

# Smoothies

## Strawberry Patch

12oz - \$6.50 / 16oz - \$7.50

Strawberry, Banana, Lime, Apple Juice

## Mangoberry

12oz - \$6.50 / 16oz - \$7.50

Mango, Strawberry, Honey, Coconut Milk

## Lava Flow

12oz - \$6.50 / 16oz - \$7.50

Strawberry, Pineapple, Banana, Honey, Coconut Milk

## Chocolate Peanut Butter

12oz - \$6.50 / 16oz - \$7.50

Chocolate Syrup, PB, Banana, Coconut Milk

## Razzleberry

12oz - \$6.50 / 16oz - \$7.50

Raspberry, Pineapple, Banana, Coconut Milk

## Strawberry Banana

12oz - \$6.50 / 16oz - \$7.50

Strawberry, Banana, Coconut Milk

## Green Delight

12oz - \$6.50 / 16oz - \$7.50

Spinach, Pineapple, Banana, Ginger, Coconut Milk

## Blueberry Blast

12oz - \$6.50 / 16oz - \$7.50

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

*Ask us about adding boosters to your favorite juices and smoothies. And we can make custom sandwiches, wraps, juices, and smoothies for you.*

## Breakfast Smoothie

12oz - \$6.50 / 16oz - \$7.50

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

## Protein Blast

12oz - \$6.50 / 16oz - \$7.50

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

## Green Goddess

12oz - \$7.50 / 16oz - \$8.50

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

# Juices

## Orange Sunshine

12oz - \$6.50 / 16oz - \$7.50

Orange, Apple, Kale, Spinach, Lemon, Ginger

## Farmer's Favorite

12oz - \$6.50 / 16oz - \$7.50

Beet, Carrot, Apple, Lime, Ginger

## Immune Booster

12oz - \$6.50 / 16oz - \$7.50

Orange, Apple, Carrot, Ginger, Cinnamon

## Emerald Bliss

12oz - \$7.00 / 16oz - \$8.00

Cucumber, Celery, Lemon, Ginger, Cayenne

## Green Cleanse

12oz - \$7.00 / 16oz - \$8.00

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

## Gateway Blend

12oz - \$7.00 / 16oz - \$8.00

Kale, Celery, Apple, Lemon, Ginger

# Acai Bowls

**\$8.00** - Sambazon Organic Acai and any four of the toppings below.

# Oatmeal

**\$8.00** - Fresh prepared oats with any of the four toppings below.

## Pick from:

Chia Seeds, Hemp Hearts, Granola, Coconut Flake, Almonds, Walnuts, Flax Seeds, Peanut Butter, Honey.

## And Seasonal Fruit:

Blueberries, Strawberries, Bananas.

*Add even more toppings for \$0.50 each.*

# Bare Culture Kombucha

Four rotating taps of BCK out of Cordelaine, 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, 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](http://www.naturespantry.life)**