

# Naturally

## Pick Two Special

Pick two from below:

slice of quiche  
cup of soup  
1/2 any sandwich \$12.95  
1/2 any salad

## Salads

All salad dressing made in-house, served on side

**mariposa** GF 🌱 \$7/11

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

**just a salad** GF ♥ \$6/10

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

**xochitl (so-cheel)** GF ♥ \$7/11

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

**robin** ♥ GF 🌱 \$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** 🌱 ♥ GF \$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  
bowl \$7.50

- creamy tomato basil
- vegan soup of the day ♥ GF 🌱

## Crustless Quiche

\$7.95

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

## 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 GF 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 GF

Available as 16oz or 24oz

**mango tango**  \$6.5/10

mango, strawberry, almond milk

**perfect purple** \$8.5/11

blueberry, pineapple, yogurt, apple juice, honey

**kiss me** \$8.5/11

strawberry, peach, yogurt, apple juice, honey

**beach dreams**  \$7/10.5

strawberry, pineapple, banana, coconut milk

**dressy lady** \$9/12

pineapple, raspberry, banana, yogurt, apple juice, honey

**chunky monkey**  \$9/12

banana, cocoa, dates, peanuts, almond milk

**tropical light**  \$6.5/10

banana, mango, coconut milk

**orange dreamsicle** \$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 GF

**beetle juice** \$9/11

carrot, beet, apple, ginger

**gruene green** \$10/12

cucumber, celery, broccoli, kale, zucchini, apple, ginger

**sweet green** \$9/11

cucumber, celery, kale, orange, apple

**antioxidant bomb** \$10/12

cucumber, carrot, beet, pineapple, blueberry, raspberry

**parrot juice** \$10/12

carrot, pineapple, orange, celery, ginger

**Juice Shots**   GF \$2.75

Get a 1oz shot of lemon, kale, celery, or ginger juice

Add to a juice/smoothie or on its own

**immunity shot**

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

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