





# Oh Natural Foods

**GET FRESH!**

## Lunch

### WRAPS



-  **BLACK BEAN & CHICKPEA** – our zesty salad with red pepper, red onion, organic corn, fresh lime juice & cilantro, shredded Cheddar & Monterey Jack cheeses, crisp Romaine, sour cream & guacamole 11.50
- CRUNCHY TACO** – crisp Romaine, crumbled organic corn tortilla chips, green onion & tomato, shredded Cheddar & Monterey Jack cheeses, sour cream, salsa & guacamole, with your choice of roasted chicken breast or our signature veggie chili (🍷) ❤️ 12.00
- CHICKEN CAESAR** – roasted chicken breast & crisp Romaine with our homemade creamy Caesar dressing – served mild, medium, or spicy 10.00
-  **VEGAN FEATURE** – made with fresh, local ingredients, choice of farm-fresh spinach or Romaine 11.50

### TACO BAGS



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

- ROASTED CHICKEN BREAST** ❤️ 10.00
-  **VEGETARIAN** – our signature veggie chili 10.00
-  **BLACK BEAN & CHICKPEA** – our zesty salad 10.00

### QUESADILLAS



A crisp tortilla filled with shredded Cheddar & Monterey Jack cheeses, green onion & tomato (served with sour cream, salsa & guacamole on the side), and...

- ROASTED CHICKEN BREAST** 14.00
-  **JUST CHEESE** – no veggies 12.00
-  **VEGGIE** – farm-fresh spinach 12.50
- BAJA CHICKEN** – roasted chicken breast, organic corn, black beans & chipotle 15.00
-  **BLACK BEAN & CHICKPEA** – our zesty salad 14.00

Ask us about our vegetarian/vegan, low-carb, gluten-free and dairy-free options!




### ARTISAN SOUPS & CHILIS



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




- HOT CUP** – 8 oz 5.00
- HOT BOWL** – 12 oz with a toasted bun 7.00
- TAKE-HOME FROZEN 1 LITRE** 11.00

### For Smaller Appetites

- ½ Chicken Breast Quesadilla 9.50
-  ½ Just Cheese Quesadilla 8.00
-  ½ Veggie Quesadilla 8.50
- ½ Baja Chicken Quesadilla 10.50
-  ½ Black Bean & Chickpea Quesadilla 9.50

### Extras

- Gluten-free 1.50
- Roasted chicken breast 3.00
- Cheese 2.00
- Spinach 1.00
- Toasted fresh-made bun 1.50
- Salsa, sour cream (each) 1.00
- Guacamole 2.50

 – Gluten-free    – Vegetarian    – Vegan

❤️ – Signature Item

ALL PRICES INCLUDE TAX