

# Smoothies

## **Strawberry Patch - \$10**

Strawberry, Banana, Lime, Apple Juice

## **Mangoberry - \$10**

Mango, Strawberry, Honey, Apple Juice, Ice

## **Lava Flow - \$9**

Strawberry, Pineapple, Banana, Honey, Coconut Milk, Apple Juice, Ice

## **Chocolate Peanut Butter - \$9**

Chocolate Syrup, Chocolate Powder, PB, Banana, Coconut Milk, Ice

## **Razzleberry - \$10**

Raspberry, Pineapple, Banana, Coconut Milk, Honey, Ice

## **Green Goodness - \$10**

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

## **Green Delight - \$9**

Spinach, Pineapple, Banana, Ginger, Coconut Milk

## **Blueberry Blast - \$10**

Blueberry, Banana, Dairy-Free Yogurt, Almond Milk, Ice

## **Purple Power Punch - \$10**

Almond Milk, Ice, Banana, Blueberries, Spinach, Peanut Butter, Chocolate Protein Powder, Cinnamon.

## **Protein Blast - \$10**

Banana, PB, Protein Powder, Honey, Cinnamon, Almond Milk, Ice

## **Nitric Oxide Explosion - \$10**

Raspberry, Banana, Beet, Strawberry, Honey, Ice, Water (Credit to Dr. Daniel Nuzum)

# Juices

## **Orange Sunshine - \$9**

Orange, Apple, Kale, Spinach, Lemon, Ginger

## **Farmer's Favorite - \$9**

Beet, Carrot, Apple, Lime, Ginger

## **Immune Booster - \$10**

Orange, Apple, Carrot, Ginger, Cinnamon

## **Emerald Bliss - \$9**

Cucumber, Celery, Lemon, Ginger, Cayenne

## **Green Cleanse - \$10**

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

## **Gateway Blend - \$10**

Kale, Celery, Apple, Lemon, Ginger

## **Custom Smoothies & Juices - \$11**

Fill out a custom form just the way you like it

## **Kids Smoothies - \$6**

Any smoothie above for kids 12 and under

# Acai Bowls

## **Acai Bowls - \$9**

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

**FRUIT TOPPINGS:** Blueberries, Strawberries, Raspberries, Blackberries, Bananas. All fruit is seasonally available

**OTHER TOPPINGS:** Chia Seeds, Hemp Hearts, Granola, Shredded, Coconut, Dark Chocolate Chips, Almonds, Walnuts, Flax Seeds, Peanut Butter, Almond Butter, Honey

# Chai Tea & Herbal Tea

**Oregon Chai Tea - \$3.50**

**Select Herbal Tea - \$3.50**



## Sandwiches, Wraps & More

*Check Grab & Go Cooler for PreMades.  
Gluten Free Bread, Gluten Free Wraps,  
Gluten Free Bagels & Sprouted Wheat  
Bagels upon request.*

### **Turkey Sandwich - \$12**

Wheat Bread, Turkey, Vegenaïse, Cheese, Lettuce, Sprouts, Cucumber, Onion, Pickle. Add Avocado \$1

### **Veggie Sandwich - \$11**

Wheat Bread, Vegenaïse, Cheese, Lettuce, Sprouts, Cucumber, Onion, Pickle. Add Avocado \$1. Add Tofurky or Meatless Chicken \$1

### **Turkey Wrap - \$12**

Spinach Wrap, Turkey, Hummus, Lettuce, Sprouts, Cucumber, Onion, Pickle, Tomato, Spike. Add Avocado \$1. Add dairy or non-dairy Cheese \$1

### **Veggie Wrap - \$11**

Spinach Wrap, Veggie Meat, Hummus, Lettuce, Sprouts, Cucumber, Onion, Pickle, Tomato, Spike. Add Avocado \$1. Add Tofurky or Meatless Chicken \$1. Add dairy or non-dairy Cheese \$1

### **Greek Wrap - \$12**

Spinach Wrap, Hard Boiled Egg, Vegan Cream Cheese, Spike, Feta Cheese, Salad Mix, Cucumber, Red Onion, Walnuts, Dried Cranberries. Add Avocado \$1

### **Bagel/Toast & Spread - \$8**

Organic wheat bagel or bread with your choice of avocado, cream cheese, vegan cream cheese, peanut butter, almond butter, honey, or hummus. Add berries \$1.

## Burritos, Salads & Soup

### **Veggie Burrito - \$13**

Beans & Rice, Lettuce, Sliced Olives, Avocado, Salsa all wrapped in a Flour Tortilla. Add Cheese for \$1.

### **Breakfast Burrito - \$13**

Hashbrowns, Beans & Rice, Avocado, Salsa wrapped in a Flour Tortilla. Add egg for \$1. Add Cheese for \$1.

### **Haystack - \$13**

Tortilla Chips topped with Beans & Rice, Lettuce, Sliced Olives, Salsa, Avocado. Add Cheese for \$1.

### **Rice & Bean Bowl - \$12**

Beans & Rice in a bowl topped with Lettuce, Sliced Olives, Salsa, Avocado. Add Cheese for \$1.

### **Soup - Bowl \$8 - Cup \$6**

Our soups are made with our own organic produce and natural ingredients.

## CUSTOM ORDERS

*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.*

## GRAB & GO COOLER

*Our Grab and Go Cooler is stocked everyday with freshly made sandwiches, wraps, salads and much more.*



## JUICE TREE

Juices, Smoothies & Deli Food

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.

**Nature's Pantry**  
**1907 4th St La Grande**  
**541-963-7955**

Menu is online:  
**[www.naturespantry.life](http://www.naturespantry.life)**