

Drinks

Milk – Almond, 2%, whole, or coconut **2⁵⁰**

Juice – Pomegranate, Apple, Pineapple **2⁵⁰**

Spritzers and Sodas **3**

Homemade Iced Teas – Ask for our weekly Iced Teas **3**

Organic Hot Chocolate **3⁸⁵**

SMOOTHIES **5⁷⁵–7²⁵**

Ask your server if you want to add protein

Strawberry Mango – Strawberries, mango, protein, hemp hearts, pineapple juice

Sethmeister Special – Mixed berries, Phytogreens, hemp hearts, organic flax, pineapple juice

The Laughing Banana – Strawberries, banana, hemp hearts, organic flax, pineapple juice

Boogie Berry – Mixed Berries, walnuts, organic flax, pineapple juice

Raspberry Ginger – Raspberries, organic apple juice, organic flax, fresh ginger

Mango Cashew – Mango, banana, raw cashews, pineapple juice

Blueberry Pomegranate – Blueberries, pomegranate juice, hemp hearts

Green Machine – Banana, spinach, avocado, maple syrup, hemp hearts, almond milk, and phytogreens

Strawberry Rhubarb – Strawberry, you guessed it: rhubarb, a dash of honey, and pineapple juice

FAIR TRADE ORGANIC COFFEE

Small 2 Large 2²⁸

Sweet Justice – Smooth blend of Peruvian & Guatemalan beans

Freakin' Good Coffee – Medium blend of Mexican, Dominican & Ethiopian beans

St. Joe's Ethiopian Yigacheffe – Our staff favourite medium roast

St. Joe's Guatemala Dark Roast – Café Natūra house blend

Honduran Decaf – Locally roasted on St. Joe's Island medium blend

HERBAL AND ORGANIC TEAS **2**

We also stock an assortment of loose teas. Ask us and we will happily go through them

Chai

Chamomile

Yerba Mate

Licorice Root

Earl Grey

Ginger

Blueberry White

St. Joes Island Blends

Black

Red Raspberry

Dandelion

Roobios

Peppermint

Oolong

Kombucha Green

FANCY DRINKS

Cappucino 4⁵⁰

Americano 2⁸⁸

London Fog 4⁵⁰

Flat White 4⁷⁵

Yerba Mate, Vanilla, Chai, Latte 4⁷⁵

Espresso 2⁸⁸

Mocha 5

Maple Latte 5

Iced Coffee 2⁷⁵

Maple or Vanilla Caramel flavour shots, add 50¢
Make with coconut or almond milk, add 75¢



TAKEOUT MENU

(705) 942-6186

cafenatura.ca

MON-FRI, 8-5 SAT, 9-4

75 ELGIN STREET

Breakfast

FRESH EGGS

Omelette ^g – Two eggs and three of the following: cheddar, goat or feta cheese, spinach, peppers, tomatoes, broccoli, or onions. Garlic is free. Served with toast and jam. Extra items 50¢, Extra egg \$1 **10**

The Robo ^{g/f} – Two eggs scrambled with chicken, feta, peppers, spinach & broccoli, served in a wrap or with toast and jam. Add avocado \$1 **10**

Two Eggs ^g – Scrambled, fried or poached and served with toast and jam **6**

WITH SYRUP

Pancakes ^g – Gluten free pancakes served with local maple syrup and, if desired, berries or banana **13**

French Rye Toast – With local maple syrup and berries **10**

Add extra syrup **1**

ON THE GO

Organic Apple Mash ^g – Hot sautéed apples topped with organic yogurt and almonds. **7**

Hot Steel-Cut Oatmeal – Add apple mash and yogurt 50¢ **5**

Bagels – Choice of cream cheese, goat cheese, almond butter or jam **2²⁵**

Toast – Choice of butter, jam, or almond butter **2**

Lunch

DAY-BY-DAY

Special of the Day – Ask your server.

Soup of the Day ^g **6**

Lunch Combos – Add soup or salad to your wrap or sandwich. **13**

WRAPS

Maple Sriracha – perfect blend of sweet & spicy mixed with chicken or tofu, lettuce, tomato, and mayo or ask for vegan mayo **9**

Robo Eggs – two eggs, scrambled with spinach, broccoli, peppers, chicken, and feta **10**

Rosemary Chicken or Tofu – heated in rosemary & garlic, and served with mayo, lettuce and tomato **9**

The Vegelicious – hummus or tzatziki, carrots, cucumbers, red onion, peppers, celery, tomato, romaine, and house salad dressing **9**

Mango Chicken Salad – grapes, mango, celery, chicken, honey and mayo. Ask about our vegan option with tofu **9**

Falafel ^f – a crumbled chickpea burger served with lettuce, tomato and tahini tzatziki **9**

Greek Chicken – served with tzatziki sauce, red onion, cucumber, black olives, tomato, and feta **9**

Spicy Chicken – sambal oelek chicken sauteed in lime juice, mayo, and rolled with lettuce and tomato. Add feta, avocado, and olives **9**

BBQ Turkey Wrap – Jimbo's BBQ sauce, ground turkey, lettuce, tomato, and mayo **9**

Please notify us of any food sensitivities or allergens and we will do our best to accommodate.

SANDWICHES

Wild Salmon – romaine, green onion, celery, and sesame oil. Add goat cheese \$1 **9⁵⁰**

Chicken – lettuce, tomato and mayo **8**

SALADS

Green House ^g – romaine, mixed greens, carrots, cucumbers, celery, tomatoes and house dressing **10**

Mom's Quinoa ^g – quinoa, peppers, onion, carrots and cucumber, cooked in pineapple juice, and finished with house dressing **12**

Greek ^g – mixed greens, peppers, tomatoes, cucumber, red onion, feta & black olives **11**

Vegan Caesar Salad ^{g/v} – romaine tossed in a garlic dijon caesar dressing, topped with nutritional yeast, lemon, and gluten-free croutons **11**

Honey Mustard Club Salad ^g – fresh greens topped with tomato, onion, chicken, and bacon **13**

DELUXE SALADS ^g **13**

Add the contents of any wrap or sandwich onto your choice of a large salad.

ADD SOME EXTRAS

Avocado ^g – **1⁵⁰**

Roasted red peppers ^g – **1**

Cheese ^g – Cheddar, feta or creamed goat cheese **1**

Delivery within 5 blocks is only \$6!

Delivery everywhere else is \$10

An automatic gratuity will be added to orders over \$100.