

# Naturally

## Salads

All salad dressing made in-house, served on side

**mariposa**  \$7/11

mixed greens, cranberries, goat cheese, candied almonds + balsamic vinaigrette

**just a salad**  \$6/10

mixed greens, cucumbers, tomatoes, avocado + creamy herb dressing

**xochitl (so-cheel)**  \$7/11

mixed greens, apple bits, avocado, goat cheese, pecans + creamy herb dressing

**robin**  \$7/11

mixed greens, avocado, broccoli, carrots, cucumber, toasted almonds + balsamic dressing

**pasta salad**  \$6/10

whole wheat fusilli pasta, cherry tomatoes, broccoli, cucumbers, feta + italian dressing

**quinoa salad**  \$7.5/11.5

quinoa, zucchini, apple + citrus-garlic dressing on a bed of mixed greens

**hummus**  \$8/12

house-made hummus dip served with apples, cucumbers, carrots + pita chips

**add chicken salad, chicken breast, ham or turkey (+\$3)**  
**add hummus, bacon, egg, avocado, quinoa or pasta (+\$2)**

**Soup** cup \$4.95

- creamy tomato basil
- vegan soup of the day 

**Crustless Quiche** \$7.95

- spinach, tomato, goat cheese, pecan 
- ham, bacon and green chili 
- order a whole quiche (\$39.95)

## Pick Two Special

Pick two from below:

slice of quiche

cup of soup

1/2 any sandwich \$12.95

1/2 any salad

## Sandwiches

**All our mayonnaise is home made !**

Substitute bread choice with multigrain, telera roll or spinach wrap. Make it with gluten-free bread (no extra charge!)

Comes with chips, raw veggies or pasta salad

**undercover club**

\$8/12

ham, turkey, bacon, cheddar, havarti, lettuce, tomato, raspberry-chipotle spread + mayo on multigrain

**roasted veggie**

\$7.5/11.5

roasted zucchini, swiss, havarti, goat cheese, avocado + olive oil garlic spread on telera roll

make it  
vegan with  
plant-based  
cheese

**chicken salad**

\$7.5/11.5

house-made chicken salad, lettuce, tomato, mayo on multigrain.

make it  
vegan with  
chickpea  
salad

**chicken & bacon**

\$8/12

roasted chicken, bacon, swiss, lettuce, tomato, avocado + chipotle mayo on multigrain

**BLT**

\$7.5/11.5

bacon, lettuce, tomato + chipotle mayo on multigrain.

**grilled cheese** 

\$7.5/11.5

havarti, cheddar, swiss + chipotle mayo on multigrain

**torta**

\$8/12

telera roll with a choice of ham or turkey, havarti, cheddar, lettuce, tomato, avocado + chipotle mayo

**tomato-havarti-basil** 

\$7.5/11.5

tomato, havarti, pesto + garlic olive oil spread on multigrain

+ add avocado, extra meat, bacon, hummus or pesto to any (+\$2)

 vegetarian  gluten-free  plant-based, vegan

We are happy to offer items for those with special diets, but items on our menu are prepared in a shared kitchen where cross-contamination with gluten or other allergens may occur.

## Smoothies

Available as 16oz or 24oz

<b>mango tango</b>	 \$6.5/10
mango, strawberry, almond milk	
<b>perfect purple</b>	\$8.5/11
blueberry, pineapple, yogurt, apple juice, honey	
<b>kiss me</b>	\$8.5/11
strawberry, peach, yogurt, apple juice, honey	
<b>beach dreams</b>	\$7/10.5
strawberry, pineapple, banana, coconut milk	
<b>dressy lady</b>	\$9/12
pineapple, raspberry, banana, yogurt, apple juice, honey	
<b>chunky monkey</b>	\$9/12
banana, cocoa, dates, peanuts, almond milk	
<b>tropical light</b>	\$6.5/10
banana, mango, coconut milk	
<b>orange dreamsicle</b>	\$9/12
banana, almond milk, orange juice, yogurt, whey	

+ add whey, plant based protein, chia, or avocado (+2)  
+ add spinach for no extra charge

## Fresh-Pressed Juice

<b>beetle juice</b>	\$9/11
carrot, beet, apple, ginger	
<b>gruene green</b>	\$10/12
cucumber, celery, broccoli, kale, zucchini, apple, ginger	
<b>sweet green</b>	\$9/11
cucumber, celery, kale, orange, apple	
<b>antioxidant bomb</b>	\$10/12
cucumber, carrot, beet, pineapple, blueberry, raspberry	
<b>parrot juice</b>	\$10/12
carrot, pineapple, orange, celery, ginger	

## Juice Shots \$2.75

Get a 1oz shot of lemon, kale, celery, or ginger juice  
Add to a juice/smoothie or on its own

<b>immunity shot</b>	
lemon, ginger and fresh turmeric juiced together with a dash of black pepper	\$3.5

## Tartines

\$10.50

Open faced on toasted multi-grain bread.

N/A for pick two, half size, wrap, or gluten free

Side of chips, veggies, or pasta salad

### it's greek to me

Hummus topped w/ bed of mixed greens, thin cucumber, feta crumbles drizzled with balsamic dressing

### avo-onion toast

Smeared avocado topped with thin sliced red onion +goat cheese crumbles sprinkled w/ smoked paprika

### goat+garden

layer of pesto topped with mixed greens+goat cheese crumbles and grape tomatoes, drizzled with balsamic

### morning stack

smeared avocado with a bed of mixed greens topped with sliced hard-boiled egg+ grape tomatoes

### farmhouse bite

smeared goat cheese topped with mixed greens+cherry tomatoes and bacon crumbles

## Kid's Meal \$7.95

half sandwich on multigrain bread  
served with a juice box and a choice of  
apples, cucumbers or carrots

ham and cheese

turkey and cheese

grilled cheese 

make it with gluten-free bread (no extra charge!)

## Guiltless Sweets

plant-based iced brownies	\$5.95
plant-based thumbprint cookies	\$2.95
assorted muffins	\$3.95
flour less choc torte	\$4.95
Blueberry muffin	\$4.95

## Drinks

\$2.95

Sparkling water, iced tea, soda, coffee, hot tea  
Bottled water, juice box

\$1.95

 vegetaria

 gluten-

 plant-based, vegan

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