

Smoothies

Strawberry Patch

12oz - \$7.00 / 16oz - \$8.50

Strawberry, Banana, Lime, Apple Juice

Mangoberry

12oz - \$7.00 / 16oz - \$8.50

Mango, Strawberry, Honey, Coconut Milk

Lava Flow

12oz - \$7.00 / 16oz - \$8.50

Strawberry, Pineapple, Banana, Honey, Coconut Milk

Chocolate Peanut Butter

12oz - \$7.00 / 16oz - \$8.50

Chocolate Syrup, PB, Banana, Coconut Milk

Razzleberry

12oz - \$7.00 / 16oz - \$8.50

Raspberry, Pineapple, Banana, Coconut Milk

Strawberry Banana

12oz - \$7.00 / 16oz - \$8.50

Strawberry, Banana, Coconut Milk

Green Delight

12oz - \$7.00 / 16oz - \$8.50

Spinach, Pineapple, Banana, Ginger, Coconut Milk

Blueberry Blast

12oz - \$7.00 / 16oz - \$8.50

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

Kids Smoothies \$6 ONLY
Any 12 oz smoothie
for kids 12 and under.

Breakfast Smoothie

12oz - \$7.00 / 16oz - \$8.50

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

Protein Blast

12oz - \$7.00 / 16oz - \$8.50

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

Green Goddess

12oz - \$7.00 / 16oz - \$8.50

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

Smoothie Bowls

Acai Bowls

\$8.00

Sambazon Organic Acai with one fruit and any three other toppings below.

Smoothie Bowls

\$8.50

Make any Smoothie a Bowl and add one fruit and any one other topping below.

Pick from these toppings:

FRUIT: Blueberries, Strawberries, Raspberries, Bananas. **MORE:** Chia Seeds, Hemp Hearts, Granola, Coconut Flake, Dark Chocolate Chips, Almonds, Walnuts, Flax Seeds, Peanut Butter, Almond Butter, Honey.

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

Juices

Orange Sunshine

12oz - \$7.00 / 16oz - \$8.50

Orange, Apple, Kale, Spinach, Lemon, Ginger

Farmer's Favorite

12oz - \$7.00 / 16oz - \$8.50

Beet, Carrot, Apple, Lime, Ginger

Immune Booster

12oz - \$7.00 / 16oz - \$8.50

Orange, Apple, Carrot, Ginger, Cinnamon

Emerald Bliss

12oz - \$7.00 / 16oz - \$8.50

Cucumber, Celery, Lemon, Ginger, Cayenne

Green Cleanse

12oz - \$7.00 / 16oz - \$8.50

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

Gateway Blend

12oz - \$7.00 / 16oz - \$8.50

Kale, Celery, Apple, Lemon, Ginger



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

Sandwiches

Gluten Free Bread available upon request

Chicken Sandwich - \$8.50

Wheat Bread, Chicken, Nature's Garden Spread, Cheese, Lettuce, Sprouts, Cucumber, Onion, Pickle. Add Avocado \$1.

Vegetarian Sandwich - \$8.50

Wheat Bread, Veggie Meat, Nature's Garden Spread, Cheese, Lettuce, Sprouts, Cucumber, Onion, Pickle. Add Avocado \$1.

Vegan Sandwich - \$8.50

Wheat Bread, Vegan Meat, Nature's Garden Spread, Vegan Cheese, Lettuce, Sprouts, Cucumber, Onion, Pickle. Add Avocado \$1.

Nature's Veggie Sandwich - \$8.50

Wheat Bread, Nature's Garden Spread, Lettuce, Sprouts, Cucumber, Onion, Pickle, Tomato, Avocado.

Bagels

Greek Bagel - \$8.00

Sprouted wheat bagel with egg, feta, spinach, veganaise, garlic, sea salt and basil.

Bagel/Toast & Spread - \$6.00

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

Vegetarian Bagel - \$7.00

Sprouted wheat bagel with Nature's Garden Spread, Cucumber, Tomato, and Avocado.

Wraps

Gluten Free Wraps available upon request

Chicken Wrap - \$8.50

Spinach Wrap, Chicken, Nature's Garden Spread, Lettuce, Sprouts, Cucumber, Onion, Pickle, Tomato. Add Avocado \$1.

Vegetarian Wrap - \$8.50

Spinach Wrap, Veggie Meat, Nature's Garden Spread, Lettuce, Sprouts, Cucumber, Onion, Pickle, Tomato. Add Avocado \$1.

Vegan Wrap - \$8.50

Spinach Wrap, Vegan Meat, Nature's Garden Spread, Lettuce, Sprouts, Cucumber, Onion, Pickle, Tomato. Add Avocado \$1.

Greek Wrap - \$8.50

Spinach Wrap, Hard Boiled Egg, Nature's Garden Spread, Feta Cheese, Salad Mix, Cucumber, Red Onion, Walnuts, Dried Cranberries. Add Avocado \$1.

Veggie Burrito - \$9.50

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

Breakfast Burrito - \$9.50

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

Nature's Garden Spread

Tofutti Vegan Cream Cheese, Veganaise, Chopped Olives, Minced Garlic, Onion Flakes, Sea Salt.

Salads & More

Greek Salad - \$8.50

Spring Mix, Hard Boiled Egg, Feta, Cucumber, Red Onion, Walnuts, Dried Cranberries.

Green Power Salad - \$8.00

Spring Mix, Sprouts, Cucumber, Tomatoes, Garbanzo Beans and Sunflower Seeds.

Nature's House Salad - \$7.00

Spring Mix, Cucumber, Sprouts, Tomatoes, Almonds.

Haystack - \$9.50

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

Rice Bowl - \$9.50

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

Soup

Bowl of Soup - \$6.50

Cup of Soup - \$5.00

A variety of vegetable & legume soups changing regularly.

Customs

Add boosters or fill out a custom form and we'll make a sandwich, wrap, salad, juice or smoothie just the way you like it.