

SMOOTHIES

12 oz.....	6.50
16 oz.....	8.50
*Strawberry	<i>Pineapple Coconut Juice, frozen Strawberries and Bananas</i>
*Piña Colada	<i>Pineapple Coconut Juice and frozen Bananas</i>
*Purple Passion	<i>Pineapple Coconut Juice, frozen Bananas and Blueberries</i>
*Mexican Fiesta	<i>Papaya Juice, frozen Peaches and Bananas</i>
*Florida Sunset	<i>Apple Juice, frozen Strawberries, Peaches and a Dash of Honey</i>
*Berry-Berry	<i>Apple Juice, Blueberries, Strawberries and Peaches</i>

SPECIALTY SMOOTHIES

16 oz.....	9.50
Green Goddess	<i>Pineapple Coconut Juice, Cucumber, Bananas, Pineapple, Spinach and Protein</i>
All-The-Whey	<i>Almond Milk, Banana's, Blueberries, Strawberries, Mangos, Kale, Spinach and Whey</i>
Pom-A-Bery	<i>Pomegranate Juice, Blueberries, Strawberries, Bananas, Cacao Powder and Agave Nectar</i>
Acãï	<i>Apple Juice, Blueberries, Strawberries and Peaches</i>
Tropical Splash	<i>Pineapple Coconut Juice, Bananas, Pineapple, Mangos and Protein</i>

Add Protein, Greens+ or Flax extra 2.00



JUICES

Apple or Papaya Juice	12 oz.....	4.00	16 oz.	6.50
Carrot Juice	12 oz.	4.50	16 oz.	7.00
Mixed Vegetable Juices	12 oz.	7.00	16 oz.	9.00
Mixed Vegetable Juices Quart		17.00		

BEVERAGES

Raspberry Tea (Herbal)	16 oz.	2.50
Coffee	12 oz.	2.50
Alkaline Ionized Water	16 oz.	2.00
Alkaline Ionized Water	Gallon.	2.50

DINE IN or TAKE OUT

Menu

Anthony's
Health Hut
& Restaurant

LAKELAND SOUTH CENTER
5329 S. Florida Ave. • Lakeland, Florida

Call ahead and we'll get it ready for you!

644-5330

Restaurant Hours
Monday thru Friday
10:00 a.m. - 3:00 p.m.



COMBINATION PLATES

- * Half Sandwich & Cup of Soup 10.00
- * Half Sandwich & Side Salad (carrots, tomatoes & cucumbers) 10.00



SOUP OF THE DAY

- Cup (8 oz.) 5.00
- Bowl (12 oz.) 6.00
- Quart (32 oz.) 16.00

SANDWICHES / WRAPS

(All served with lettuce, tomato, sprouts and Vegenaïse®)

- Half 6.50 Whole 10.50

**BREAD: Whole Wheat, Ezekiel, Gluten Free, Pita,
Dave's Bread and Spinach Wraps**

Tarragon Chicken Salad Sandwich

(Seasoned with Vegenaïse®, Tarragon & Toasted Almonds)

Cran-Apple Chicken Salad

Curry Chicken Salad Sandwich

Driz Sandwich

(Turkey, Lettuce, Tomato, Onion & Sprouts on Pita, HEATED)

Tuna Salad Sandwich

Egg Salad Sandwich

Tofu Salad Sandwich

Veggie Sandwich *(Avocado, Cucumber, Tomato with Sprouts)*

Sliced Turkey Breast Sandwich *(Turkey Roasted In-House)*

Smoked Chicken Breast Sandwich *(Smoked In-House)*

Avocado Toast *(Avocado, Tomato, Onion Sprouts when available,
Olive Oil & Spike)* Single 10.00 or Double 14.00

Add Cheese, Avocados or Hummus to:

- 1/2 Sandwich extra 1.00
- Whole Sandwich extra 1.75
- Salad Bowl extra 1.00
- Salad Plate extra 1.75

BURGERS

Veggie Burger on Whole Wheat Bun 9.50

Black Bean Burger on Whole Wheat Bun 9.50



SALAD PLATES

*(All served with Crackers, Salad Dressing & Lots of Veggies - including
zucchini, squash, cabbage, tomato and sprouts) Side Salad: \$4.00*

A's Salad

Turkey, Tomato, Cucumber, Carrots served with Lemon,
Garlic & Olive Oil dressing Bowl 9.00 / Plate 12.00

Spinach Salad

Spinach, Smoked Chicken, Red Onion, Cucumber, Boiled
Egg, Beet Crisp and **Bacon Bits** Bowl 9.00 / Plate 12.00

Salad Plate with Avocado or Cheese Bowl 9.00 / Plate 12.00

Tarragon Chicken Salad Plate Bowl 9.00 / Plate 12.00
Seasoned with Vegenaïse®, Tarragon & Toasted Almonds

Curry Chicken Salad Plate Bowl 9.00 / Plate 12.00

Tuna Salad Plate Bowl 9.00 / Plate 12.00

Egg Salad Plate Bowl 9.00 / Plate 12.00

Turkey Salad Plate Bowl 9.00 / Plate 12.00

Smoked Chicken Breast Salad Plate Bowl 9.00 / Plate 12.00

Tofu Salad Plate Bowl 9.00 / Plate 12.00

Hummus & Chips Plate 12.00 1/2 order 6.00

ORGANIC QUINOA RICE

- Cup 3.00
- Bowl 4.00
- Pint 5.00

