



Healthy Eatz Vegetarian Cafe



Healthy Eatz Vegetarian Cafe

1338 Richmond Road
Williamsburg, VA 23185
757-808-6860

12838 Jefferson Avenue,
Newport News, VA 23608
757-243-2666

Appetizers

- Roasted Brussels Sprouts \$6.99
Roasted with Olive Oil and Lightly Seasoned
- Creamy Spinach
& Artichoke Dip \$7.99
Served with Pita Chips
- Mozzarella Sticks (6) \$6.99
Served with Marinara sauce
- Philly Cheese Style
Egg Roll (1) \$4.99
*Beef-less Meat, Spinach, Tomatoes, Bell Peppers/Onions,
and Mozzarella Cheese
Add Jalapeno Peppers for \$1.00*
- Carolina BBQ or
S.O.T Border Egg Rolls..... \$4.99
(1) of either kind
- Breaded Green Beans \$6.99
Green Beans (Breaded) served with a Garlic Aioli Sauce
- Chef's Fried Mushrooms \$7.99
*Breaded Fried Mushrooms served with a Special Dipping
Sauce*
- Healthy Eatz Trio Platter \$13.99
*Onion Rings, Breaded Green Beans & Chef's Breaded
Mushrooms
Served on a Platter "The More We Share-The More We
Have"*

Pizza

- Cheese Pizza \$12.99
*Cauliflower Crust, Vegan or Reg. Mozzarella Cheese, &
Marinara Sauce*
- Margarita Pizza \$14.99
*Cauliflower Crust, Vegan or Reg. Mozzarella Cheese,
Tomatoes, Fresh Basil & Marinara Sauce*
- Sausage Pizza (Plant-Base)..... \$16.99
*Cauliflower Crust, Spinach, Marinara Sauce, Vegan or Reg.
Mozzarella Cheese, Beyond Sausage*
- Supreme Pizza \$18.99
*Cauliflower Crust, Vegan Pepperoni, Beyond Sausage,
Peppers, Mushrooms, Marinara Sauce, Vegan or Reg.
Mozzarella Cheese*

Assortment of Delicious Vegetarian Wraps

- "Tofurkey" Hickory Smoked
(Plant-Based) \$9.99
*Spinach, Tomatoes, Onions, Cheese, & Vegan Jalapeno
Sauce
Choice of Garlic Herb, Tomato Basil & Spinach Wraps*

"Tofurkey" Peppered

- Spice Wrap..... \$9.99
*Spinach, Tomatoes, Onions, Cheese & Peppered Spice Aioli
Choice of Garlic Herb, Tomato Basil & Spinach Wraps*
- "Tofurkey"Veggie Wrap \$9.99
*Fresh Spinach, Tomatoes, Onions, Cheese, & Peppered
Spice Aioli
Choice of Garlic Herb, Tomato Basil & Spinach Wraps*
- Chk'n (Beyond Plant-Based)..... \$12.99
*Spinach, Roasted Veggies, Cheese, & Garlic Ranch Sauce
Choice of Garlic Herb, Tomato Basil & Spinach Wraps*

Gourmet Burgers & More

***All Burgers and Sausages are served on a Gourmet Bun
with Sidewinder Fries***

- "Beyond" Thick Burger
(Plant-Base) \$15.99
*Lettuce, Tomatoes, Red Onion,
Vegenaise Add cheese \$1.25, Vegan cheese \$1.50*
- Spicy Black Bean Burger \$13.99
*Lettuce, Tomatoes, Red Onions, & Vegenaise
Add cheese \$1.25, Vegan cheese \$1.50*
- "Impossible" Burger
(Plant-Base) \$15.99
*Lettuce, Tomatoes, Red Onion & Vegenaise
Add Cheese \$1.25, Vegan cheese \$1.50*
- Portobello Burger \$12.99
*Grilled Mushroom, Spinach, Onions, Tomatoes, Special
Sauce
Add Cheese \$1.25, Vegan Cheese \$1.50*
- Boca Burger..... \$11.99
*Lettuce, Tomatoes, Red Onion, & Vegenaise
Add Cheese \$1.25, Vegan Cheese \$1.50*
- Chk'n Burger
(Soybean Protein) \$14.99
*Lettuce, Tomatoes, Red Onions, & Vegenaise
Add Cheese \$1.25, Vegan Cheese \$1.50*
- Sweet Italian Sausage
(Beyond Plant-Base) \$12.99
*Grilled Onions & Peppers
Add Cheese \$1.25, Vegan Cheese \$1.50*
- Spicy Italian Sausage (Beyond Plant-
Base)..... \$12.99
*Grilled Onions & Peppers
Add Cheese \$1.25, Vegan Cheese \$1.50*

