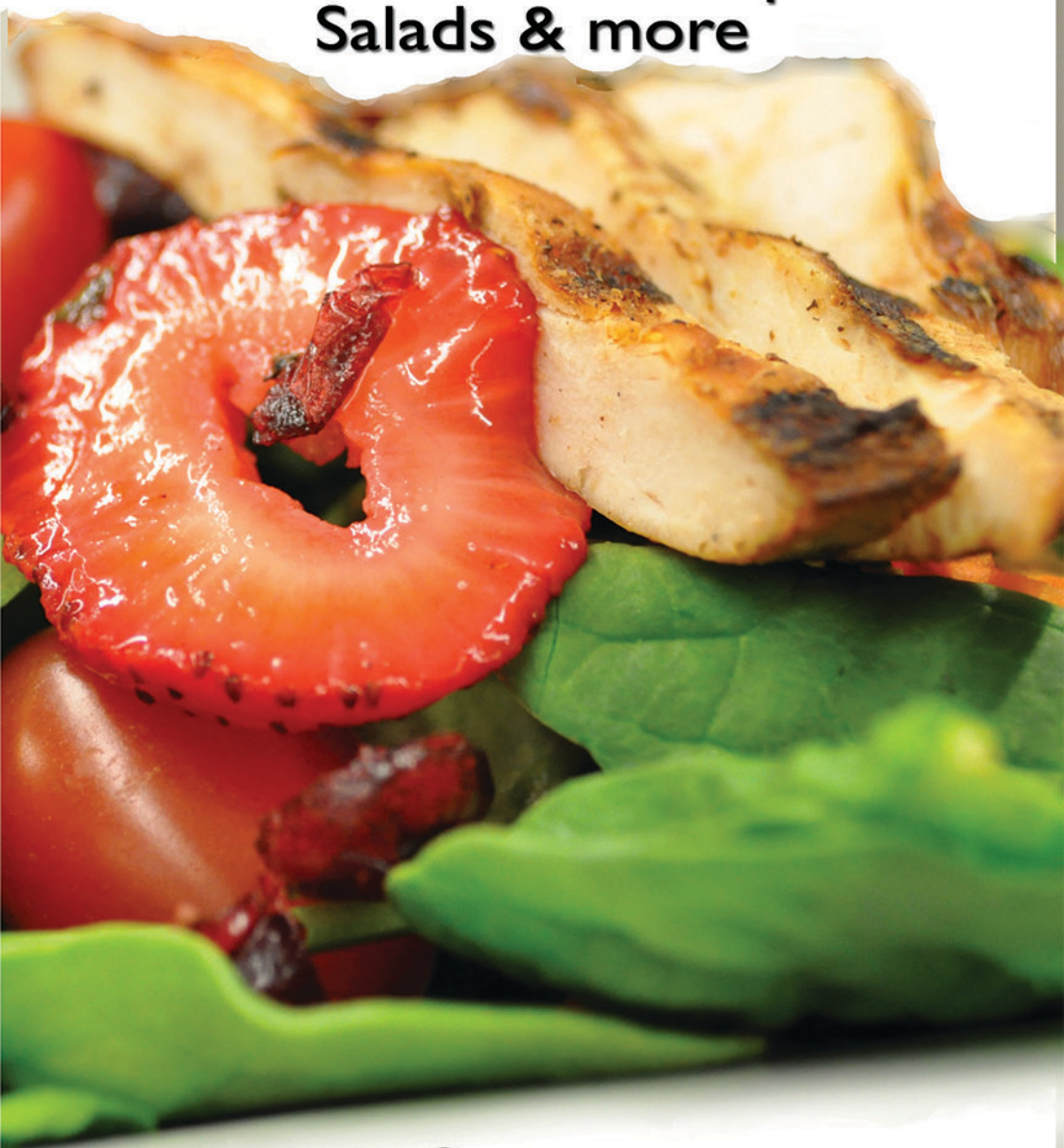


Dine-In Menu

809-0316

Sandwiches - Soups
Salads & more



Healthy
BALANCE
MEALS

313 Court Ave
Sevierville, TN 37862

SALADS

- All calories listed are without dressing

Buffalo Chicken Salad - Romaine, hormone free grilled chicken with buffalo sauce, tomatoes, cucumbers, carrots, cheddar cheese and banana peppers. Spicy ranch suggested. 190 Cal **\$7.49**

