

sides

mixed green salad	3.75
potato salad	4.25
organic quinoa salad	5.60
fruit salad	5.25
grilled vegetables	5.25
garlic bread	1.75
wild rice salad	4.75
tuna salad	5.25
steamed veggies	4.75

add on's

tofu	2.00
chicken	2.25
turkey	2.25
avocado	1.50
dressing	.75
fresh mozzarella	1.50
provolone	1.25
olives	1.00

cookies

chocolate chip walnut
maple pecan quinoa
oatmeal raisin 1.25



healthycya offers extraordinary catering services tailored just for your needs appetizers, breakfast, lunch, dinner, craft service office meetings, photo and tv shoots, fund raisers, school events, private parties, backstage, green rooms, anywhere catering line 818.693.2778

glossary:

c-energizer- full of appetite suppressing enzymes
fighter- fights symptoms of cold
cooler- hydrating and cooling properties
berrysoy- enhances memory
macha- potent antioxidant
macrobiotic- principle diet in accordance with yin and yang
quinoa- wheat free high in protein seed a.k.a. super grain

www.healthycya.us

e-mail: healthycya@healthycya.us

salads

w/ house made dressing and one side

please choose your:

1. salad
2. dressing
3. one side

dressings:

non-fat basil
oriental
lime-cilantro
chipotle
low-fat ranch

apple cider

balsamic
low-fat citrus
lemon-olive oil
roasted peppers

sides:

quinoa salad
potato salad
wild rice salad
herbed rice
fresh fruit

healthycya

avocado, hearts of palm, apples, jicama, mandarin oranges, spicy pecans, asparagus, italian parsley, baby greens 9.24

ratatouille

baked eggplant, roasted tomatoes, grilled zucchini, grilled peppers, grilled onions, glazed walnuts, herbs, blue cheese, baby greens 9.50

albacore

white tuna, roasted beets, white beans, eggs, red potatoes, tomatoes, red onions, black olives, tarragon, baby greens 9.50

tofancho

ancho chile grilled tofu, cucumbers, avocado, carrots, daikon sprouts, cilantro, baby greens 8.95

salmon salad

grilled atlantic salmon, tomatoes, corn, green peas, daikon sprouts, lemon, english cucumbers, fresh herbs, roasted peppers, baby greens 10.95

chilled orient

buckwheat noodles, tofu, carrots, cucumbers, cilantro, rice sticks, black sesame seeds, seaweed, baby greens 9.24

mediterranean soy

edamame, albacore tuna, grilled tofu, celery, corn, tomatoes, carrots, garlic croutons, cucumbers, baby greens 9.24

california spa

turkey breast, roasted peppers, cucumbers, sprouts, carrots, cilantro, black olives, baby greens 9.75

chinese chicken

grilled chicken breast, red cabbage, rice sticks, mandarin oranges, cilantro, sesame seeds, baby greens 9.24

avocado caprese

buffalo mozzarella, tomatoes, basil oil, avocado, purple onions, baby greens 9.24

olympia

cucumbers, tomatoes, kalamata olives, purple onions, bell peppers, feta cheese, fresh herbs, baby greens 9.24

southwestern

marinated chicken breast, grilled corn, black beans, bell peppers, tomatoes, jicama, avocado, pepitas, baby greens 9.24

hel-thè-kà

HEALTHYCA
food factory



delivery all day - min.15\$

take out - catering

tel. 818.505.1035

m-f 11am-6pm

4724 lankershim blvd. noho, ca 91602

fax. 818.505.1037

FRESH JUICES 16 or 20 oz.

fresh mind

orange, mango, melon, mint leaves, lemon 4.25-4.95

morning shine

vanilla soy milk, banana, strawberry, oat powder, honey 4.25-4.95

the fighter

pineapple, grape, orange, ginger, cayenne 4.00-4.85

cooler

cucumber, watermelon, strawberry, raspberry 4.25-4.85

berrysoy

blueberry, strawberry, raspberry, honey, vanilla soy milk 4.25-4.95

dreamy peaches

orange, peach, banana 4.00-4.85

c-energizer

pineapple, green apple, orange, strawberry 4.25-4.95

light delight

apple, strawberry, banana 4.00-4.85

body boost

carrot, orange, ginger 3.95-4.50

mr.green

celery, green apple, spinach, cucumber 4.10-4.85

exciter

red beets, tomato, celery, carrots 3.95-4.60

carrot

3.95-4.50

apple

4.25-4.85

orange

3.75-4.50

ICED TEAS etc.

black

tropical blend 2.75-3.50
caffeine: moderate

green

japanese macha tea 2.75-3.50
caffeine: low

limenade

pure cane sweetened 3.25-4.00

1/2 and 1/2

black tea and limenade 2.75-3.50
caffeine: moderate

spring water

1.75-2.25

sandwiches

w/ house mayo (not vegan) and dijon

please choose your:

1. sandwich
2. bread
3. one side

breads:

wheat wrap
ciabatta
wheat ciabatta
sourdough wheat
multi-grain wheat

sides:

quinoa salad
potato salad
wild rice salad
herbed rice
fresh fruit
mixed greens

real mc coy

eggplant, roasted peppers, tofu pesto, oven dried tomatoes, buffalo mozzarella, avocado, purple onions, lettuce 9.10

portobello

portobello mushroom, beets, goat cheese, walnuts, roasted tomato, purple onions, olive spread, lettuce 9.10

almost raw

grilled tofu, hummus, avocado, tomatoes, purple onions, olive spread, lettuce, carrots, cucumbers and sprouts 8.95

white tuna

albacore, tomatoes, lettuce, celery, sprouts, purple onions 9.24

new sicilian

grilled chicken breast, olive spread, roasted tomatoes, avocado, lettuce, grilled onions with red pepper sauce 9.24

grilled veggies

portobello mushroom, zucchini, carrots, purple onions, bell peppers, tomatoes, lettuce with tofu pesto 8.95

californian

baked turkey breast, avocado, tomatoes, lettuce, purple onions 9.24

noho sausage

homemade free range turkey sausage on sesame roll w/ tomato, lettuce, grilled onion, fresh pesto sauce 9.50

venetian

grilled chicken breast, tofu pesto, provolone, roasted peppers, purple onions, lettuce 9.24

healthycya sausage

homemade vegan sausage on sesame roll w/ tomato, lettuce, grilled onion, tofu pesto and red pepper sauces 9.25

hot dishes

w/ two sides - please choose from:

red smashed potatoes

steamed basmati rice

steamed vegetables

veggie delight

vegan macrobiotic tofu-grain patty with pesto sauce 9.95

tandoori chicken

breast with indian spices and non-fat yogurt sauce 10.95

glazed salmon

grilled maple glazed with mango avocado salsa 12.50

wild rice salad

quinoa salad

grilled vegetables

baby spinach

coconut vegetables

grilled asparagus

citrus chicken

marinated breast with roasted tomato and edamame salsa 10.95

grilled swordfish

tomato, white bean and green pea broth 11.95

vegan feast

tofu trio (teriyaki, tomato and ginger olive oil) on a bed of red cabbage 9.95