NATURE'S CORNER


FARM FRESH FARE

Daily Specials | Catering | Takeout + Delivery
I Local Goods | Allergen + Vegan Friendly Juice \& Coffee Bar

## RISE \& GRIND

 HOUSE COFFEE \& TEA'S| E S PRESSO B A S E D |  |  |
| :---: | :---: | :---: |
| SINGLE SHOT $2 /$ |  |  |
| DOUBLE SHOT 2.5/ |  |  |
| TRIPLE SHOT 3 / |  |  |
|  | $160 z$ | 240 z |
| MACCHIATTO | 4 / | 5/ |
| AMERICANO | $3 /$ | 4 / |
| CAPPUCCINO | 4 / | $5 /$ |
| CAFE LATTE | 4 / | 5/ |
| FLAT WHITE | 4 / | 5/ |
| MOCHA | 4 / | $5 /$ |
| CAFEFAVORITES |  |  |

CAFÈ CON LECHE
NITRO COLD BREW
TRES LECHES COLD BREW LATTE


VANILLA COLD BREW 5/ 7/
ALMOND MILK LATTE 5/ 7/ MAPLE OAT LATTE 5/ 7/
TEA \& OTHER DRINKS
BLACK TEA 3/ 4/
RASPBERRY HIBISCUS 3/ 4 /
MANGO GREEN TEA 4/ 5/

MATCHA GREEN
TEA LATTE
160 z 240z CHAILATTE
$5 / \quad 7 /$
TUMERIC GINGER
CHAI LATTE
5/ 6/
5/ 7/
6/ 8/ CARAMEL COLD BREW MACCHIATTO $6 / 8 /$

LONDON FOG
5/ 6/
GOLDEN MILK LATTE 5/ $7 /$

LONDON FOG

ALL 240 Z DRINKS ARE ICED

## WAKE UP CALL BREAKFASTMENU

## SWEET \& SAVORY TOASTS

9 / RICOTTA, SEASONAL BERRIES \& DRIZZLED JAM

ALMOND BUTTER, BANANAS, COCONUT, 9 / SLICED ALMONDS,

TOPPED W/ LOCAL HONEY
CREATE YOUR OWN AVO TOAST
CHOOSE 3: FETA, GOAT CHEESE, GREENS,
11 ARTICHOKES, ONION, ROASTED PEPPERS,
TOMATO, BERRIES, BANANA, CHIA \& HEMP
ADD EGGS + 2

## B OW LS

ROLLED OAT BOWL
CHOOSE 3 TOPPINGS:
PEANUT BUTTER, ALMOND BUTTER, JAM,
banana, seasonal berries, agave,
LOCAL HONEY, CHIA SEEDS, MAPLE SYRUP, HEMP, ALMONDS, WALNUTS, RAISINS \& GOJI BERRIES I ADD ON'S +. 75 I

CREATE YOUR OWN ACAI BOWL
W/ YOUR CHOICE OF SIX TOPPINGS:
GRANOLA, BANANA, STRAWBERRY, MANGO,
13 / KIWI, BLUEBERRY, RASPBERRY, PINEAPPLE, GRAPES, PITAYA, COCONUT, CACAO NIBS, HEMP, CHIA, GOGI BERRIES, HONEY,
AGAVE, ALMOND BUTTER OR
PEANUT BUTTER
| ADD ON'S +. 75 |

THE CLASSIC AÇAÍ BOWL SEASONAL BERRIES, PINEAPPLE, BANANA, GRANOLA, COCONUT, CHIA SEEDS \& LOCAL RAW HONEY

SAVORY BREKKIE BOWL ANCIENT GRAIN QUINOA \& BROWN RICE, ROASTED RED PEPPERS, GRILLED ONIONS, CHOPPED TOMATO, AVOCADO MASH W/ A POACHED OR SCRAMBLED EGG

SUPERFOOD BREKKIE BOWL ANCIENT GRAIN QUINOA APPLES, PEANUT BUTTER, CINNAMON, HEMP \& AGAVE

## SATISFYING STARTERS

BUILD YOUR OWN EGG WRAP OR BOWL
CHOOSE THREE:
11 / SPINACH,TOMATOES, MUSHROOMS, PEPPERS, ONIONS, AVO, FETA, PROVOLONE, CHEDDAR, SWISS, HAM, BACON OR TURKEY

