



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

- 1/2 Chicken Quesadilla 9.00
- 1/2 Just Cheese Quesadilla 7.50
- 1/2 Veggie Quesadilla 8.00

WRAPS & SALADS



- BLACK BEAN & CHICKPEA - our zesty BB & CP salad with red pepper, red onion, organic corn, fresh lime juice & cilantro, shredded Cheddar & Monterey Jack, Romaine, sour cream & guacamole 11.50
- SOUTHWEST TEMPEH - black bean tempeh, brown rice, roasted yams, green onion, tomato, spinach, guacamole, salsa & hot sauce 13.00
- CRUNCHY TACO - shredded Cheddar & Monterey 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 11.50
- CHICKEN CAESAR - grilled chicken breast, Romaine & our homemade creamy Caesar dressing - served mild, medium, or spicy 10.00
- 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