

SANDWICHES



- Steak **\$7.00**
- Tuna **\$6.00**
- Chicken **\$7.00**
- Tilapia **\$7.00**
- BLT **\$5.50**
- Turkey **\$6.00**
- Salmon **\$8.50**

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

FISH



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

SIDES



- Greens **\$3.50**
- Vegetables **\$3.00**
- Mac & Cheese **\$3.50**
- Rice **\$3.50**
- Rice **\$2.50**
- Muffins **2 for \$1.00**

SHRIMP



- 4 pcs w/ fries **\$5.00**
- 6 pcs w/ fries **\$8.00**
- 10 pcs w/ fries **\$10.50**
- 14 pcs w/ fries **\$14.50**
- 20 pcs w/ fries **\$21.50**



Healthy Henry's

TEA



- Hot Tea **\$1.50**
- Powerade **\$1.50**
- Bottle of Water **\$1.00**
- Organic Tea (Small) **\$1.50**
- (Large) **\$3.00**

WRAPS



- Chicken Wrap **\$4.00**
- Salmon Wrap **\$4.50**
- Beef Wrap **\$4.00**
- Vegetable Wrap **\$4.00**

SALADS



- Mixed Greens **\$4.00**
- Romaine Lettuce **\$4.50**
- Spinach **\$4.00**

Add Chicken, Steak, or Fish. \$2.50
Add Salmon or Shrimp..... \$3.50

PIZZA



- Small **\$3.00**
- Large Flat Bread **\$4.00**

Beef pepperoni, Chicken, Vegetables, Shrimp, Salmon, Onions, Peppers.....\$5.00 each
Salmon or Shrimp.....\$1.00 each

HOT PLATES



- Small **\$4.50**
- Large **\$7.50**
- Specials **\$6.50**



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

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 & butter/ teriyaki</i>	
Shrimp (Any style)	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>	

WRAPS & PIZZA

Available upon request Inquire

ORGANIC TEAS

3 Gallon Organic Tea	\$35.00
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