

SPECIALTY PIZZA

4-SLICE / 8-SLICE / 12-SLICE

8 SLICE WHEAT PIZZA ALSO AVAILABLE EXTRA THIN

TRIPLE CHEESE N' BASIL 5 / 10 / 15

red sauce, mozzarella, parmesan, feta, fresh baby spinach, basil

GRECIAN 6 / 12 / 18

olive oil and herb sauce, feta, mozzarella, spinach, red onion, roma tomatoes, green peppers, kalamata olives

BBQ CHICKEN 5 / 10 / 15

olive oil and herb sauce, light BBQ, mozzarella, grilled chicken, pineapple, green pepper

PESTO & GOAT CHEESE 6 / 12 / 18

olive oil and herb blend, roasted red pepper pesto, goat cheese, mozzarella, white onions, sundried tomatoes, black olives

GARDEN VEGETABLE 6 / 13 / 18

red sauce, mozzarella, baby spinach, red onion, roma tomatoes, green peppers, red peppers, green beans, broccoli, mushrooms, corn

THE MIKE 6 / 11 / 16

olive oil and herb sauce, mozzarella, feta, lean ground beef, roma tomatoes

THE BAM 5 / 10 / 15

red sauce, mozzarella, spinach, red onion, roma tomatoes, grilled chicken

BLEU CHEESE AND CHICKEN 5 / 10 / 15

olive oil and herb sauce, mozzarella, bleu cheese crumbles, grilled chicken, mushrooms

THE CRAZY ASH 6 / 12 / 18

red sauce, mozzarella, spinach, roma tomatoes, light pepperoni, light sausage, red peppers, green peppers, mushrooms, green beans, cheddar jack

THE MEATY SUPREME 6 / 12 / 18

red sauce, mozzarella, canadian bacon, pepperoni, sausage, ground beef, chicken

VEGGIE PINEAPPLE 6 / 12 / 18

olive oil and herb sauce, mozzarella, spinach, julienned carrots, red peppers, corn, mushrooms, pineapple

DAIRY FREE DELIGHT (VEGAN) 6 / 12 / 18

red sauce, sautéed potatoes, yellow squash, mushrooms, white onions, corn, seasoned tofu

TOFU 6 / 12 / 18

red sauce, mozzarella, spinach, julienned carrots, seasoned tofu, red peppers, broccoli, corn, mushrooms

WHITE AND SPICY 5 / 10 / 15

olive oil and herb sauce with a little more garlic, mozzarella, parmesan, red pepper flakes, white onion

SHRIMP O'LICIOUS 6 / 12 / 18

olive oil and herb sauce, mozzarella, feta, shrimp, spinach, sun dried tomatoes, walnuts

TWISTED MARGARITA 5 / 10 / 15

olive oil and herb sauce, mozzarella, spinach, roma tomatoes, grilled chicken, light parmesan cheese

FRESH GARLIC 5 / 10 / 15

red sauce, mozzarella, parmesan, fresh garlic, roma tomatoes, spinach

FIESTA 6 / 12 / 18

olive oil and herb sauce, cheddar jack, mozzarella, homemade fresh corn and black bean salsa

DEVILS DELIGHT 6 / 12 / 18

red sauce, mozzarella, parmesan, sausage, roma tomatoes, grilled chicken, feta, and our 6 pepper blend

PIZZA

FRESH TOPPINGS

- mozzarella/provolone
- cheddar jack
- feta
- bleu cheese crumbles
- turkey pepperoni
- sausage
- all natural chicken
- canadian bacon
- lean ground beef
- ham
- red onions
- white onions
- fresh mushrooms
- broccoli
- green peppers
- corn
- black olives
- kalamata olives
- spinach
- banana peppers
- pineapple
- green beans
- roma tomatoes
- red peppers
- sundried tomatoes
- fresh garlic

~ CHICKEN, BEEF, CANADIAN BACON, DOUBLE CHEESE, TOFU 2.75 ~

WHOLE WHEAT CRUST

WHOLE WHEAT INDIVIDUAL

4 slice cheese 3.25 • items .75¢

WHOLE WHEAT

8 slice cheese 7.50 • items 1.75

WHOLE WHEAT EXTRA THIN

8 slice cheese 7.50 • items 1.75

WHOLE WHEAT

12 slice cheese 11.50 • items 2.25

BLACK BEAN QUESADILLA

Homemade low fat black bean puree spread on a whole wheat tortilla, layered with salsa, cheddar jack, banana peppers, your choice of grilled chicken, shrimp or tofu all baked to perfection!

