

# Catering Menu

## Chicken

Fried (all parts) 55 pcs.....	\$70.00
Baked (all parts) 55 pcs.....	\$75.00
Wings: 100 pcs.....	\$80.00
<i>BBQ, Lemon pepper, Ginger Teriyaki, Sweet-n-Spicy, Buffalo, Jerk</i>	

## Fish

Fried Tilapia 50 pcs.....	\$75.00
100 pcs.....	\$130.00
Baked Tilapia 50 pcs.....	\$80.00
100 pcs.....	\$135.00
Fried Whiting 50 pcs.....	\$55.00
100 pcs.....	\$100.00
Baked Whiting 50 pcs.....	\$60.00
100 pcs.....	\$120.00
Baked Salmon.....	Inquire
<i>Garlic herb &amp; butter/ teriyaki</i>	
Shrimp (Any style).....	Inquire

## Wraps & Pizza

Available upon request.....Inquire

## Sides

Kale & Carrots.....	\$60.00
Collard Greens.....	\$60.00
Cabbage.....	\$60.00
Macaroni and Cheese.....	\$60.00
Potato Salad.....	\$45.00
Macaroni Salad w/ Tuna.....	\$45.00
Mix Green Salad.....	\$35.00
Rice.....	\$45.00
<i>Signature, Curry Cranberry, Native, Veggie</i>	

## Organic Teas

3 Gallon Herbal Organic Tea.....	\$35.00
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Healthy Henry's is here to provide you with a variety of Native American style baking. Using special herbs and seasonings passed down from generations, we offer a unique, yet classic tasting experience found in our premium Baked Foods, Sandwiches, Salads, and Organic Teas.

Our vision here is to remain health conscious while bringing homestyle cooking to Downtown Jamaica.

So come taste, enjoy and experience food...

"The Native Way"



*Healthy Henry's*

**Everything Baked!!**

**Open Monday through Saturday  
10am - 5pm**

### Jamaica Market

90-04 160th Street & Jamaica Avenue  
Jamaica, NY 11432  
917.300.6477

### Halal Chicken

•  
Seafood

•  
Hot Foods

•  
Wraps

•  
Pizza

•  
Salads

•  
Organic Ice Tea  
Freshly Brewed

### Double H Promotions



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## Hot Food Plates

Small.....	\$4.50
Large.....	\$7.50
Specials.....	\$6.50
Salmon or Shrimp.....	\$1.00 extra

## Sandwiches

<b>Steak</b> .....	\$7.00
<i>Sliced sirloin steak baked w/ special seasoning, onions, bell peppers. Topped w/ white American, special sauce, mayonnaise, mix green on grilled bread</i>	

<b>Tuna</b> .....	\$6.00
<i>Albacore white tuna seasoned w/sea salt, cracked pepper. Topped w/ romaine lettuce, tomato, white cheddar, and mayonnaise on grilled semolina bread</i>	

<b>Chicken</b> .....	\$7.00
<i>Sliced chicken breast baked with fresh herbs, garlic, and cracked pepper. Topped w/ white cheddar, special sauce, onions, red and green bell peppers, romaine lettuce, and tomatoes on grilled bread</i>	

<b>Tilapia</b> .....	\$7.00
<i>Whole fresh tilapia marinated and baked in fresh lemon herb butter sauce, mixed greens, paprika, cheddar cheese, onions, green bell pepper, and special sauce on grilled bread</i>	

<b>BLT</b> .....	\$5.50
<i>Baked turkey bacon topped w/ mayonnaise, romaine lettuce, and tomato on grilled bread</i>	

<b>Turkey</b> .....	\$6.00
<i>Honey smoked sliced turkey seasoned with cracked pepper. Topped w/ romaine lettuce, tomato, your choice of cheese, onions &amp; peppers on grilled semolina bread</i>	

<b>Salmon</b> (Wildcaught).....	\$8.50
<i>Baked and immersed in herbs and lemon butter. Topped with sweet peppers and our signature aioli sauce</i>	

## Wings

6 pcs.....	\$5.00
10 pcs.....	\$8.00
15 pcs.....	\$10.50
20 pcs.....	\$14.50
30 pcs.....	\$21.50

*BBQ, Teriyaki, Sweet & Spicy, Jerk, Buffalo, Lemon Pepper*

## Pizza

Small.....	\$3.00
Large Flat Bread.....	\$4.00

### Toppings

<i>Beef pepperoni, Chicken, Vegetables, Shrimp, Salmon, Onions, Peppers.....</i>	<i>\$50 each</i>
<i>Salmon or Shrimp.....</i>	<i>\$1.00 each</i>

## Fried Fish

4 pcs.....	\$6.50
8 pcs.....	\$10.50
12 pcs.....	\$13.50
20 pcs.....	\$21.00
w/ fries.....	\$1.00 extra

## Fried Shrimp

4 pcs w/ fries.....	\$5.50
6 pcs w/ fries.....	\$8.50
10 pcs w/ fries.....	\$12.50
14 pcs w/ fries.....	\$16.50
20 pcs w/ fries.....	\$23.00

## Wraps

Chicken.....	\$4.00
Salmon.....	\$4.50
Beef.....	\$4.00
Vegetable.....	\$3.50

## Sides

Greens.....	\$3.50
Vegetables.....	\$3.00
Macaroni & Cheese.....	\$3.50
Rice.....	\$3.50
Fries.....	\$2.50
<i>Regular, Seasoned, Sweet Potato</i>	
Muffins.....	2 for \$1.00
<i>Lemon, Strawberry, Banana, Pineapple, Corn</i>	

## Salads

Your choice of Mixed Greens.....	\$5.50
Romaine Lettuce.....	\$5.50
Spinach.....	\$6.00
Add Chicken, Steak, Or Fish (Tilapia).....	\$2.50
Salmon or Shrimp.....	\$3.50
<i>Toppings includes a variety of Healthy Henry's fresh vegetables, beans, your choice of cheese, and fruits</i>	

## Teas

Hot Tea.....	\$1.50
Powerade.....	\$1.50
Bottle of Water.....	\$1.00
Organic Tea.....	Small \$1.50
	Large \$3.00

### Flavors

*Black Almond, Lemon Grass, Peppermint, Strawberry, Blueberry, Plum, Apple Jack, Black Coconut, Blood Orange, Passion Fruit, Green Tea*