

NATURE'S CORNER



FARM FRESH FARE

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

HOUSE COFFEE & TEA'S

S

ESPRESSO BASED

SINGLE SHOT 2/

DOUBLE SHOT 2.5/

TRIPLE SHOT 3/

	160Z	240Z
MACCHIATTO	4/	5/
AMERICANO	3/	4/
CAPPUCCINO	4/	5/
CAFE LATTE	4/	5/
FLAT WHITE	4/	5/
MOCHA	4/	5/

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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 5/ 7/

CAFE FAVORITES

16 oz 2

24oz

CHAI LATTE

4/ 5/

CAFÈ CON LECHE

5/

7/

7/

8/

TUMERIC GINGER CHAI LATTE

5/ 6/

NITRO COLD BREW

5/

TRES LECHES COLD BREW LATTE

6/

GOLDEN MILK LATTE

5/ 7/

CARAMEL COLD BREW MACCHIATTO 6/

5/ 8/

LONDON FOG

5/ 6/

ICED ESPRESSO LATTE

5/ 6/

ALTERNATIVE MILKS & SWEETENERS AVAILIBLE

ALL 240Z DRINKS ARE ICED

WAKE UP CALL

BREAKFAST MENU

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

BOWLS

ROLLED OAT BOWL

CHOOSE 3 TOPPINGS:

9 / PEANUT BUTTER, ALMOND BUTTER, JAM, BANANA, SEASONAL BERRIES, AGAVE, LOCAL HONEY, CHIA SEEDS, MAPLE SYRUP, HEMP, ALMONDS, WALNUTS, RAISINS & GOJI BERRIES | ADD ON'S +.75 |

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
L ADD ON'S +.75 |

12/ 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

12/ 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

SMOOTHIES

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 H20

SIMPLY SWEET

CHUNKY MONKEY

6/8 BANANAS, PEANUT BUTTER
CHOCOLATE & SKIM MILK



16 oz 24 oz

WANT A BOOST?

COLLAGEN

+ 3

SPIRULINA

+ 3

PROTFIN

+ 2

ESPRESSO

+ 2

GOLDEN GODDESS

9/11 TUMERIC, BANANA, HONEY, ALMOND MILK, CINNAMON CARDAMOM & GINGER

NO ORDINARY OATS

9/11 STEEL CUT OATS, BANANAS, ALMOND BUTTER, OAT MILK & LOCAL HONEY

BLU MOON

9/11 BLUEBERRIES, BANANAS, RASPBERRIES, OAT MILK & LOCAL HONEY

PINA COLADA

8/9 PINEAPPLE, TOASTED COCONUT BLENDED W/ BANANA & COCONUT MILK

TROPICAL TWIST

9/10 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
 - % SELTZER
- 8/10 CUKES, APPLE, LEMON & GINGER
- 8/10 CARROT, PINEAPPLE, LEMON & MINT
- 8/10 CELERY, WATERMELON & MINT
- 8/10 STRAWBERRY, APPLE, LIME & COCONUT MILK
- 4/5 HOUSE MADE LEMONADE

GLOWING GREEN

- 7/9 CARROT, POWER GREENS,
 BEET & PINEAPPLE
- 7/9 PARSLEY, POWER GREENS, CELERY & GINGER
- 7/9 POWER GREENS, APPLE, CUKES & LEMON
- 7/9 CARROTS, POWER GREENS, APPLES & COCONUT H20
- 7/8 CARROT, CELERY & LIME



16 oz24oz

POWER UPS +2

ACAI, GINGER,
PROTIEN, CHIA,
HEMP, FLAX,
TURMERIC,
HONEY, AGAVE,
GOLDEN FLAX,
ESPRESSO
& SELTZER

ANTIOXIDANT ASSISTANT

- 9/11 COCONUT H20, LIME GINGER & BLUEBERRY
- 9/11 CELERY, APPLE, LEMON & PURPLE CABBAGE
- 9/11 BLUEBERRY, MATCHA, COCONUT H20 & LEMON
- 9/11 BEET, LEMON, CUCUMBER & BLUEBERRY
- 9/11 AÇAÍ, POWER GREENS, CHIA & COCONUT H20

CREATE YOUR OWN SHOT

CHOOSE 2:

APPLE, BEET, CARROT,

4/ GRAPES, PINEAPPLE, CELERY, CUKES, LIME, LEMON, MINT, CAYENNE, GINGER, SEASONAL GREENS OR BERRIES

LET'S DO LUNCH

SANDWICHES, SALADS & WRAPS



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 | CELIAC FRIENDLY | 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 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.

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 | SEASONAL MKT PRICE |

STEP 5 SAUCE IT UP

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

NATURE'S NOURISHMENT

VEGAN & VEGETARIAN MENU



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

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

"BURGERS"

LOCALLY SOURCED VEGGIE BURGER

12/ W/ SEASONAL MIXED GREENS, TOMATO, SPROUTS, VEGAN AOLI & HOUSE PASTA SALAD

GRILLED PORTOBELLO BURGER

W/OUR HOUSE SMOKEY SAUCE
12/ MIXED SEASONAL GREENS,
TOMATOES, SPROUTS, RED CABBAGE
& CUKES

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

12/ "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

12/ 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

13/ 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

BELOVED BITES

HOUSE FAVORITES

BOWLS

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,
12/ 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,
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



WE CAN'T THANK YOU ENOUGH
FOR YOUR CONTINUED SUPPORT.
EACH TIME YOU CHOOSE US,
YOU ARE HELPING OTHER
SMALL BUSINESSES GROW.

THANK YOU FOR HELPING US CONTINUE TO SUPPORT OUR COMMUNITY.

GRATEFULLY,
THE NATURE'S CORNER CREW

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

NATURE'S CORNER CAFE

2480 S CONGRESS AVE, WPB FL 33406
| 561.964.5969 | NATURESCORNERWPB.COM|
| INFO@NATURESCORNERWPB.COM|