

Drinks

Our Signature Iced Tea / 2

*Chef's favorite combination of herbs and fruit.
Sweetened with all-natural honey and stevia.*

Pellegrino / 4

Sparkling Water

Infused Sparkling / 1.5

To replenish your body and soul

Ordering

For delivery or carryout, call 305.233.0303

Ask about our Healthy Meal Plans for Foodies

Visit or follow:

www.healthygourmetmiami.com

@healthychefmia

Healthy Gourmet Miami

Takeout menu



Carry Out (Mon – Fri)

11.00 AM – 7.00 PM

FREE Delivery on \$100+ purchase

Catering

24/7

8765 S.W. 132nd Street

P. 305.233.0303 C. 305.450.1591

E. chef@healthygourmetmiami.com

www.healthygourmetmiami.com

@healthychefmia

Sandwiches / Wraps

Served with fries or salad.
Sweet potato fries +1.00

Blackened Chicken Sandwich / 11

Organic chicken, jalapeño relish, mozzarella cheese and caramelized onions on multigrain ciabatta.

Eggplant Napoleon / 12

Crispy eggplant, dehydrated tomatoes, homemade pesto and mozzarella cheese on seeded brioche.

Chef's Handmade Burger / 13

Black Angus patty, caramelized onions and mushrooms, melted with roasted tomato mayo on seeded brioche.

Vegan Portobello Arepa / 11



Marinated Portobello, caramelized onion, vegan cheese and avocado mash.

SW Veggie Burger / 12

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

Our Signature Fajitas

Pick your protein. With sautéed onions, peppers, crimini mushrooms, jack cheese and avocado aioli.

Chicken ... 11 / Steak ... 13 / Seitan ... 12



Salads (Add chicken ... + 4.0)

Chicken Almond Salad / 11

Organic chicken salad with toasted almonds and cranberries over a bed of artisan romaine and quinoa flax chips.

Vegan Quinoa Salad / 12



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

Our Vegan Caesar / 12



Organic watercress, vegan Caesar, cashew parmesan and shiitake bacon

Taco Verde / 13



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

Entrees

Bombay Chicken / 13



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

Skinny Lasagna / 13

Our best seller lasagna. Choose from beef-quinoa or walnut-veggie

Orange Miso King Salmon / 17

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

Peruvian Seabass Anticuchero / 17



Broiled flaky seabass, grilled asparagus and skinny sweet potato mash.

Superloaded Lomo Saltado / 16



Our version of a Peruvian classic.

Mongolian Stir-Fry

Pick your protein. Wok-fired with snow peas, broccoli and water chestnuts.

Chicken ... 12 / Steak ... 14 / Seitan ... 13

Vegan Cashew Ricotta Cannelloni / 17



Fresh pasta filled with vegan ricotta, spinach, and mushrooms. Topped with homemade marinara

** Substitutions available upon request

Healthy Desserts

Coconut Chia Pana cotta / 5



Made with creamy coconut milk, chia seeds and blue agave nectar. Server with mango puree.

Duo Cheesecake Bites / 6



Your choice of passion fruit, blueberry and white chocolate; guilt free pieces of heaven.

Let's go Nuts / 4



Our signature paleo sweet treat.

Chocolate Lava / 6



No gluten. No lactose. No problem!!
Served with vegan ice cream.