

Treat Yourself Naturally!

All prices include sales tax!

Breakfast, served 9am-noon

- Toast 'n' Tea** ~ Two slices of sprouted organic cinnamon raisin toast, served with Earth Balance spread or organic fruit spread and your choice of organic tea or coffee.....\$3.00
- Banana Split Crunch** ~ Sliced banana, organic yogurt, and fresh seasonal fruit topped with a sprinkling of granola.....\$4.00
- Bagel Brunch** ~ Sprouted grain bagel toasted and served with your choice of Earth Balance, organic fruit spread, organic peanut butter or organic cream cheese. Comes with organic coffee or tea ~ yum!.....\$4.00
- Swiss Breakfast Sandwich** ~ Sprouted cinnamon raisin toast smeared with organic peanut butter and dusted with fresh ground flaxmeal, sprinkled with a mix of raw sunflower, sesame and pumpkin seeds and topped off with sliced banana; served with your choice of organic tea or coffee.....\$5.00
- Baked Goodies, served all day**
 Hearty scones ~ \$1.75 each, \$2.50 with coffee or tea
 Mahvelous Muffins ~ \$1.25 each, \$2.00 with coffee or tea
- Cereal** ~ Choose from a selection of organic cereals served with organic soy or rice milk.....\$3.00
- Coffee & Tea**.....\$1.00

Soups & Such

- Homemade Vegetarian Soups** Served from the Fall Equinox thru the Spring Equinox, our soups are made with fresh, organic ingredients that are high in flavor but low in fat, sugar & salt. Served with bread or crackers.
 Cup ~ \$3.00 Bowl ~ \$5.00
- Naturally's Award-Winning Vegetarian Chili**
 Served year-round, our hearty chili is made with organic beans, fresh vegetables and a blend of zesty spices - sure to satisfy!
 Served with crackers (& extra cayenne for you hot&spicy lovers)
 Cup ~ \$3.00 Bowl \$5.50

The "Naturally Yours" Sandwich

Because we make it just how YOU like it!

FIRST Some Fresh Bread:

Homemade with organic flour and herbs:

- Rosemary Focaccia
- Lightly Spicy Flatbread
- German Pumpernickel

Sprouted grain breads we offer from our store:

- Sprouted Sourdough
- Sprouted Seven Grain
- Featured Organic Bread

NEXT Pick Your Protein

- Franny's Sweet Tuna made with albacore, organic sweet pickle relish, carrots, chopped celery & onions, dill, and toasted sunflower seeds
- Seasoned Tofu Salad made with shredded firm tofu and our homemade healthful marinades
- Organic Egg Salad made with eggs from happy chickens & Vegenaïse
- Free-Range Turkey
- Raw Seed Mix ~ sunflower and pumpkin seeds for some RAW energy

LAST Select any or all of the following vegetables:

- ✓ Carrots
- ✓ Beets
- ✓ Radishes
- ✓ Cucumber
- ✓ Tomato
- ✓ Purple Onion
- ✓ Chayote Squash
- ✓ Bell Pepper
- ✓ Purple Cabbage
- ✓ Alfalfa Sprouts
- ✓ Greens Mix
- ✓ Avocado
- ✓ Pickled Jalapeños

DON'T FEAR THE VEGETABLE!

Have them all and ask for the WORKS!

All sandwiches come with your choice of Grain/Vegetable Salad or Featured Organic Chips

SECOND,

we recommend a light layer of Laura's Lentil Hummus on your bread

THEN, Choose Your Organic Cheese

- Swiss
- Cheddar
- Soy Mozzarella
- Feta

Is a Moist Sandwich a Must? Try one of our Condiments:

- Homemade Dill Dressing
- Organic Dijon or Yellow Mustard
- Vegenaïse
- Featured Dressing

While any combination is tasty, here are a few favorites:

- Tuna & Cheddar on Spicy Bread
- Turkey & Swiss on Sourdough
- Seasoned Tofu & Soy Cheese on Rosemary Focaccia

Whole \$9.00 Half 6.00

The "Naturally Yours" Salad

Make it the way you like it by choosing:

- One protein
- One cheese
- All the veggies you'd like

Bread or chips, Add \$1.00

Extra Protein, Add \$1.00 (Med.), \$2.00 (Large)

Extra Cheese, Add \$.50 (Med.), \$1.00 (Large)

Just Want Veggies!

Try our **Garden Harvest Salad** ~ a fresh, colorful palate of any or all of our vegetables.

One size, \$5.00

Large \$10.00
 Medium 7.00

Looking For the Best of Both Worlds?