## AMERICANA SAMMIE

$10 /$ EGG, SPINACH, BACON \& TOMATO W/ YOUR CHOICE OF BREAD \& CHEESE

# TRENDY BLENDS S MOOTHIES 

## GREEN GOODNESS

SWEET N GREEN
$8 / 10$ BANANA, SPINACH, KALE, PINEAPPLE \& COCONUT

## SUPER CHARGE

$8 / 10$ POWER GREENS, BANANAS, SEASONAL BERRIES, APPLES GOLDEN FLAX \& GINGER

## BRAVOCADO

$8 / 10$ AVOCADO, PINEAPPLE \& BEETS

PEACHY KEEN
$9 / 11$
PEACHES, SPINACH
OATMILK, CHIA, BANANAS
\& LOCAL HONEY
MATCHA MADNESS
$9 / 11$ AVOCADO, GREENS, MANGO
\& MATCHA GREEN TEA

## IMMUNE BOOSTER

$9 / 11$ FLAX, CAYENNE, AVO, LEMON, MANGO \& COCONUT H2O

## SIMPLY SWEET

CHUNKY MONKEY
$6 / 8$ BANANAS, PEANUT BUTTER
CHOCOLATE \& SKIM MILK


16 oz
$240 z$


GOLDEN GODDESS
TUMERIC,BANANA, HONEY, ALMOND MILK, CINNAMON CARDAMOM \& GINGER

NO ORDINARY OATS
STEEL CUT OATS, BANANAS, ALMOND BUTTER, OAT MILK \& LOCAL HONEY

## BLU MOON

BLUEBERRIES, BANANAS, RASPBERRIES, OAT MILK \& LOCAL HONEY

PINA COLADA
PINEAPPLE, TOASTED COCONUT BLENDED W/ BANANA \& COCONUT MILK

TROPICAL TWIST KALE, MANGO, PINEAPPLE, STRAWBERRIES, LIME \& MINT

## ADD ON'S +1.5

ALTERNATIVE MILK, CHIA SEEDS, PEANUT BUTTER, ALMOND BUTTER, SUNBUTTER, GOLDEN FLAX, HEMP, GRANOLA, GINGER, PROTEIN, MATCHA \& TURMERIC

# THE JUICE BOX 

 COLD PRESSED JUICES \& WELLNESS SHOTS
## OUR FAV JUICES

7/9 CARROT \& BEET
GINGER, BEET, LEMON
$8 / 10$ \& SELTZER
$8 / 10$ CUKES, APPLE, LEMON
$7 / 9$
$7 / 9$
$7 / 9$
$7 / 9$
$7 / 8$


16 oz
$240 z$
\& GINGER

CARROT, PINEAPPLE, LEMON \& MINT
$8 / 10$ CELERY, WATERMELON \& MINT
$8 / 10$ STRAWBERRY, APPLE, LIME \& COCONUT MILK

4/5 HOUSE MADE LEMONADE

## GLOWING GREEN

CARROT, POWER GREENS, BEET \& PINEAPPLE PARSLEY, POWER GREENS, CELERY \& GINGER

POWER GREENS, APPLE, CUKES \& LEMON

CARROTS, POWER GREENS,
APPLES \& COCONUT H2O
CARROT, CELERY \& LIME

## ANTIOXIDANT ASSISTANT


$9 / 11$

9/11
$9 / 11$

COCONUT H20, LIME GINGER \& BLUEBERRY

CELERY, APPLE, LEMON \& PURPLE CABBAGE BLUEBERRY, MATCHA, COCONUT H2O \& LEMON

BEET, LEMON, CUCUMBER \& BLUEBERRY

9/11 AÇAÍ, POWER GREENS, CHIA \& COCONUT H2O

CREATE YOUR OWN SHOT

CHOOSE 2: APPLE, BEET, CARROT, GRAPES, PINEAPPLE, CELERY, CUKES, LIME, LEMON, MINT, CAYENNE, GINGER, SEASONAL GREENS OR BERRIES