Burrito Salad - Romaine with black beans, corn, pico de gallo, hot taco turkey meat with brown rice. Served with tomatoes, banana peppers, tortilla chips cucumbers & carrots. Suggested dressings: Avo Ranch, Spicy Ranch, Fat Free Ranch 260 Cal **\$7.69**

Chicken Salad Salad - Housemade chicken salad on a bed of romaine with strawberries, raisins, feta, & almonds. Suggested dressing is creamy raspberry. 300 Cal **\$7.49**

Grilled Chicken Salad - Refreshing salad with hormone free grilled chicken, romaine & fresh vegetables. Your choice of dressing. 225 Cal **\$7.25**

Strawberry Spinach - Fresh strawberries & mandarin oranges with organic spinach, raisins, sunflower seeds, feta & hormone free chicken. Poppyseed dressing is suggested. 300 Cal **\$7.69**

Taco Salad - Fresh romaine, tomatoes, cucumbers, lean taco meat, cheddar cheese, banana peppers, corn chips. Suggested dressing: spicy ranch. 245 Cal **\$7.49**

Side Salad - Add chicken for \$1.00
House Salad or Strawberry Spinach Salad **\$2.99**

Dressings

Asian Dressing 140 cal, Apple Cider Vin 160 cal, Avocado Ranch 100 cal, Balsamic Vin 100 cal, Bleu Cheese 160 cal, Caesar 180 cal, Creamy Rasp 140 cal, Honey Mustard 85 cal, Fat Free Italian 40 cal, Oil n Vinegar 135 cal, Poppyseed 180 cal, Fat Free Ranch 60 cal, Raspberry Vin 100 cal, Salsa 25 cal, Spicy Ranch 60 cal



SOUPS

\$4.99/bowl
\$3.49/cup

**Ask about our
frozen soups**

Taco Soup - Delicious mix of fresh tomatoes, corn, beans, lean ground turkey in a hearty broth. 225 Cal/Bowl 170 Cal/Cup

Turkey Chili - Very filling traditional chili with kidney beans, lean ground turkey and fresh tomatoes. 205 Cal/Bowl 150 Cal/Cup

Soup of the day - Served hot daily

Ask about our frozen soups! Just \$4.99/bowl

DIM 7-18

SANDWICHES

Chicken Pesto – Tender slices of chicken breast with cucumbers, roasted red peppers, swiss cheese and our housemade creamy pesto on golden grain bread. 485 Cal **\$5.49**

Chicken Salad Sandwich – Slightly sweet housemade chicken salad made with a light salad dressing, relish, craisins, celery and sunflower seeds. Served on whole wheat bread w/lettuce & tomato. 370 Cal **\$5.75**

Club Sandwich – Whole wheat bread with olive oil based mayo, deli turkey, ham, turkey bacon with swiss, lettuce & tomato. Try it toasted! 415 Cal **\$5.69**

French Dip – A classic gone healthy! We use slices of lean angus roast beef, swiss cheese & sauteed onions in a soft wheat hoagie. Served with au jus. 325 Cal **\$5.49**

TTLC – Turkey, Tomato, Lettuce & Cheese. Fresh whole golden grain with our housemade honey mustard spread. Includes low fat swiss. 425 Cal **\$5.69**

PANINIS

Turkey Pesto Caprese – Our housemade creamy pesto on a whole wheat hoagie layered with deli turkey, tomatoes, mozzarella & fresh basil (when available). 320 Cal **\$6.29**

Ham & Cheese – Lean black forest ham with American cheese, dijon mustard, local tomatoes (when available) on a whole wheat hoagie. 320 Cal **\$5.99**

Mediterranean Veggie – Rosemary flavored flatbread with hummus, guacamole, tomatoes, cucumbers, banana peppers, black olives, organic spinach, onions & feta. 375 Cal **\$5.75**

Italian Panini – Italian vinaigrette, deli ham & turkey with mozzarella and banana peppers on a whole wheat hoagie. 320 Cal **\$5.99**

Grilled Cheese – Simple fun and so delicious! Slices of American cheese on whole wheat bread. 365 Cal **\$5.49**

Chicken Pesto
Sandwich



BURGERS

Better Burger - 100% Grass fed beef , anti-biotic/hormone free burger. Includes lettuce, tomato & onion all served on a brioche bun. 470 Cal **\$6.49**

