

Sandwiches

Gluten Free Bread Available for All Sandwiches

Chicken Sandwich - \$7.50

Wheat Bread, Vegenaïse, Chicken, Sprouts, Vegan or Dairy Cheese, Cucumber, Lettuce. Add avocado \$1.00.

Veggie Meat Sandwich - \$7.50

Wheat Bread, Vegenaïse, Sprouts, Tofurky, Vegan Cheddar Cheese, Cucumber, and Lettuce. Add avocado for \$1.00.

Nature's Veggie Sandwich - \$7.50

Wheat Bread, Vegenaïse, Cream Cheese, Spike, Cucumber, Sprouts, Avocado, Tomato. Try it by adding or subbing Jen's Micro Greens.

PB&J or AB&J - \$5.50

Wheat Bread, freshly ground Peanut Butter or Almond Butter and Jelly.

Bagels

Bagel/Toast & Spread - \$4.00

Sprouted wheat bagel with your choice of spread: cream cheese, vegan cream cheese, peanut butter, almond butter, hummus, or avocado.

Vegetarian Bagel - \$6.00

Sprouted wheat bagel with regular or vegan cream cheese, tomato, and avocado.

Soup

Bowl of Soup - \$5.50

Cup of Soup - \$4.00

A variety of vegetable & legume soups changing regularly.

Wraps

Chicken & Veggie Wrap - \$7.50

Spinach Wrap, Chicken, Garlic Hummus, Sprouts, Spinach, Bell Pepper, Shredded Carrots. and Cucumber. Add avocado \$1.00. Substitute veggie meat for chicken.

Nature's Veggie Wrap - \$7.00

Spinach Wrap, Garlic Hummus, Sprouts, Cucumber, Carrot, Bell Pepper, Spinach, Spike. Add avocado \$1.00.

Greek Wrap - \$8.00

Spinach Wrap, Hard Boiled Egg, Feta, Cucumber, Red Onion, Walnuts, Dried Cranberries and locally grown Jen's Micro Greens.

Veggie Burrito - \$8.50

Rice and Beans, Lettuce, Pico de Gallo, Sliced Olives, Avocado and locally-made Dianne's Salsa all wrapped in a Flour Tortilla.

Breakfast Burrito - \$8.50

Hashbrowns, Rice and Beans, Pico de Gallo, Avocado and locally-made Dianne's Salsa wrapped in a Flour Tortilla.

Grab & Go

Find all your favorites premade and ready to go in the Grab & Go Cooler.

Customs

Ask us about adding boosters to you favorites. Or fill out a custom form and we'll make a sandwich, wrap, salad, juice or smoothie just the way you like it.

Salads & More

Greek Salad - \$8.00

Spring Mix, Hard Boiled Egg, Feta, Cucumber, Red Onion, Walnuts, Dried Cranberries and locally grown Jen's Micro Greens.

Green Power Salad - \$7.00

Spring Mix, Sprouts, locally-grown Jen's Micro Greens, Cucumber, Garbanzo Beans and Sunflower Seeds.

Nature's House Salad - \$6.00

Leafy Greens, Cucumber, Sprouts, Carrot, Bell Pepper and Almonds.

Haystack - \$8.50

Tortilla Chips topped with Rice and Beans, Lettuce, Pico de Gallo, Sliced Olives, Salsa, Avocado, and locally-made Dianne's Salsa.

Rice Bowl - \$7.50

Rice and Beans in a bowl topped with Lettuce, Pico de Gallo, Sliced Olives, Salsa, Avocado and locally-made Dianne's Salsa.



Our juices, smoothies and deli foods are made from the best organic, natural and local ingredients. As we see it, what's best for you doesn't fall far from the tree.

1907 4th St La Grande
541-963-7955
Menu is online:
www.naturespantry.life