ALLERGEN ACCOMMODATIONS AVAILABLE FOR ALL MENU

# LET'S DO LUNCH 

S A N D W I CHES, S ALADS \& W R AP S



# CREATE YOUR OWN 

SANDWICH,SALAD OR WRAP

## STEP 1 CHOOSE YOUR BASE

SAMMIES: FRESH BAKED SOURDOUGH, BUTTER BREAD, SEEDED SOURDOUGH GLUTEN FREE LOAF ALSO AVAILABLE I CELIAC FRIENDLY I WRAPS: WHOLE WHEAT, SPINACH, TOMATO \& GARLIC HERB SALADS: CHOICE OF ROMAINE, SEASONAL GREENS, SPINACH OR TOSS IT UP

## PACK IT WITH PROTEIN STEP 2

 OVEN ROASTED TURKEY, APPLEWOOD SMOKED HAM,LEAN ROAST BEEF, GRILLED CHICKEN, SUSTAINABLE ALBACORE TUNA SALAD MOTHER HEN'S CHICKEN SALAD; WHITE CHUNK, DIJON, WALNUT RAISIN OR CURRY VEGAN CHICK'N SALAD, VEGAN TUNA SALAD, HUMMUS OR EGG SALAD

## STEP 3 DRAG IT TROUGH THE GARDEN

ROMAINE, MIXED GREENS, VINE RIPE TOMATOES, SPROUTS, SHREDDED CARROTS, CUCUMBERS, PEPPERS, CHOPPED RED CABBAGE \& SCALLIONS.

$$
\text { ADD ON'S + \$1 STEP } 4
$$

bacon, WALNUTS, ALMONDS, PECANS, HEMP, CHIA, FLAX, SUNFLOWER SEEDS,
OLIVES, PICKLES, SWEET PEPPERS, JALAPENOS, SWISS, BLUE CHEESE, PEPPER JACK, CHEDDAR, FETA, MANCHEGO, GOAT CHEESE \& PROVOLONE AVOCADO I SEASONAL MKT PRICE I

## STEP 5 S A UCE IT UP

BALSAMIC VINAIGRETTE, HOUSE ITALIAN, VEGAN HONEY MUSTARD, RANCH, RASPBERRY VINAIGRETTE, SUNNY SAUCE, BLUE CHEESE \& SEASONAL HOUSE DRESSING

# NATURE'S NOURISHMENT 

## ALL ABOUT AVO

AVOCADO TOAST
TOPPED WITH SPROUTS, CAYENNE,
FRESH LEMON SERVED W/A HOUSE PASTA SALAD OR FRESH SEASONAL FRUIT ADD VEGAN EGGS +1.5

AVOCADO \& HUMMUS PLATTER BED OF GREENS, OLIVES, CUKES,
12 / CARROTS, TOMATO, PEPPERS SERVED W/ A WARM PITA
ADD FETA +1

## BALANCED BOWLS

THE POWERHOUSE
13 / POWER GREENS. QUINOA, HUMMUS, OLIVES, CHOPPED CUKES, TOMATO, CARROTS \& LEMON AVOCADO MASH

GRILLED VEGGIE PLATTER GRILLED SEASONAL VEGGIES,
12 QUINOA \& HEMP SERVED W/ BALSAMIC VINAIGRETTE

## OUR VEGAN FAVS

GRECIAN CHIC'N
CHIC PEAS, ROASTED RED
13 / PEPPERS, RED ONIONS, OLIVES, CUKES, ARTICHOKES, TOMATO, SPROUTS
SERVED W/ A WARM PITA
VEGGIE BURRITO
QUINOA, RICE, POWER GREENS,
12 / TOMATO, AVOCADO MASH, CARROTS, MIXED NUTS \& FRESH HERBS
W/ A SPICY HABANERO SAUCE
VEGAN TUNA MELT
"TUNA", VEGAN SWISS, TOMATO \& AVO MASH

# GRILLED GOODNESS PRESSED PANINI'S 

## FRESH FAVORITES

MEDITERRANEAN STACK
SPINACH, ARTICHOKE,
12 / TOMATO, GRILLED ONIONS, ROASTED PEPPERS, RICOTTA \& PROVOLONE

VEGAN SUPREME
AVO SPREAD, SEASONAL
$12 /$ GREENS, ZUCCHINI, TOMATO,
ONION, MUSHROOMS
\& A VEGAN GARLIC AOLI
CURRY PANINI
12 / TURKEY, SWISS, SLICED
APPLES, WALNUTS, RAISINS
\& A CURRY AOLI

