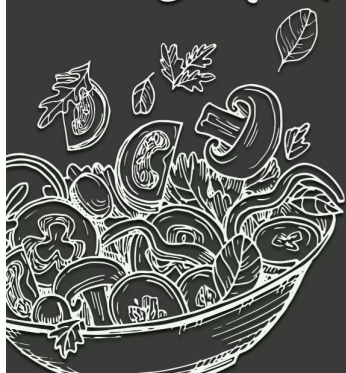
We Deliver


*Scan
to order
online for
pick up &
delivery*





HEALTHYBOYGRILL

HEALTHY Salads



Carolina's Creation  **14**
Mixed greens, cucumbers, shredded carrots, diced tomatoes, red onions, cilantro with tomato citrus

Kale Caesar  **14**
Kale with caesar dressing topped with shredded parmesan cheese and parmesan crisp

Go Goat!  **14**
Arugula, beets, goat cheese, red onions, dried cranberries, walnuts with creamy balsamic vinaigrette

Extra Sauce: 0.75

ADD-ONS:

Chicken 5

Steak 7

Bean Pattie 5

Salmon 7

Beyond Pattie 6



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HEALTHY BUNS

Served with a side salad or substitutesalad with sweet potato fries for 3.75 Extra

Choice of Buns: Whole Wheat / Plain/ Lettuce Wrap / Gluten-Free for 2.75 Extra

Chicken Avocado Bacon Burger 15
Chicken breast, avocado, onion, bacon, low fat American cheese, lettuce, tomato and garlic sauce

Chipotle Bean Burger 14
Chipotle bean pattie, romaine lettuce, avocado, tomatoes and vegan chipotle sauce

Turkey Burger 14
Turkey burger, slaw salad, tomatoes, lettuce, agave citrus

Vegan Beyond Bun Burger 15
100% plant based burger, lettuce, tomato, caramelized onions, guacamole and agave citrus sauce

ACAI BOWLS



Ban Tella 13.5
Acai, banana, strawberry and almond milk topped with granola, banana, strawberry, Nutella and coconut flakes

PB & J 12
Acai, strawberry, banana and almond milk topped with granola, blueberry and peanut butter

The OG 12
Acai, banana and almond milk topped with granola, banana, blueberries, strawberries and honey

SIDES

- Sweet Potato Fries 7
- Coconut Rice 7
- Quinoa 7
- Brown Rice 7
- Broccoli 7
- Sauteed Veggies 7
- Sauteed Brussels 7
- Sprouts 7
- Crispy Brussels Sprouts 8
- Roasted Sweet Potato 7
- Chicken 7
- Steak 9
- Salmon 9
- Bean 7
- Pattie 7
- Beyond Pattie 7

OVER NIGHT Oats



- Peanut Butter Banana** 5.75
Oatmeal soaked with soy milk and agave with peanut butter banana
- Cinnamon Chia** 5.75
Oatmeal soaked with almond milk, cinnamon, chia seed and agave

SAUCE

\$0.75

- Cashew GF
- Creamy Horseradish GF
- Agave Citrus GF
- Chipotle GF
- Vegan chipotle GF
- Tomato Citrus GF
- Creamy Balsamic GF
- Garlic Sauce GF
- Spicy Verde GF
- Paleo GF
- Sour Cream GF
- Tzatziki GF
- Caesar GF

Healthy SOUP

Lentil Soup 6.25

Chicken Vegetable Soup 6.25

WRAPS & Pita Pocket



Types of Wraps: Plain/Whole Wheat/Spinach/ Gluten-Free for 2.00 Extra

Pow Wow 16
Grilled chicken, flank steak, grilled onions, sun-dried tomatoes, goat cheese and arugula served with spicy verde sauce

Thai Chicken 15
Grilled chicken, slaw salad with creamy cashew sauce and coconut rice

Asian Salmon 16
Grilled Salmon, sautéed carrots, sautéed broccoli, quinoa and gluten free agave soy sauce

Vegan Veggie Pocket 14
Grilled broccoli, glazed sautéed carrots, sautéed onions, zucchini, spinach, kale and balsamic dressing

Lean Muscle 14
Egg whites, grilled chicken breast, sautéed onions, feta cheese, spinach with spicy verde sauce

Chicken Kale Caesar Wrap 15
Grilled chicken, kale, shredded Parmesan cheese, parmesan crisp and Caesar dressing

Boyritto 15
Grilled chicken, black beans, brown rice, red & green peppers, pico de Gallo, cheddar cheese, with chipotle sauce

Vegan Tacos 14
100% plant based meat, lettuce, pico de gallo, avocado, cheese, lemon slice, cilantro, corn tortilla with vegan chipotle sauce

Quesadilla
STEAK 16 | CHICKEN 14 | COMBO 15
Steak, chicken or combo with cheddar cheese, sautéed onions and peppers served with guacamole, pico de gallo and sour cream

Vegan Quesadilla 12.5
Broccoli zucchini, sautéed carrots, onions, mozzarella cheese with vegan chipotle sauce