Classic Cheeseburger - 100% Grass fed beef on brioche bun. Served w/let, tom & onion. Cheeses include: American 540 cal, Swiss 520 cal, Cheddar 550 cal, Mozzarella 540 cal, Pepperjack 550 cal. **\$6.99**

Steakhouse Burger - Sauteed onions & Swiss cheese on our 100% grass fed beef. Steak sauce served on the side with a brioche bun with lettuce and tomato. 535 Calories **\$6.99**

Turkey Burger - Lean turkey burger seasoned to perfection. Served on a brioche bun with lettuce, tomato and onion. 425 Cal Add cheese for just \$.50 American 70 cal, Swiss 50 cal, Cheddar 80 cal, Mozzarella 70 cal or Pepperjack 80 cal **\$6.99**

WRAPS

Low carb wrap add \$.50

Gluten free wrap add \$.50

Buffalo Wrap - Spicy buffalo chicken with our spicy ranch, cheddar cheese, cucumbers, tomatoes and banana peppers. 330 Cal **\$5.75**

Chicken Salad Wrap - Housemade chicken salad that has raisins, sunflower seeds, celery, sweet relish and a lite salad dressing. Lettuce & tomato on a whole wheat wrap 270 Cal **\$5.49**

Grilled Chicken Wrap - Grilled chicken with tomatoes, spinach, carrots, cucumbers, swiss chese & a creamy pesto dressing. 350 Cal **\$5.75**

Tuna Wrap - Lean tuna mixed with sweet relish & a olive oil based mayo. Lettuce & tomato slices on a whole wheat wrap. 270 Cal **\$4.99**

Turkey Wrap - Lean deli turkey with creamy pesto dressing, swiss cheese, organic spinach, tomatoes, cucumbers & carrots. 335 Cal **\$5.49**

Veggie Wrap - Organic spinach, cucumber, tomatoes, shredded carrots, red peppers with swiss cheese & a creamy pesto dressing. Add olives & banana peppers by request. 285 Cal **\$5.49**

SIDES

Cookies (2) - \$.99	Fresh Fruit - \$1.49	Chips & Salsa - \$1.49
Cookies (4) - \$1.98	Broccoli Salad - \$1.49	Potato Salad - \$1.49
Baked Chips - \$1.25	Pasta Salad - \$1.49	

COMBOS \$6.99

Pick your favorite combo
Choose any 2 below for the perfect combo.

Half Sandwich

TTLG
Club Sandwich
Chicken Pesto
Grilled Cheese
Chicken Salad Sandwich

Cup of Soup

Turkey Chili
Taco Soup
Soup of the day

Side Salad

House Salad
Spinach Salad



KID'S MENU

Served with small
side of fruit

PB&J - \$3.99

Ham & Cheese - \$4.99

Turkey & Cheese - \$4.99

Grilled Cheese - \$4.99

DRINKS

Bottled Soda - \$1.75

Bottled Water - \$1.75

Brewed Tea - \$1.75

Gold Peak Tea - \$1.99

Honest Tea - \$1.99

Lemonade - \$1.99

Arnold Palmer - \$1.99

Powerade - \$1.75

Vitamin Water - \$1.99

Coffee - \$.99

WHO WE ARE

Real Food. Crafted with love. What do we mean when we say healthy? Appropriate portions, whole foods, zero trans fat, msg and added sugar. That's a start. Simply put, we prepare our food just like you might in your own kitchen. We only use fresh, healthy ingredients including lean cuts of meat, fiber rich fruits and vegetables as well as organic and locally grown food whenever possible. We also prepare our food by hand, not by machine. We think you'll enjoy just how delicious and easy eating healthy can be.

CATERING

Boxed Lunches or Business Meeting?

Make your next event stand out from the crowd by giving the healthy option! We handle boxed lunches, corporate events and family gatherings. Whatever your needs are, we can help! Call or email us today and we'll find something that best suits your needs.

EXTRAS

Pint Salsa - \$5.99

Half Pint Salsa - \$3.99

Quart Pasta Salad - \$5.99

Quart Potato Salad - \$5.99

Quart Broccoli Salad - \$5.99

Pint Sweet Pickles (seasonal) - \$5.99

CONTACT

Healthy Balance Meals

313 Court Ave

Sevierville, TN 37862

865-809-0316

www.gohealthybalance.com

HOURS

M-F: 10am-6pm

Sat: 10am-2pm Sun: Closed