


HEALTHY FOOD HUT

DELI STYLE MENU

Sack lunches delivered between 10 am - 2pm

850-380-1877


WRAPS @ \$5.00

Chipolte Black Bean Vurger - topped with fat free mozzarella cheese and our chipotle sauce 

On bed of seasoned baby spinach (no bread) 

Cal 100 (additional nutrition value pending)


Hawaii Vurger - topped with luau sauce, mozzarella and a pineapple slice 

On bed of seasoned baby spinach (no bread) 

Nutrition Value Pending


Grilled Cheese - 

Cal 140 (additional nutritional values pending)

Veggie Vurger - topped with fresh grilled vegetables and our house balsamic vinegar 


On bed of seasoned baby spinach (no bread) 

Cal 110, fat 3.5g, fiber 3g, sodium 350mg, carbs 9g, sugars 1g (Exchange 2 lean meat, 2 vegetables)

Parmesan Vurger - Tomato & Basil Pizza veggie patty filled with onion, mushrooms, and tomatoes 

On bed of seasoned baby spinach (no bread) 

Cal 120, fat 1.5g, fiber 3g, sodium 280mg, carbs 7g, sugars 2g (Exchange 1 ½ lean meat, ½ carbs)

Cheesevurger - American soy cheese, tomato, ketchup & mustard 

Cal 120, fat 6g, fiber 1g, sodium 350mg, carbs 7g, sugars <1g (Exchange 1 med fat meat, ½ carb)

Veggie Pizza /Crust @ 90 cal, 2.5g fat, 22 carb, 2 sugars, 4 proteins (1) 

With or without sauce on an Italian herb or tomato & basil thin crust loaded with vegetables

Veggie Chili Dog 

On bed of seasoned baby spinach (no bread) 


Nutrition Value Pending

SNACKS @ \$5.00

Sweet Potato Fries 

Calories 33, Total Fat 3.5g, Saturated Fat 0.5g, Sodium 0mg, Potassium 11.96mg, Total Carbohydrate 0.71g, Dietary Fiber 0.11g, Sugars 0.15g, Protein 0.05g, calcium 1.06

Parfires - baked potato strips with parmesan cheese / 216 cal, 2.9g fat, 3.2g fiber, 43.8 carbs, 1.5g sugar, 130.3g sodium = 4 

Bazza Bites (2 large bagel bites with homemade sauce and low fat mozzarella cheese) 

- Bagels @ 100 cal, 1 fat, 5 fiber, 24 carb, 3g sugars, 190mg sodium, 6protein =1
- Cheese @ 80cal, 6gfat, 0g fiber, 1g carb, 0 sugars, 170g sodium, 8g protein=2/d+c+w

House Salad   made with fresh baby spinach & marinated vegetables

PREPARED FRESH DAILY AT TIME OF ORDER NEVER FROZEN