

Sandwiches

Gluten Free Bread Available for All Sandwiches

Chicken Sandwich - \$7.50

Wheat Bread, Vegenaïse, Chicken, Sprouts, Vegan or Dairy Cheese, Cucumber, and Lettuce. Add avocado for \$1.00, pickles \$0.50.

Veggie Meat Sandwich - \$7.50

Wheat Bread, Vegenaïse, Sprouts, Tofurky, Vegan Cheddar Cheese, Cucumber, and Lettuce. Add avocado for \$1.00, pickles \$0.50.

Nature's Veggie Sandwich - \$7.50

Wheat Bread, Vegenaïse, Cream Cheese, Spike, Cucumber, Sprouts, Avocado, Tomato.

Grilled Cheese - \$6.50

Wheat Bread, Cheddar Cheese, and Butter.

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.

Greek Bagel - \$6.50

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

Vegetarian Bagel - \$6.00

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

Wraps

Chicken & Veggie Wrap - \$7.50

Spinach Wrap, Chicken, Garlic Hummus, Sprouts, Spinach, and Cucumber. Add avocado for \$1.00, pickles \$0.50. Substitute chicken for veggie meat.

Nature's Veggie Wrap - \$7.00

Spinach Wrap, Garlic Hummus, Sprouts, Cucumber, Carrot, Bell Pepper, Spinach. Add avocado for \$1.00, pickles \$0.50.

Greek Wrap - \$8.00

Spinach Wrap, Spring Mix, Cucumber, Red Onion, Dried Cranberries, Feta Cheese, Walnuts, Hard Boiled Egg. Add your choice of dressing for \$0.50.

Soups & More

Bowl of Soup - \$5.50

Cup of Soup - \$4.50

A variety of vegetable & legume soups changing daily.

Celery & Peanut Butter - \$5.50

Just like when you were a kid. This snack is high in protein and zero carbs.

Salad Bar - priced by weight

Make your own salad, wrap, burrito, or haystack. Salad and Wrap Bar \$11.99/lb. Burrito and Haystack Bar \$9.99/lb.

Grab & Go Cooler

Check the Grab & Go Cooler for fresh sandwiches, wraps, and salads made daily.



From the earth to your lips . . . nothing but the best! Juice Tree smoothies and juices are made from the finest organic, natural, and local produce. As we see it . . . what's best for you doesn't fall too far from the tree:) No concentrates. No fillers. What you see on the menu is all we put in your cup!

Sunday	10 am to 5 pm
Mon — Thur	8 am to 7 pm
Friday	8 am to 5 pm
Saturday	Closed

1907 Fourth Street, La Grande

You can call in your orders:

541.963.7955

Find our menu online:

www.naturespantry.life