

Beverages

- Hot or Iced Organic Coffee \$2.95
- Hot Tea \$1.95
- Hot Water 90¢

Organic Juices 12 oz \$6.95 • 16 oz \$8.95

All juices include up to 6 items. Add-ins after 6 included items are 95¢ each.

- Classic Carrot
- The Root
beet, carrot, ginger
- The Parrot
pear, carrot, apple
- The Zinger
carrot, apple, ginger, lemon
- The Hulk
celery, carrot, parsley, garlic
- Joy Juice
apple, cucumber, celery, parsley, lemon, ginger
- Anti-Inflammatory
carrot, kale, beet, apple, celery, cucumber, turmeric
- 12 oz Celery
when available - *market price*



Add-Ins (as available) 95¢

- beet, celery, ginger, garlic, parsley, lemon, apple, pear, turmeric, kale

All of our menu items are made in the same kitchen. While we strive to prepare all orders in the exact manner requested, we thank you for understanding that we cannot guarantee that there will be no cross-contact between ingredients.

Prepared fresh daily, with love!

Regular Smoothies \$6.95

- Basic
banana, two other fruits, choice of liquid
- Peanut Butter Cup
banana, organic peanut butter, cocoa powder, choice of liquid
- Liquid Choices:
apple juice, almond milk, coconut milk, oat milk, water, or any combination of 2
- Fruit Choices:
raspberry, strawberry, blueberry, mango, peach, apple, pineapple

Add-Ins (as available) 95¢

- cacao powder, chocolate syrup, coffee, peanut butter, almond butter, greens powder, spinach, kale, açai powder, yogurt, honey, bee pollen, vanilla protein powder

Premium Smoothies \$8.95

- Açai
banana, blueberry, açai powder, vanilla protein powder, choice of liquid
- Razzberry Buzz
raspberry, banana, bee pollen, honey, choice of liquid
- Green Smoothie
strawberry, banana, vanilla protein powder, greens powder, choice of liquid
- Creamside
banana, mango, orange extract, vanilla protein powder, choice of liquid
- Mocha Java
banana, cold-brewed local coffee, cacao powder, chocolate syrup, choice of liquid
- Lucky Smoothie
banana, spinach, peppermint extract, almond butter, honey, choice of liquid
- Breakfast Smoothie
ceylon cinnamon, maca, apple, banana, sprouted oats, sea salt, almond butter, vanilla extract, honey, choice of liquid



LOCALLY GROWN
ORGANIC
WHEATGRASS
SHOT
\$3.45

Organic



Diane's
Natural Café

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St. Augustine, FL 32084
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dianesnaturalmarket.com



Fresh Salads & Homemade Soups

- V** Garden Fresh Salad \$7.95
greens, tomatoes, cucumbers, onions, carrots, alfalfa sprouts, raisins, almonds, sunflower seeds, choice of dressing

Dressing Choices:
ask about our rotating, seasonal options

try your salad with a scoop of one of our housemade deli-style salads!

- Chicken Saladadd \$4.45
made with organic chicken, soy-free vegenaïse, almonds, dried cranberries, celery, & lime juice

- Tuna Saladadd \$4.45
made with water-packed tongol tuna, soy-free vegenaïse, celery, & lemon juice

- Egg Saladadd \$3.45
made with farm fresh, cage-free eggs, celery, soy-free vegenaïse, & mustard

- V** Tofu Saladadd \$3.45
made with organic tofu (soybean curd), celery, carrots, vegenaïse, & spices

- V** Green Goddess Hummusadd \$3.45
housemade spread of garbanzo beans, tahini, garlic, lemon juice, & seasonings

- Homemade Soup \$6.25
all varieties made fresh daily & served with crackers - see our chalkboard for the ingredient list.

Sandwiches

Available on a variety of fresh, untoasted breads, including sprouted & gluten-free options, or a sprouted wrap. Dressed with soy-free vegenaïse & topped with alfalfa sprouts, tomatoes, & onions. Served with tortilla chips. Substitute veggie chips for an additional 70¢.

- Chicken Salad \$9.25
- Tuna Salad \$9.25
- Egg Salad \$8.25
- 'wich Came First \$9.25
half chicken salad & half egg salad
- Baked Falafel \$9.25
falafel on a sprouted wrap, garnished with hummus, lettuce, tomato, & onion, dressed with goddess lite

- V** Tofu Salad \$8.25
a customer favorite!

- V** Veggie Burger \$8.25
a meatless grain & vegetable patty served on a toasted, sprouted, sesame seed bun, with cheddar or vegan cheese

- V** Santa Fe Burger \$9.25
veggie burger with cheddar or vegan cheese & avocado, served with a side of mild salsa

- V** Avocado Sandwich \$8.25
avocado, with one choice of the following: hummus, tofu salad, or cheddar or vegan cheese

- V** Avocado Supreme \$9.25
another customer favorite!
avocado, with cheddar or vegan cheese, & choice of hummus or tofu salad

- V** Green Goddess Hummus \$8.25

- V** Garden Sandwich \$8.25
avocado, tomato, lettuce, onion, carrots, cucumbers, alfalfa sprouts, goddess lite

Combos

Served with tortilla chips or crackers. Substitute veggie chips for an additional 70¢.

- Half Sandwich & Soup \$10.95
choice of chicken or tuna salad sandwich with a bowl of soup

- Half Vegetarian Sandwich & Soup \$9.95
choice of egg or tofu salad, hummus, or avocado sandwich with a bowl of soup

- V** Half Garden Fresh Salad & Soup \$9.95
a half portion of our garden fresh salad with a bowl of soup

- Half Garden Fresh Salad with Scoop \$9.95
a half portion of our garden fresh salad with a scoop of one of our housemade deli-style salads

Add-Ons & Sides 95¢

Cheese
cheddar or vegan

Half Avocado

Dressing

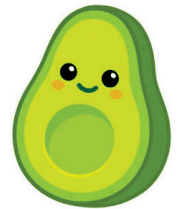
Tortilla Chips

Salsa

Crackers

regular or gluten-free saltines

- Veggie Chips \$1.75



For the Kids

- PB&J \$4.95

- Grilled Cheese Sandwich \$4.95
cheddar or vegan or both