

HEALTHYCA (HEL-THÉE-KA)

CALIFORNIA FOOD

TAKE OUT - DELIVERY - CATERING

TO ORDER:

ONLINE: WWW.HEALTHYCA.US

TEL: 818.505.1035

M - F 11AM TO 5PM

4724 LANKERSHIM BLVD. NOHO, CA 91602

FAX: 818.505.1037

WE:

SERVE FRESH UNPROCESSED FOOD

MAKE VEGAN MAYO AND DRESSINGS

PREPARE FRESH FISH

BAKE BREADS AND COOKIES

GRILL AND BAKE POULTRY

MIX TURKEY SAUSAGES

MIX VEGAN BURGERS

JUICE WITH NO FILLERS

EVERY DAY!

JUICES AND DRINKS 20 OZ

THE FIGHTER 6.95

PINEAPPLE, GRAPE, ORANGE, GINGER, CAYENNE

FRESH MIND 6.95

ORANGE, MELON, MANGO, MINT, LEMON

BODY BOOST 6.50

CARROT, GINGER, ORANGE

MR. GREEN 6.95

CELERY, GREEN APPLE, SPINACH, CUCUMBER

C ENERGIZER 6.95

PINEAPPLE, GREEN APPLE, ORANGE, STRAWBERRY

BLACK TEA 3.50

DELICATE TROPICAL BLEND

GREEN TEA 3.50

ANTIOXIDANT BOMB

LIMENADE 3.75

PURE CANE SWEETENED

HALF AND HALF 3.50

BLACK TEA AND LIMENADE

SPRING H2O 16 OZ 1.75

SALADS SERVED WITH ONE DRESSING AND ONE SIDE

SERVING EUROPEAN PETITE
WHOLE LEAF LETTUCE MIX!

PLEASE CHOOSE YOUR
DRESSING AND YOUR SIDE →

DRESSINGS:

LIME CILANTRO, ORIENTAL, CHIPOTLE,
LEMON OLIVE OIL, BALSAMIC, LOW FAT CITRUS

SIDES:

WILD RICE SALAD, QUINOA SALAD,
BROWN RICE, FRESH RIPE FRUIT,
RED POTATO SALAD

SALMON SALAD FAROE ISLANDS 14.25

GRILLED SALMON, TOMATOES, CORN, GREEN PEAS, SPROUTS, LEMON, ENGLISH CUCUMBERS, ROASTED PEPPERS, LETTUCE

HEALTHYCA 11.25

AVOCADO, HEARTS OF PALM, APPLE, JICAMA, MANDARIN ORANGES, SPICY PECANS, ASPARAGUS, LETTUCE

CALIFORNIA SPA 11.00

BAKED TURKEY BREAST, ROASTED PEPPERS, CUCUMBER, SPROUTS, CARROTS, CILANTRO, OLIVES, LETTUCE

AVOCADO CAPRESE 11.25

FRESH MOZZARELLA, TOMATOES, AVOCADO, PURPLE ONION, FRESH BASIL, LETTUCE

CHILLED ORIENT 10.75

BUCKWHEAT NOODLES, TOFU, CARROTS, CUCUMBERS, CILANTRO, CRISPY RICE STICKS, SESAME SEEDS, SEAWEED, LETTUCE

SOUTHWESTERN 11.25

GRILLED FREE RANGE CHICKEN BREAST, CORN, BLACK BEANS, BELL PEPPERS, TOMATOES, JICAMA, AVOCADO, PEPITAS, LETTUCE

CHINESE CHICKEN 11.00

GRILLED FREE RANGE CHICKEN BREAST, RED CABBAGE, CRISPY RICE STICKS, MANDARIN ORANGES, CILANTRO, SESAME SEEDS, LETTUCE

ALBACORE FRESH MALDIVES ISLANDS 13.50

GRILLED ALBACORE TUNA SALAD, ROASTED BEETS, EGG, RED POTATOES, TOMATOES, ONIONS, OLIVES, WHITE BEANS, LETTUCE

SANDWICHES SERVED WITH MAYO, MUSTARD AND ONE SIDE

PLEASE CHOOSE YOUR
BREAD AND YOUR SIDE →

BREADS:

HOMEMADE CIABATTA, WHEAT WRAP,
HOMEMADE WHEAT CIABATTA, MULTI GRAIN

SIDES:

WILD RICE SALAD, QUINOA SALAD,
BROWN RICE, FRESH RIPE FRUIT, GREENS,
RED POTATO SALAD

THE REAL MCCOY 10.50

EGGPLANT, ROASTED PEPPERS, VEGAN PESTO, ROASTED TOMATOES, FRESH MOZZARELLA, AVOCADO, PURPLE ONION, LETTUCE

ALBACORE TUNA 11.00

GRILLED ALBACORE TUNA SALAD, TOMATOES, ONIONS, SPROUTS, LETTUCE

CALIFORNIAN 11.00

TURKEY BREAST, AVOCADO, TOMATO, LETTUCE, PURPLE ONION

VEGGIE BURGER 11.00

MACROBIOTIC VEGAN PATTY, GRILLED ONION, TOMATO, VEGAN PESTO, LETTUCE, RED SAUCE

NOHO SAUSAGE PATTY 10.50

HOMEMADE TURKEY SAUSAGE, GRILLED ONION, PESTO, TOMATO, LETTUCE

VENETIAN 10.50

GRILLED CHICKEN BREAST, PROVOLONE, ROASTED PEPPERS, PESTO, ONION, LETTUCE

NEW SICILIAN 11.00

GRILLED CHICKEN BREAST, OLIVE SPREAD, ROASTED TOMATOES, AVOCADO, GRILLED ONIONS, LETTUCE, RED PEPPER SAUCE

HOMEMADE
COOKIES
2.00