



# Oh Natural Foods

GET FRESH!

## Breakfast

### WRAPS



A whole wheat tortilla stuffed with 2 eggs, shredded Cheddar & Monterey Jack, green onion, tomato, sour cream and...

-  **HUEVOS RANCHEROS** – our signature veggie chili, guacamole & hot sauce 10.00
- HOT ITALIAN PATATA** – homemade hash browns, spicy Italian sausage & salsa 11.50
-  **NO HUEVOS** – no eggs or dairy! – chickpea “eggs”, our signature veggie chili, guacamole & hot sauce 10.00
- PANCETTA DELUXE** – crisp pancetta & guacamole 11.00
-  **EGG & VEGGIE** – farm-fresh spinach & guacamole 10.00

 Make any of our breakfast wraps VEGAN! Sub chickpea “eggs” for the protein & dairy for the same price.

### QUESADILLAS






A crisp tortilla filled with 2 eggs, shredded Cheddar & Monterey Jack, green onion & tomato, with your choice of pancetta or farm-fresh spinach – served with sour cream, salsa & guacamole on the side

- PANCETTA DELUXE** 13.00
-  **EGG & VEGGIE** 12.50

### BENNIES




Two over-easy eggs topped with homemade Hollandaise, green onion & tomato, served on a toasted fresh-made bun or homemade hash browns, with your choice of pancetta, crumbled spicy Italian sausage, or farm-fresh spinach


- EGGS BENNY** 10.50
-  **BENNY ON HASH BROWNS** 11.50
- HOT ITALIAN BENNY** 11.00
-  **HOT ITALIAN BENNY ON HASH BROWNS** 12.00
- EGGS FLORENTINE** 10.00
-  **FLORENTINE ON HASH BROWNS** 11.00

### SANDWICHES & OMELETS







A toasted fresh-made bun with 2 eggs, shredded Cheddar & Monterey Jack, green onion & tomato, with your choice of pancetta, crumbled spicy Italian sausage, or farm-fresh spinach


- PANCETTA DELUXE** 7.50
-  **HOT ITALIAN EGG & VEGGIE** 8.00
- EGG & VEGGIE** 7.00

 Try any of our sandwiches NAKED! Enjoy them as a 3-egg OMELET for an additional \$2.


### For Smaller Appetites

-  ½ Pancetta Deluxe Quesadilla 8.50
- ½ Egg & Veggie Quesadilla 8.00
-  ½ Eggs Benny 7.00
- ½ Benny on Hash Browns 7.50
- ½ Hot Italian Benny 7.50
-  ½ Hot Italian Benny on Hash Browns 8.00
- ½ Eggs Florentine 6.50
-  ½ Florentine on Hash Browns 7.00


### 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
- Homemade hash browns 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