



# Oh Natural Foods

GET FRESH!


## Lunch

### TACO BAGS



Crisp Romaine, crumbled organic corn tortilla chips, shredded Cheddar & Monterey Jack, green onion, tomato, sour cream, guacamole & salsa, and...

**GRILLED CHICKEN BREAST** 9.50

 **SOUTHWEST TEMPEH** – black bean tempeh, no dairy 11.00

 **VEGETARIAN** – our signature veggie chili 9.50


 **BLACK BEAN & CHICKPEA** – zesty BB & CP salad 10.00

### QUESADILLAS



A crisp tortilla filled with shredded Cheddar & Monterey Jack, green onion & tomato, with your choice of grilled chicken breast or farm-fresh spinach – served with sour cream, salsa & guacamole on the side

**GRILLED CHICKEN BREAST** 13.50

 **JUST CHEESE** – no veggies 11.50

 **VEGGIE** 12.00

### For Smaller Appetites

 ½ Chicken Quesadilla 9.00

 ½ Just Cheese Quesadilla 7.50

 ½ Veggie Quesadilla 8.00

### WRAPS & SALADS



 **BLACK BEAN & CHICKPEA** – our zesty BB & CP 11.50

salad with red pepper, red onion, organic corn, fresh lime juice & cilantro, shredded Cheddar & Monterey Jack, Romaine, sour cream & guacamole

 **SOUTHWEST TEMPEH** – black bean tempeh, brown 13.00


rice, roasted yams, green onion, tomato, spinach, guacamole, salsa & hot sauce

**CRUNCHY TACO** – shredded Cheddar & Monterey 11.50

Jack, green onion, tomato, Romaine, crumbled organic corn tortilla chips, sour cream, salsa & guacamole, with your choice of grilled chicken breast or our signature veggie chili

**CHICKEN CAESAR** – grilled chicken breast, Romaine 10.00

& our homemade creamy Caesar dressing – served mild, medium, or spicy

 **VEGAN FEATURE** – made with fresh, local ingredients 11.50

 Try any of our lunch wraps NAKED! Enjoy them as a meal-sized SALAD for an additional \$1.50.

### ARTISAN SOUPS



Wholesome gourmet soups made from scratch in small batches using local ingredients as much as possible – never any chemicals, preservatives, or artificial ingredients

**HOT CUP** – 8 oz 4.50

**HOT BOWL** – 12 oz with a toasted bun 6.50

**TAKE-HOME FROZEN 1 LITRE** 11.00

### BEVERAGES

Organic dark roast coffee 2.50


CHAIBABA tea 3.50

**SANPELLEGRINO** fruit soda 3.00

 bubly sparkling water 2.50

Bottled water 2.00

### Gourmet Infused

 **Lemonade** – Local seasonal fruits & herbs & a touch of organic cane sugar, slowly simmered with filtered water for hours, then added to fresh lemon juice


**Regular** – 16 oz 4.00

**Small** – 12 oz 3.00

**B.Y.O. Bottle** – refill up to 32 oz 7.50

**Iced Coffee** – Our organic dark roast slowly simmered with cardamom, vanilla & just a touch of organic cane sugar

**Regular** – 16 oz with cream 4.50

 **Vegan** – 16 oz with coconut milk 5.00

### Extras

 Gluten-free 1.50

Grilled chicken breast 3.00

Pancetta 3.00

Hot Italian sausage 3.00

Egg 1.00




Cheese 2.00

Spinach 1.00

Toasted fresh-made bun 1.50

Salsa, sour cream (each) 1.00

Guacamole 2.00

 – Gluten-free  – Vegetarian  – Vegan

Ask us about our low-carb, gluten-free and dairy-free options! ALL PRICES INCLUDE TAX