

# Smoothies

## Strawberry Patch

12oz - \$6.00 / 16oz - \$7.50

Strawberry, Banana, Lime, Apple Juice

## Mangoberry

12oz - \$6.00 / 16oz - \$7.50

Mango, Strawberry, Honey, Coconut Milk

## Lava Flow

12oz - \$6.00 / 16oz - \$7.50

Strawberry, Pineapple, Banana, Honey, Coconut Milk

## Chocolate Peanut Butter

12oz - \$6.00 / 16oz - \$7.50

Chocolate Syrup, PB, Banana, Coconut Milk

## Razzleberry

12oz - \$6.00 / 16oz - \$7.50

Raspberry, Pineapple, Banana, Coconut Milk

## Strawberry Banana

12oz - \$6.00 / 16oz - \$7.50

Strawberry, Banana, Coconut Milk

## Green Delight

12oz - \$6.00 / 16oz - \$7.50

Spinach, Pineapple, Banana, Ginger, Coconut Milk

## Blueberry Blast

12oz - \$6.00 / 16oz - \$7.50

Blueberry, Banana, Vanilla, Yogurt, Almond Milk. Add whey for \$1.00.

**Kids Smoothies \$5 ONLY**  
any 12 oz smoothie  
for kids 12 and under.

## Breakfast Smoothie

12oz - \$6.00 / 16oz - \$7.50

Banana, Oats, Honey, Cinnamon, Chocolate, Chocolate Syrup, Almond Milk, Iced Coffee. Add whey for \$1.00.

## Protein Blast

12oz - \$6.00 / 16oz - \$7.50

Banana, PB, Vanilla Whey, Honey, Cinnamon, Almond Milk

## Green Goddess

12oz - \$6.00 / 16oz - \$7.50

Wheatgrass, Spinach, Lime, Apple Juice, Pineapple, Banana, Coconut Milk

# Smoothie Bowls

## Acai Bowls

8oz - \$5.00 / 16oz - \$8.00

Sambazon Organic Acai with any four toppings below.

## Smoothie Bowls

12oz - \$6.50 / 16oz - \$8.00

Make any Smoothie a Bowl and add any two toppings below.

### Pick from these toppings:

Chia Seeds, Hemp Hearts, Granola, Coconut Flake, Almonds, Walnuts, Flax Seeds, Peanut Butter, Almond Butter, Honey, Blueberries, Strawberries, Raspberries, Bananas.

*See our Booster Menu for more toppings and add ons :)*

# Juices

## Orange Sunshine

12oz - \$6.00 / 16oz - \$7.50

Orange, Apple, Kale, Spinach, Lemon, Ginger

## Farmer's Favorite

12oz - \$6.00 / 16oz - \$7.50

Beet, Carrot, Apple, Lime, Ginger

## Immune Booster

12oz - \$6.00 / 16oz - \$7.50

Orange, Apple, Carrot, Ginger, Cinnamon

## Emerald Bliss

12oz - \$6.00 / 16oz - \$7.50

Cucumber, Celery, Lemon, Ginger, Cayenne

## Green Cleanse

12oz - \$6.00 / 16oz - \$7.50

Cucumber, Celery, Spinach, Kale, Parsley, Lemon, Ginger

## Gateway Blend

12oz - \$6.00 / 16oz - \$7.50

Kale, Celery, Apple, Lemon, Ginger

# Bare Culture Kombucha

Four rotating taps of BCK out of Cordellaine, ID. Low sugar. High probiotics.

**\$0.20 per ounce**

16oz - \$3.20

32oz - \$6.40

64oz - \$12.80

## BCK Glass Bottles

16oz - \$3.99

32oz - \$5.99

64oz - \$7.99

# 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](http://www.naturespantry.life)