

Drinks

Boylan Cane Sodas / 3.5

All-natural cane sugar sodas made from a complex blend of citrus oils and hints of spices

Perrier / 2.0

Sparkling Water

Our Signature Iced Tea / 2.5

Chef's favorite combination of herbs and fruit. Sweetened with all-natural honey and stevia. Refills \$1.00

Infused Water / 1.0

To replenish your body and soul

Ordering

For delivery or carryout, call 305.233.0303
or order online at our website at
www.healthygourmetmiami.com

Carry Out (Mon – Fri)

11.00 AM – 8.00 PM

Catering

24/7

Lunch Specials (Mon – Fri)

12.00 – 2.00

Healthy Gourmet Miami

Takeout menu



8765 S.W. 132nd Street

P. 305.233.0303 C. 305.450.1591

E. chef@healthygourmetmiami.com

www.healthygourmetmiami.com

Sandwiches

Served with our signature sweet potato fries or side salad.

Blackened Chicken Sandwich / 10.0

Organic chicken, jalapeño relish, mozzarella cheese and caramelized onions. Served in artisan ciabatta.

Veggie Ciabatta / 12.0

Crispy eggplant, goat cheese, onion and pepper jam, arugula, roasted tomato and arugula pesto mayo.

Chef's Favorite Burger / 13.0

Black Angus 3-meat patty, caramelized onions and peppers, melted cheese, beetroot mayo, frisee.

Quinoa Falafel Burger / 12.0

Sprouted garbanzo, quinoa, roasted tomato jam and tahini dressing. Served in artisan brioche bun.

SW Veggie Burger / 12.0

Black bean and quinoa burger, avocado salsa, queso fresco and chipotle mayo on brioche.

The Fajita Sandwich / 13.0

Grilled steak, sautéed onions and peppers, crimini mushrooms, pepper jack cheese on hoagie with avocado aioli.

Salads (Add chicken ... + 4.0)

305 Kale Salad / 11.0

Baby kale, green apple, tahini dressing. Topped with toasted sunflower seeds and smoked salt.

305 Quinoa Salad / 12.0

Organic quinoa, roasted tomatoes, avocado, black beans, cilantro dressing and GF quinoa-flax chips

Oh-Kale Caesar / 12.0

Baby kale, vegan parmesan cream, smoked almonds, crispy onions and 7-grain croutons

Chef's Pick

The Taco Verde / 13.0

Our vegan favorite. Organic artisan romaine, raw walnut taco meat, avocado, vegan crema, roasted corn salsa and cilantro-lime dressing.

Entrées (of the week)

Bombay Chicken / 13.0

Organic chicken breast, cilantro and curry. Over coconut-almond jasmine rice and steamed broccoli.

Blackened Peruvian Seabass / 17.0

Pan seared, with salsa anticuchera, over skinny mash and sautéed asparagus.

Miso Sesame King Salmon / 17.0

Roasted with miso-orange glaze. Served over wok fired veggie noodles.

Black Angus Grilled Sirloin / 18.0

Topped with lemon herb gremolata and served with apple-prosciutto Brussels sprouts.

**** Substitutions available upon request**

Desserts (of the week)

Vegan Straw-Chia Pudding / 4.0

Our sweet vanilla chia seed pudding meets layers of bright cardamom-infused strawberry compote.

Chocolate Zucchini Brownie / 4.0

We made vegan and gluten-free taste like heaven.