

HAPPY BELLY KITCHEN

211 RT 59
AIRMONT, NY 10901
845-368-1973

REAL • FAST • FOOD

SPRING MENU • LUNCH & DINNER

HOURS
M-F 10-7
SAT 11-4

HAPPY BELLY PLATTER \$9.99

CHOOSE 1 BASE • 1 ENTREE • 2 MARKET SIDES

HAPPY SOUL PLATTER \$8.99

CHOOSE 2 MARKET SIDES • 1 COLD PROTEIN

MARKET PLATTER \$7.99

CHOOSE 3 MARKET SIDES

BASES

BASMATI RICE
BROWN RICE
FIELD GREENS
KALE
ROMAINE
SPINACH

HAPPY
BELLY
HAPPY
SOUL

ENTREES

CARIBBEAN CURRY CHICKEN
CHICKEN TIKKA MASALA
SPICY BEEF
TOFU TIKKA MASALA (V)

COLD PROTEINS

CAJUN CHICKEN
HERB CHICKEN
CLASSIC CHICKEN SALAD
CRANBERRY CHICKEN SALAD
PREMIUM TUNA SALAD
MEXICAN TUNA SALAD

MARKET SIDES

ASIAN SESAME FARFALLE PASTA*
CHICK PEA, BLACK BEAN & CORN
FRUIT SALAD
GREEK SALAD
KALE & CAULIFLOWER
LIME EDAMAME & CORN
MOROCCAN CARROT
PINEAPPLE SALSA
POWER BLEND
QUINOA TABOULEH
RAW SPICY BEET SALAD
ROASTED BRUSSELS SPROUTS
SPICY BROCCOLI 🔥
SWEET POTATO 🔥
TURKISH EGGPLANT 🔥

SOUPS S \$2.5 M 4 L 5 QT 9

LEMONY CHICKEN DILL • LENTIL (V)

TOMATO BASIL • SMOKEY SPLIT PEA (V)

HAPPY BELLY SALAD BOWL \$6.00

- CHOOSE UP TO 2 GREENS
- 3 BASIC TOPPING
- 1 CRUSHED CROUTON
- 1 DRESSING

GREENS

FIELD GREENS
KALE
ROMAINE
SPINACH

BASIC TOPPINGS \$.50 EACH

APPLE
BLACK BEANS
CARROTS
CHICK PEAS
CORN
CUCUMBERS
EDAMAME
GRAPES
GRAPE TOMATOES
JALAPENO
RED ONION
RED PEPPERS

PREMIUM TOPPINGS \$1.00 EACH

ALMONDS
CHEDDAR CHEESE
CRAISINS
EGG
FETA
KALAMATA OLIVES
MANDARIN ORANGES
SHAVED PARMESAN
TURKEY BACON

CRUSHED CROUTONS

HERB
SPICY

DRESSINGS \$.50 EACH

ASIAN SESAME GINGER* (V)
BALSAMIC VINEGAR (V)
BALSAMIC VINAIGRETTE (V)
CAESAR
CHIPOTLE VINAIGRETTE (V)
CILANTRO LIME (V)
EXTRA VIRGIN OLIVE OIL (V)
HONEY CITRUS VINAIGRETTE
LEMON VINAIGRETTE (V)
LEMON SQUEEE (V)
LIME SQUEEZE (V)
OIL & VINEGAR (V)
RANCH

(V) = VEGAN * = CONTAINS GLUTEN

MARKET SIDES \$1.50 EACH

SPICY BROCCOLI 🔥
SWEET POTATO 🔥
TURKISH EGGPLANT 🔥
ASIAN SESAME FARFALLE PASTA*
CHICK PEA, BLACK BEAN & CORN
FRUIT SALAD
GREEK SALAD
KALE & CAULIFLOWER
LIME EDAMAME & CORN
MOROCCAN CARROT
PINEAPPLE SALSA
POWER BLEND
QUINOA TABOULEH
RAW SPICY BEET SALAD
ROASTED BRUSSELS SPROUTS
🔥 SERVED WARM

OUR BASES & MARKET SIDES
ARE 100% VEGAN & ALL ITEMS
ARE GLUTEN FREE UNLESS ITEM
IS OTHERWISE NOTED
ALL ITEMS MADE WITH LOVE &
ARE SUBJECT TO CHANGE

