

HEALTHY BOWLS



Coco Chick ☯

Garlic-lemon chicken, sauteed kale over coconut rice with agave citrus sauce

17.5

Tropical Salmon ☯

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

18.5

Steak Fajita Saltado ☯

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

18.5

Mexicano ☯

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

17.5

Vegan Mexicano ☯

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

18

Chop Chop ☯

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

16.5

Vegan chop chop ☯

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

17.5

Turkey Burger Bowl ☯

Lean turkey burger with sauteed onions, carrots, zucchini and broccoli served over brown rice with cashew sauce

16.5

Keto Steak Bowl ☯

Grilled steak, crispy bacon, goat cheese, broccoli and avocado served over sautéed brussels sprouts with spicy verde sauce

18.5

Keto Chicken Bowl ☯

Grilled chicken over arugula salad, sautéed broccoli stem, diced bacon, avocado topped w horseradish sauce

18.5

Muscle Bowl ☯

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

17.5

Paleo Bowl ☯

Grilled chicken over roasted sweet potato, topped with steamed broccoli and paleo sauce

17.5

Lean Mean Bowl ☯

Grilled chicken, sautéed kale and spinach served over quinoa with an agave citrus sauce

17.5

Ginger Chic Bowl ☯

Grilled chicken sautéed with ginger, garlic and collard greens over coconut rice and agave citrus sauce

17.5

Veggie Chick Bowl ☯

Diced chicken sautéed with spinach, broccoli, corn, brussels sprouts, carrots with agave citrus sauce

17.5

Greek Platter ☯

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

17.5

☯ = Gluten Free

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



Healthy Boy

GRILL

351 OLD COUNTRY ROAD
CARLE PLACE, NY 11514

516.333.3573

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delivery



HEALTHYBOYGRILL

HEALTHY Salads



Carolina's Creation ☯

Mixed greens, cucumbers, shredded carrots, diced tomatoes, red onions, cilantro with tomato citrus

14

Kale Caesar ☯

Kale with caesar dressing topped with shredded parmesan cheese and parmesan crisp

14

Go Goat! ☯

Arugula, beets, goat cheese, red onions, dried cranberries, walnuts with creamy balsamic vinaigrette

14

Extra Sauce: 0.75

ADD-ONS:

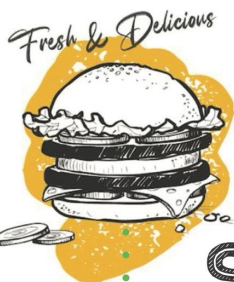
Chicken 5

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 16
Chicken breast, avocado, onion, bacon, low fat American cheese, lettuce, tomato and garlic sauce

Chipotle Bean Burger 15
Chipotle bean pattie, romaine lettuce avocado, tomatoes and vegan chipotle sauce

Turkey Burger 15
Turkey burger, slaw salad, tomatoes, lettuce, agave citrus

Vegan Beyond Bun Burger 16
100% plant based burger, lettuce, tomato, caramelized onions, guacamole and agave citrus sauce

ACAI BOWLS

Ban Tella 15
Acai, banana, strawberry and almond milk topped with granola, banana, strawberry, Nutella and coconut flakes

PB & J 14
Acai, strawberry, banana and almond milk topped with granola, blueberry and peanut butter

The OG 13
Acai, banana and almond milk topped with granola, banana, blueberries, strawberries and honey

SIDES

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

OVER NIGHT



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

WRAPS & Pita Pocket



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

Pow Wow 16.5

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

Thai Chicken 15.5

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

Asian Salmon 16.5

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

Vegan Veggie Pocket 14.5

Grilled broccoli, glazed sautéed carrots, sautéed onions, zucchini, spinach, kale and balsamic dressing

Lean Muscle 14.5

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

Chicken Kale Caesar Wrap 15.5

Grilled chicken, kale, shredded Parmesan cheese, parmesan crisp and Caesar dressing

Boyritto 15.5

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

Vegan Tacos 14.5

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

Quesadilla

STEAK 18.5 / CHICKEN 14.5 / COMBO 15.5

Steak, chicken or combo with cheddar cheese, sautéed onions and peppers served with guacamole, pico de gallo and sour cream

Vegan Quesadilla 14.5

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

Healthy SOUP

Lentil Soup
6.25

Chicken Vegetable Soup
6.25