Healthy Eatz Panini

- Keefee Spinach Panini..... \$8.99
*Fresh Spinach, Tomatoes, Cheese, Ranch Garlic Aioli,
Served on Flatbread*
- Peppered Spice Panini..... \$8.99
*"Tofurkey" Peppered Spice, Spinach, onions Cheese,
Peppered Spice Aioli, Served on Flatbread*
- Hickory Smoke
& Cheese Panini..... \$8.99
*Hickory Smoke "Tofurkey", Fresh Spinach, Tomatoes,
Onions, Cheese, Peppered Spice Aioli, Served on Flatbread*
- Grilled Portobello
Mushroom Panini \$9.99
Spinach, Tomatoes, Onions, Vegenaise, on Flatbread

Rachel Main Entrées

- Lasagna..... \$15.99
*Whole Wheat Pasta, Beef-less Crumbles, House Tomato
Sauce, Vegetables, & Garlic Bread
Add Side Salad \$5.99*
- Spaghetti \$14.99
*Gourmet Spaghetti Sauce, Beef-less Crumbles & Garlic
Bread
Add Salad for \$5.99*
- Meatloaf \$15.99
*Impossible (Soy) Special sauce, Mashed Potatoes,
Vegetables & Garlic Bread
Add Salad for \$5.99*
- Shepard Pie \$14.99
*Meatless Crumbles, Mixed Veg., Vegan Cheese with a layer
of Mashed Potatoes*
- Chk'n Fajita \$14.99
*Chk'n (Beyond plant-base), Grilled Veggie, Rice, Lettuce
& Cheese
Add Sour Cream \$2.50/ Guacamole \$3.00*

Delicious Home Made Soups

- Vegetable Soup (Cup)..... \$6.00
*Corn, Green Beans, Peas, Carrots, Potatoes & Tomatoes
(Bowl) \$9.50*
- 15 Bean Soup (Cup) \$6.00
(Bowl) \$9.50
- Vegetarian Chili Beans (Cup)..... \$6.00
House Beef-less (Bowl) \$9.50

Additional Side Items

- Sweet Potatoes Fries \$5.99
- Sidewinder Fries..... \$6.99
- Straight Cut Fries \$5.99
- Guacamole \$3.50
- Sour Cream \$2.50
- Corn Bread..... \$2.99
- Mac & Cheese (8 oz.) \$6.99
- Side of Rice \$3.99
- Side of Vegetables..... \$3.99
- Onion Rings \$6.99
- Baked Beans \$4.99
- Cole Slaw \$4.50

Smoothies 16 oz. \$6.00 - 20 oz. \$8.00

- Jumex Nectar
- Tropical Rush
Pina Colada, Pineapples, & Mango
- Healthy Me
Strawberries, Bananas, Spinach
- Peach Me
Peaches, Mangoes, & Bananas
- Green Giant
Margarita, Spinach, Pineapple, & Oranges
- Peanut Butter Cup
Ice Cream, Peanut Butter, & Bananas
- Na'Omi Paradise
Passion Fruit, Watermelon, Bananas & Spinach
- Pineapple Passion
Pina Colada, Pineapples, Mango & Lemonade

Desserts

- Vegan Filled Cookies \$5.25
- Vegan Single Cookies \$2.25
Chocolate Chip, Oatmeal, or Everything Cookies
- Vegan Cakes \$6.25

Variety Of Bottle Drinks (including)

- Sweet/ Unsweetened Tea..... \$3.25
- Fresh Lemonades \$3.25
(Variety of Flavors)



SAMPLE MENU

All Items and Prices are Subject to Change.

Hours
Tuesday - Sunday 11 AM - 7 PM
Closed Mondays

Stop asking why eating healthy is so expensive. Start asking yourself why eating unhealthy is cheap!