



## JAN'S

Home of the Tuna & Avocado Sandwich, Jan's Health Bar has been an Orange County staple for over 45 years. With a menu inspired by the surf community and locally sourced ingredients, our naturally delicious sandwiches, salads, juices and smoothies have expanded beyond the local surf crowd and has become an institution in Orange County. Specializing in fresh & healthy food, we also cater to our vegan, vegetarian and gluten free customers as well!

**HOURS** (all locations)  
8:00 am-6:00 pm

**PHONE NUMBERS**  
Huntington Beach:  
714-536-4856

Costa Mesa:  
949-650-4856

Laguna Beach:  
949-371-0023

Corona del Mar:  
949-675-2520

**ADDRESSES**  
Huntington Beach:  
501 Main Street,  
Huntington Beach

Costa Mesa:  
250 E 17th Street,  
Costa Mesa

Laguna Beach:  
610 N Coast Highway,  
Laguna Beach

Corona del Mar:  
3021 East Coast Hwy,  
Corona del Mar

**ORDER ONLINE/  
CATERING MENU**  
janshealthbar.com

## SANDWICHES

**CLASSIC SANDWICH** 9.40  
tuna, turkey, chicken salad, soy turkey, avocado served on honey wheat bread (spinach wrap avail.) includes cucumber, lettuce, tomato, soy bacon bits, sprouts, spike, mayo, mustard

**SURF SHOP SPECIAL** 9.40  
choice of 1/2 sandwich or wrap w/soup or salad & side of chips

**KRUNCHY KALE WRAP** 9.95  
spinach tortilla, turkey, avocado, kale, feta cheese, carrot, cucumber, sunflower seeds, dried cranberry & tahini dressing

**SPICY FRESCO WRAP** 9.95  
spinach tortilla, turkey, fresh guacamole, cheese, black beans, brown rice, lettuce

**ATHENA WRAP** 9.95  
spinach tortilla, chicken, mixed greens, cucumber, tomato, red onion, olives, pistachios, feta cheese & vinaigrette dressing

**PROTEIN BOWL** 8.95  
a healthy serving of your choice of turkey, tuna, soy turkey, chicken salad, chicken breast or avocado topped with carrot, cucumber, tomato & spike

**FIESTA BOWL** 9.75  
soy turkey, avocado, black beans, cheese, fresh pico de gallo served over brown rice

## SALADS

**JAN'S CLASSIC SALAD** 9.50  
includes protein (tuna, turkey, chicken salad, soy turkey, avocado), mixed greens, cucumber, tomato, carrots, sprouts, mushrooms, cheese, sunflower seeds & choice of dressing - herb vinaigrette, blue cheese or ranch

**KALE SALAD** 9.40  
kale, avocado, feta cheese, sunflower seeds, carrots, dried cranberries, lightly tossed in a tahini goddess dressing

**SUMMER SALAD** 12.95  
mixed greens, avocado, blue cheese crumbles, candied walnuts, apple, carrots, topped with fresh berries, served with raspberry vinaigrette on the side

**SANTA FE COBB** 11.50  
mixed greens, egg, avocado, cheese, soy bacon bits, black beans, corn, tomato, green onions, served with avocado cilantro greek yogurt dressing on the side

## SOUP FRESH SOUPS

**JAN'S ACAI** 9.45  
acai, strawberry, banana, topped with granola, strawberries, bananas, blueberries, coconut, goji berries & agave

**DRAGON ACAI** 9.45  
pitaya or acai, banana, mango, pineapple, almond milk topped with granola, bee pollen, blueberries, pineapple, coconut & agave

**LAGUNA ACAI** 12.45  
acai, pitaya, strawberry, mango topped with granola, strawberries, blackberries, mango, bee pollen & agave

## SMOOTHIES

**BANANA DATE** 7.95  
banana, date and milk (2%, soy, almond) with peanut butter

**KALEICIOUS** 8.45  
kale, spinach, apple, pineapple, banana & apple juice

**CHIA CHIA BANG BANG** 9.45  
mango, fresh orange juice, chia seeds, vanilla protein & banana

**OATS, NUTS & BERRIES** 9.45  
blueberry, almond butter, oats, vanilla protein, bananas & cinnamon

**BLUE POWER** 9.45  
blueberry, blackberry, banana, vanilla protein & soy milk

**FRESH JUICE** 12 oz. 5.75 | 16 oz. 6.95 | 24 oz. 9.75

**CARIZMA** carrot, orange, ginger & lemon

**BEET THIS** beets, carrot, apple & ginger

**GO GREEN!** kale, cucumber, spinach, parsley, celery, apple, ginger & lemon

**SWEET GREEN** spinach, kale, broccoli, parsley, pineapple, lemon, ginger & cucumber

**LEMONY SPLIT** lemon, kale, ginger, apple, orange & carrot

## FRESH START

**AVOCADO TOAST** 6.95  
avocado, lemon juice, touch of olive oil, chili flakes served on toasted honey wheat bread served with fruit

**COOL OATS** 5.25  
chilled oats, green apple, topped with fresh strawberries, bananas, chia & flax seed

**CALIFORNIA BAGEL** 5.95  
wheat or everything bage, light cream cheese, tomato, avocado, cucumber & spike seasoning