- served with a side of our hot-n-spicy lite ranch -8.50

POWER BOMBS

- Unique creation full of complex carbohydrates
- No Flour, No white sugar, No artificial sweeteners
- Loaded with oats, nuts, dark chocolate & more
- Satisfy your sweet tooth without guilt!

B.A.M.

HEALTHY CUISINE

HEALTHY NEVER TASTED SO GOOD!

Gourmet Grilled Wraps • Fresh Salads

Warm Sandwiches • Dinners

Shakes • Sides • Kids Menu

Whole Wheat Specialty Pizzas

& More..

CARRY OUT & CATERING

Try us for your next luncheon, office meeting, holiday party, family gathering, or special event. We cater to your specific needs..large or small!

HOURS:

Monday-Saturday 10:30-9:00 pm

• Closed Sundays •

1310 North Main Street

North Canton, Ohio 44720

(330) 494-7136

WWW.BAMHEALTHYCUISINE.COM

SMOOTH SHAKES

(choice of whey or soy protein)

30 GRAMS PROTEIN

Chocolate Peanut Butter 4.50

Chocolate Peanut Butter Banana 4.75

Chocolate Peanut Butter Strawberry 5.00

Peanut Butter Strawberry Banana 5.25

Pineapple Orange 5.00

Strawberry Banana 5.00

Pineapple Banana 5.00

Pineapple Banana Strawberry 5.25

sweeten any fruit smooth shake with your choice of honey, splenda, stevia or agave nectar

SIDES

Garden Salad 3.75

Steamed Veggies 2.25

Steamed Honey Raisin Rice 2.25

Red Skin Potatoes 2.25

Homemade Soup: cup 2.50 bowl 4.50

SPECIALTY GRAB N GO ITEMS MADE FRESH DAILY

LITTLE BAM BAMS

Turkey & Cheese on a whole wheat bun 2.75

Grilled Peanut Butter & Jelly wrap 3.00

Grilled Cheese on 9 grain 3.00

Grilled Chicken Strips 4.00

(choice of BBQ or Honey Mustard dipping sauce) Chicken Strips served with your choice of fresh sliced pineapple, strawberries or apples

GOURMET GRILLED WRAPS

TILAPIA 8.50 grilled tilapia, corn, carrots, avocado, light brown rice, romaine, cilantro lime greek yogurt

BBQ CHICKEN 6.50 grilled chicken, steamed brown rice, fresh pineapple, BBQ sauce

BLACK & BLEU 7.50 blackened lean ground beef, bleu cheese crumbles, roma tomatoes, romaine, spinach

CALIFORNIA 7.50 grilled chicken, romaine, avocado, alfalfa sprouts, roma tomatoes, light ranch dressing

CHEESEBURGER 6.50 lean ground beef, ketchup, mustard, cheddar jack, roma tomatoes, romaine

CHICKEN CAESAR 6.50 grilled chicken, romaine, crisp green beans, parmesan, light caesar dressing

STEAK 8.50 grilled filet of sirloin, romaine, roma tomatoes, banana peppers, mozzarella, light mayo

PHILLY STEAK 8.50 grilled filet of sirloin, sautéed onions, green peppers, mushrooms, mozzarella, light mayo and light Italian dressing

GRECIAN 7.50 grilled chicken, romaine, green peppers, kalamata olives, red onions, feta, garbanzo beans and grecian dressing

BAJA 7.50 black bean puree, homemade salsa, light brown rice, cheddar jack, banana peppers, romaine, spicy love sauce and your choice of grilled chicken, tofu, ground beef, veggie burger, or shrimp

SALMON 10.00 grilled salmon, sautéed broccoli, mushrooms, green beans, green & red peppers, mozzarella, sesame ginger sauce

HOT N SPICY 7.50 your choice of chicken or lean ground beef, romaine, bleu cheese crumbles, roma tomatoes, and our hot n spicy sauce

TURKEY BLT 6.50 sliced turkey, canadian bacon, romaine, roma tomatoes, light mayo

PEANUT BUTTER BANANA 4.50 warm gooey peanut butter, sliced bananas, honey roasted peanuts

TURKEY 7.50 sliced turkey, romaine, roma tomatoes, alfalfa sprouts, mozzarella, light mayo

VEGGIE 7.50 sautéed green & red peppers, mushrooms, broccoli, green beans, mozzarella

VEGGIE BURGER 7.50 grilled veggie burger, romaine, mozzarella, red onion, banana pepper rings, roma tomatoes, light mayo, spinach

THE RAW VEG 7.50 alfalfa sprouts, romaine, black olives, cucumber, pickles, roma tomatoes, garbanzo beans, carrots, avocado, baby spinach, olive oil, vinegar and herbs