CHOOSE 1

Cup of Chili ~ or ~
 Cup of Soup (When available)

AND

CHOOSE 1

Half Sandwich ~ or ~
 Medium Salad

\$8.50

Because we like to eat healthy too!

Kids' Menu



- **Naturally For Kids Sandwich** ~ From the grown-ups' menu, choose one bread, one cheese, one protein and up to 3 veggies. Your sandwich comes with chips and love © Whole: \$5.00 Half: \$3.50
- **Outta-This-World Organic PB&J** ~ Organic Sprouted Sourdough, lightly toasted and smeared with organic peanut butter and fruit-sweetened strawberry spread. Yummy! Whole: \$3.00 Half: \$2.00

SMOOTHIES

Build Your Own!



1. CHOOSE A BASE:

- *Orange, Apple or Pineapple Juice
- *Organic Yogurt
- *Organic Soy milk or Rice milk



2. CHOOSE YOUR FRUIT (up to 3):

Strawberries, Bananas, Blueberries, Pineapple, Papaya, Shredded Unsweetened Coconut

3. CHOOSE ONE BOOST:

- | | | |
|-----------|-----------------|------------------------|
| *Flaxmeal | *Vitamin C | *Organic Almond |
| *Cayenne | *Bee Pollen | or Peanut Butter |
| Pepper | *Protein | |
| *Ginger | *Spirulina | Each Additional |
| *Ginseng | *Brewer's Yeast | Boost, \$.50 |

While Your Creation Will Certainly Be Sensational, Here are a Few Proven Favorites:

- ↳ Blueberries, Pineapple, & Banana with Apple Juice and Ginger ~ *Refreshing!*
- ↳ Bananas & Soy milk with Peanut Butter ~ *Satisfying!*
- ↳ Papaya, Pineapple & Coconut with Yogurt & Ginseng ~ *Energizing!*

Medium

12 oz.

\$3.00

Large

16 oz.

\$4.00

JUICES

Expressed Juices

VEGETABLE

Organic Carrot plus up to 3 of the following:

- ↳ Apple
- ↳ Celery
- ↳ Beet
- ↳ Greens
- ↳ Ginger
- ↳ Garlic
- ↳ Parsley



CITRUS

Fresh Orange or Grapefruit

12 oz ~ \$3.00

16 oz ~ \$4.00

Whole Food Juices

Using the Vitamix technology, try one of the following nutrient-rich whole food beverages:

Garden Fresh Cocktail

A mix of fresh greens, tomato, cucumber, celery, carrots, dash of Spike & squirt of lemon

Cranberry Apple Zinger

Cranberries, whole apples, a few raisins and fresh ginger

Root Veggie Rush

Carrot, beet & ginger (add slice of apple for a complete treat ☺)

12 oz ~ \$2.50

16 oz ~ \$3.50

Now Offering



Herbal Foods & Drinks

Vitashake ~ One serving of Vitashake, frozen bananas, soy or rice milk, blended to smooth perfection. Choose strawberry or chocolate. Yum! Comes one size (16 oz).....\$5.00

Calli Tea ~ Antioxidant-rich, nourishing and cleansing, this tea will surely hit the spot. Steeped in pure, distilled water & lightly sweetened with stevia.....see price chart below

Fortune Delight ~ Refreshing & cleansing, Fortune Delight will help restore electrolyte balances, keeping your body fueled & clean; a proven fat flusher! Choose peach, raspberry, lemon, or cinnamon from icy cold to steaming hot & lightly sweetened with stevia.....see price chart below

Calli & Fortune Delight Price Chart

10 oz. hot.....\$1.50

12 oz. cold.....\$1.75

16 oz. cold.....\$2.00

~ OR ~

Buy Your Naturally's Travel Bottle

16 oz Travel Bottle.....\$8.00

32 oz Travel Bottle.....\$11.00

Add Calli or Fortune Delight, hot or cold.....\$1.00

All refills.....\$1.00 per packet

Treating You Naturally Starts Here

It is our policy to prepare delicious foods starting with only the highest quality ingredients that are chemical, dye and preservative free and organic and locally grown whenever possible. We do not use refined white flour or sugar. For sweeteners, we use honey, fruit juices or stevia. Our oils are cold-pressed and we grow our own sprouts. We create much of our food from our personal time-tested recipes that are low in fat and sodium while high in complex carbohydrates and fiber. In short, our foods not only taste exceptionally delicious and satisfy your hunger; they also keep you looking and feel great.



LCD 2005