PESTO POWER
12 / CREAMY MANCHEGO, TOMATO
\& GRILLED CHICKEN
ROAST BEEF \& PROVOLONE
13/ONIONS, MUSHROOMS
\& A HORSERADISH AOLI
LOVE CLUB
TURKEY, BACON, AVO,
$13 /$ TOMATOES, LETTUCE,
PEPPER JACK \& A GARLIC AOLI

## CHEESY CREATIONS

THREE CHEESE \& TOMATO
$10 /$ PROVOLONE, MANCHEGO, RICOTTA, TOMATO \& BASIL

OUR CUBAN
SWISS, GARLIC MUSTARD AIOLI, PICKLES, BACON
\& APPLEWOOD SMOKED HAM

TURKEY SWISS
$12 /$ SPINACH, TOMATO
\& A ROSEMARY GARLIC AOLI

TUNA MELT
12 / ALBACORE TUNA, SWISS
\& AVO

JALAPENO POPPER
PEPPER JACK, JALAPENO,
RED ONION, BACON, AVO
\& APPLEWOOD SMOKED HAM
OH HONEY
$12 /$ TURKEY, APPLES, HONEY \& WHITE CHEDDAR

SERVED W/ OUR
HOUSE PASTA SALAD ADD A SIDE SALAD + 4

ALLERGEN ACCOMMODATIONS AVAILABLE FOR ALL MENU ITEMS

# BELOVED BITES HOUSE FAVORITES 

## B O W L S

VEGAN TUNA BOWL
GREENS, VEGAN TUNA, QUINOA,
SPROUTS, SIRACHA ROASTED
PEANUTS, RED CABBAGE,
CARROTS W/ OUR SUNNY SAUCE
THE BOD
GRILLED CHICKEN,QUINOA
$13 /$ SAUTEED SPINACH, HARD
BOILED EGG \& AVO.
ADD GOAT CHEESE +1

FARM FRESH
GREENS, GRILLED CHICKEN,
12 APPLES, GRAPES, WALNUTS, RED ONION, SUNFLOWER SEEDS \& SUNNY SAUCE

THAI BOWL
RED CABBAGE, CARROTS,
CHICKPEAS, EDAMAME, PEANUTS, SCALLIONS, TOMATOES, CUCKES,
HEMP \& CHIA W/ A SPICY
PEANUT SAUCE

## SALADS

THE WILEY'S
CHOICE OF 2 :
12/ HALF SAMMIE, CUP OF SOUP, SMALL SALAD, FRUIT MEDLEY
OR HOUSE PASTA SALAD

## SUNSHINE SALAD

 GREENS, ORANGES,STRAWBERRIES, RED GRAPES, SLICED ALMONDS \& RASPBERRY VINAIGRETTE. ADD FETA +1 WANT A PROTEIN BOOST? +3

## THE GREEK

GREENS, TOMATOES, CUCUMBERS,
13 / RED ONION, KALAMATA OLIVES, SPROUTS,FETA, GRILLED CHICKEN, \& HOUSE GREEK DRESSING

## CHOPPED COBB

GREENS, BACON, BLUE CHEESE,
13 GRILLED CHICKEN, GREENS, AVO, HARD BOILED EGG, RED ONION, VINE RIPE TOMATOES \& SPROUTS.

## CHEF SALAD

GREENS, TOMATOES,
SPROUTS, PURPLE CABBAGE, CARROTS, CHEDDAR, HARD BOILED EGG, TURKEY \& HAM

THE CORNER SAMPLER
13 / CHOICE OF 3 PROTEINS, SIDE
SALAD SERVED W/ SEASONAL
FRUIT \& WHOLE WHEAT PITA

ALLERGEN ACCOMMODATIONS AVAILABLE FOR ALL MENU ITEMS

WE CAN'T THANK YOUENOUGH FOR YOUR CONTINUEDSUPPORT. FACH TIMFYOUCHOOSFUS, YOU ARE HELPINGOTHER SMALLBUSINESSES GROW.

THANK YOU FOR HELPING US CONTINUE TO SUPPORT O U R COMM UNITY.

GRATEFULLY, THE NATURE'S CORNER CREW

PLEASE DON'T HESITATE TO LEAVE US A REVIEW ON SOCIAL MEDIA

## NATURE'S CORNER CAFE

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