SAUTÉED TOFU 7.50 seasoned tofu, sautéed yellow squash, mushrooms, carrots, corn roma tomatoes, baby spinach, balsamic basil vinaigrette

FRESH GREENS

SALAD DRESSINGS: Extra Dressing .50¢
light italian, light ranch, light caesar, light raspberry vinaigrette, balsamic vinaigrette, oil and vinegar, wild raspberry, grecian with feta and olive, honey mustard, chunky bleu cheese, & white zinfandel vinaigrette

GREEN BEAN CAESAR 8.25 romaine, spinach, red onions, crisp green beans, parmesan, served with light caesar dressing

TURKEY BLT 8.50 romaine, spinach, sliced turkey, canadian bacon, cheddar jack, roma tomatoes, cucumber

GRECIAN 8.25 romaine, spinach, garbanzo beans, red onions, kalamata olives, green peppers, feta, served with grecian dressing

THE BAM 10.50 romaine, spinach, fresh strawberries, pineapple, fuji apples, grilled chicken, served with wild raspberry dressing

SALMON 10.50 romaine, spinach, sesame ginger salmon, fresh strawberries, pineapple, served with wild raspberry dressing

SAUTÉED VEGGIE 9.50 romaine, spinach, sautéed green and red peppers, green beans, yellow squash, broccoli, red onions, mushrooms, light feta and mozzarella

STEAK 10.50 romaine, spinach, filet of sirloin, mozzarella, tomatoes, banana peppers

THE POPEYE 9.50 spinach, romaine, grilled chicken, fuji apples, mozzarella, honey roasted peanuts, served with honey mustard dressing

HOT N SPICY PECAN 9.50 romaine, spinach, grilled chicken, bleu cheese crumbles, garbanzo beans, pecans and our hot n spicy sauce

GOAT CHEESE AND ALMOND 9.50 romaine, spinach, crumbled goat cheese, carrots, dried cranberries, raw almonds, served with white zinfandel dressing

RAW VEGGIE 8.25 romaine, spinach, carrots, cucumber, roma tomato, green pepper, red pepper, garbanzo beans, red onion, corn

• **ADD CHICKEN, VEGGIE BURGER, OR TOFU TO ANY SALAD 1.25**

WARM SANDWICHES

TURKEY SANDWICH 5.50
your choice of toasted 9 grain bread or rosemary ciabatta, sliced turkey, romaine, cheddar jack, roma tomatoes, light mayo

CHICKEN SANDWICH 5.50
grilled chicken, roma tomatoes, romaine on a toasted whole grain bun - your choice light mayo, BBQ, hot-n-spicy, honey mustard

VEGGIE BURGER 6.00
grilled veggie burger, roma tomatoes, romaine on a toasted whole grain bun - your choice of sauce or dressing **ADD CHEESE FOR .25¢**

BURGER 5.50
lean ground beef, roma tomatoes, romaine on a toasted whole grain bun **ADD CHEESE FOR .25¢**

VEGGIE CIABATTA 7.50
toasted rosemary ciabatta, layered with light cream cheese, alfalfa sprouts, red & green peppers, avocado, cucumbers, roma tomatoes

VEGGIE ON TOASTED 9 GRAIN 6.00
toasted 9 grain bread, red peppers, avocado, alfalfa sprouts, roma tomatoes, red onion, banana peppers, and a drizzle of olive oil and herbs

ROASTED RED PEPPER CIABATTA 7.50
toasted rosemary ciabatta, red pepper pesto, mozzarella cheese, sautéed yellow squash, mushrooms and red peppers, along with baby spinach, alfalfa sprouts and avocado

BOWLS

sautéed green and red peppers, red onion, mushrooms, green beans, broccoli & yellow squash all tossed in light dressing. Served over steamed brown rice or red skin potatoes and topped off with a touch of parmesan. Your choice of steak, chicken, salmon, tofu or veggie.

Chicken bowl with light Italian 9.50

Steak bowl with light Italian 10.50

Vegetarian with light Italian 8.50

Tofu bowl with balsamic vinaigrette 9.50

Salmon bowl with sesame ginger 10.50

FROM THE GRILL

DINNERS INCLUDE:

red skin potatoes, steamed veggies, or honey raisin rice

One all natural 4oz Chicken Breast 5.50
(choice of plain, BBQ or hot n spicy)

Two all natural 4oz Chicken Breast 8.00
(choice of plain, BBQ or hot n spicy)

8 oz wild Salmon (original or sesame ginger) 9.00



In order to give you the best quality meal, all of our food is made fresh to order. We do not pre- make our menu items.

*Consuming raw or under cooked meats, poultry, or seafood may increase your risk of food borne illness, especially if you have certain medical conditions.