

# HEALTHYUMS MENU

 +1 847-445-0010

2724 Sheridan Rd, Zion, IL 60099, United States

**OPEN**  
07:00 AM - 07:00 PM

## HOT DRINKS

|                             |        |                      |        |
|-----------------------------|--------|----------------------|--------|
| Organic Coffee, House Blend | \$2.50 | Organic Decaf Coffee | \$2.75 |
| Teeccino Tea                | \$2.50 | Hot Tea              | \$2.00 |
| Organic Hot Tea             | \$2.25 |                      |        |

## COLD DRINKS

|                             |        |                  |        |
|-----------------------------|--------|------------------|--------|
| Herbal Iced Tea             | \$2.00 | Iced Coffee      | \$2.50 |
| Fresh Squeezed Orange Juice | \$3.00 | Iced Apple Cider | \$2.75 |
| Glass of Milk               | \$2.00 |                  |        |

## REGULAR BREAKFAST

|                       |        |                    |        |
|-----------------------|--------|--------------------|--------|
| 2 Egg Breakfast       | \$5.00 | Omelet Breakfast   | \$8.00 |
| Cream Sauce Breakfast | \$8.00 | Breakfast Stir Fry | \$9.00 |
| Breakfast Sandwich    | \$6.00 |                    |        |

## GLUTEN-FREE BREAKFAST

|                          |        |                     |        |
|--------------------------|--------|---------------------|--------|
| GF 2 Egg Breakfast       | \$5.50 | GF Omelet Breakfast | \$8.50 |
| GF Cream Sauce Breakfast | \$8.50 | Breakfast Stir Fry  | \$9.50 |
| GF Breakfast Sandwich    | \$6.50 |                     |        |

## VEGAN BREAKFAST MENU

|                            |         |                            |        |
|----------------------------|---------|----------------------------|--------|
| Vegan Breakfast Stir Fry   | \$8.00  | Whole Grain Vegan Pancakes | \$9.00 |
| Specialty Pancakes, Vegan  | \$11.00 | Coconut Maple French Toast | \$8.00 |
| Cinnamon Roll French Toast | \$8.00  |                            |        |

## REGULAR APPETIZERS

|                            |        |             |        |
|----------------------------|--------|-------------|--------|
| Organic Brown Rice Risotto | \$6.00 | Cuts n' Dip | \$6.00 |
| Healthyums Fried Rice      | \$6.00 | Soups       | \$5.00 |

## STEWES AND CHILI

|                      |         |              |        |
|----------------------|---------|--------------|--------|
| Beef and Bison Chili | \$8.00  | Veggie Chili | \$7.00 |
| Ratatouille Stew     | \$7.00  | Beef Stew    | \$8.00 |
| Chili Salad          | \$12.00 |              |        |

## BURGERS

|                |         |             |        |
|----------------|---------|-------------|--------|
| Turkey Burger  | \$7.00  | Beef Burger | \$8.00 |
| Venison Burger | \$8.00  | Lamb Burger | \$9.00 |
| Bison Burger   | \$10.00 |             |        |

## SANDWICHES

|               |        |                         |        |
|---------------|--------|-------------------------|--------|
| Philly Steak  | \$9.00 | Philly Chicken          | \$9.00 |
| Philly Veggie | \$6.00 | New York Strip Sandwich | \$9.00 |
| Sloppy Joe    | \$7.00 |                         |        |

## PIZZA

|                          |         |                          |        |
|--------------------------|---------|--------------------------|--------|
| Large Cheese Pizza (14") | \$10.00 | Personal Size Pizza (9") | \$6.00 |
|--------------------------|---------|--------------------------|--------|

## ENTREES

|                                      |         |                      |         |
|--------------------------------------|---------|----------------------|---------|
| Stirfry                              | \$12.00 | Mix and Match Entree | \$12.00 |
| Side of 6 Mini<br>Homemade Meatballs | \$6.00  | Chili Entree         | \$12.00 |

## VEGAN LUNCH/DINNER

|                               |        |             |        |
|-------------------------------|--------|-------------|--------|
| Organic Brown Rice<br>Risotto | \$6.00 | Cuts n' Dip | \$6.00 |
| Healthyums Fried Rice         | \$6.00 |             |        |

# Objective Reviews

Healthyums Menu focuses on wholesome and satisfying dishes featuring high-quality ingredients like the Bison Burger and Turkey Burger, perfect for those seeking flavorful protein options. The Whole Grain Buttermilk Pancakes and Breakfast Sandwich offer hearty morning choices, complemented by nourishing Lentil Soup and Beef Stew for a comforting lunch or dinner. The unique Unfries provide a tasty alternative to traditional sides, rounding out the menu with creative health-conscious options. Set in Zion, Illinois, this welcoming eatery combines friendly service and mindful cooking to deliver an enjoyable dining experience centered on flavor and well-being. Healthyums invites you to savor fresh, nutritious meals crafted to fuel your day in a cozy, relaxed setting.