COLD PROTEINS \$3.00 EACH

CAJUN CHICKEN
HERB CHICKEN
CLASSIC CHICKEN SALAD
CRANBERRY CHICKEN SALAD
PREMIUM TUNA SALAD
MEXICAN TUNA SALAD

ADD
AVOCADO
\$2

SUGGESTED SALADS

GARDEN - FIELD GREENS, CARROT, CUCUMBER, GRAPE TOMATO, HERB CRUSHED
CROUTONS & BALSAMIC VINAIGRETTE - \$6.00
COBB - ROMAINE, CORN, GRAPE TOMATO, RED ONION, CHEDDAR, EGG, TURKEY BACON,
HERB CHICKEN & RANCH DRESSING - \$12.00
MEXICAN TUNA - ROMAINE, FIELD GREENS, CUCUMBER, GRAPE TOMATO, RED PEPPER,
SPICY CRUSHED CROUTON, MEXICAN TUNA & CHIPOTLE VINAIGRETTE - \$9.00
SOUTHWEST - ROMAINE, BLACK BEANS, CORN, GRAPE TOMATO, RED PEPPER, SPICY
CROUTONS, CHEDDAR, CAJUN CHICKEN & CILANTRO LIME - \$10.50

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OUR SIGNATURE SANDWICHES & WRAPS

ALL OUR SIGNATURE WRAPS & SANDWICHES ARE PRE-MADE DAILY. PLEASE SPECIFY IF YOU WOULD LIKE WARM OR COLD. NO SUBSTITUTIONS PLEASE.

WRAPS \$7.49

BUFFALO - CHICKEN CUTLET, BUFFALO SAUCE, CELERY & BLEU CHEESE DRESSING

CHICKEN CAESAR - HERB ROASTED CHICKEN, SHAVED PARMESAN, ROMAINE & CAESAR DRESSING

EL SANCHO - OVEN GOLD TURKEY, AVOCADO, LETTUCE, TOMATO & CHIPIOTLE MAYO

⑤ **ROASTED EGGPLANT** - ROASTED EGGPLANT, SUN DRIED TOMATO, ARUGULA, PESTO & BALSAMIC GLAZE

THAI - THAI SPICED CHICKEN CUTLET, CARROT, RED ONION, SPINACH & SPICY CILANTRO MAYO

SANDWICHES \$7.99

BRONCO - CHICKEN CUTLET, PEPPER JACK CHEESE, ROASTED POTATO & SPICY MAYO ON FRENCH BREAD

CALIFORNIA DREAMIN' - OVEN GOLD TURKEY, AVOCADO, SPINACH, TOMATO & RANCH DRESSING ON MULTI-GRAIN BREAD

CAPRESE - FRESH MOZZARELLA, ROMA TOMATO, BALSAMIC GLAZE, OLIVE OIL, PESTO & SEA SALT ON A BAGUETTE

CLASSIC CUTLET - CHICKEN CUTLET, LETTUCE TOMATO & MAYO ON A BAGUETTE

CHICKEN PARM - CHICKEN CUTLET, MOZZARELLA, GRATED PARMESAN & MARINARA SAUCE ON FRENCH BREAD

EGGPLANT CAPRESE - ROASTED EGGPLANT, MOZZARELLA, ROASTED RED PEPPERS, BALSAMIC GLAZE & FIELD GREENS ON A PANINI

GODFATHER - CHICKEN CUTLET, MOZZARELLA, PEPPERONI & ROASTED RED PEPPERS ON FRENCH BREAD

ITALIAN COMBO - HAM, PEPPERONI, SALAMI, PROVOLONE, LETTUCE & TOMATO ON A PANINI

NONNA - CHICKEN CUTLET, MOZZARELLA, BRUSCHETTA, ARUGULA & ARTICHOKE SPREAD ON A CIABATTA

PESTO PETE - CHICKEN CUTLET, MOZZARELLA, LETTUCE, TOMATO & PESTO MAYO ON FRENCH BREAD

TARZAN - CAJUN ROASTED CHICKEN, GRILLED PINEAPPLE, SPINACH & CILANTRO MAYO ON CIABATTA

ALL ITEMS MADE WITH LOVE & ARE SUBJECT TO CHANGE

