

Wraps

All of our ingredients are organic or all natural

Your choice of wrap: Spinach, Whole Wheat or White

Your choice of cheese: American, Swiss, Cheddar or Provolone

The California Wrap

Baby spinach, caramelized onions, avocados, quinoa, pesto and goat cheese 8.95

Douglas Wrap

Spring mix, baby spinach, cucumber, shredded carrots, shredded beets, all natural roasted chicken, pesto and goat cheese 9.50

✓ The Veggie Wrap

spring mix, baby spinach, cucumber, shredded beets, shredded carrots and quinoa in our own master-miso sauce 8.95

✓ Hummus Veggie Wrap

Hummus, spring mix, baby spinach, cucumber, shredded carrots and shredded beets 8.95

The Filling Wrap

Kale, baby spinach, broccoli, shredded beets, shredded carrots, corn and quinoa all steamed together with your choice of cheese and dressing 10.25

Chicken Breast Wrap

all natural roasted chicken, baby spinach, spring mix, shredded carrots and pesto 9.25



✓ VEGAN

Rice and Noodle Dishes

All of our ingredients are organic or all natural

Kim Bap

Brown rice lightly seasoned with sesame oil and sea salt, carrots, cucumber and egg all wrapped in a seaweed wrap, served with a side of pan seared tofu in our own maple ginger sauce and with a side of tamari gluten free soy sauce for dipping 9.75
For a vegan version ask to hold the egg

✓ Miso-Curry Rice

Brown rice topped with steamed kale, broccoli, shredded beets, shredded carrots, roasted almonds, and raisins with our own master-miso sauce, a sprinkle of curry powder and nutritional yeast 9.75

✓ Ginger-Rice

Brown rice topped with steamed kale, broccoli, shredded beets, shredded carrots and tofu with our own sesame-ginger miso dressing 9.50

✓ Maple-Ginger Tofu & Indonesian sauce

Tofu sautéed in our own maple-ginger sauce on a bed of spring mix served with a side of brown rice; topped with our own Indonesian sauce, cashews and raisins 9.50

Maple Ginger-Chicken

Chicken breast strips sautéed in our own maple-ginger sauce served on a bed of kale and brown rice 12.95

✓ Sassy Noodle

Udon noodles, topped with steamed kale, shitake mushrooms, shredded carrots, broccoli and tofu with our own master-miso sauce and Braggs Amino Acids 9.50

✓ VEGAN



176 Jackson rd., Devens MA

www.thenaturalcafe.biz

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978-660-2680

Take out available

Monday—Thursday

11:00am—4:00pm

Friday—Saturday 11:00am—8:00pm

Closed Sunday

We are happy to welcome you to The Natural Café! Before indulging your appetite, we would like to inform you that:

We only use high-quality ingredients for our entrees; most of which are natural, organic, and locally sourced (seasonal).

Our mission is to introduce foods to our friends that excite the taste buds, and leave the body feeling satisfied.

Eat well, Feel well, Be well.

Smoothies

All of our ingredients are organic or all natural
(add ground flax seed, peanut butter, or protein powder to any smoothie
for an additional .95 each)

All smoothies 5.75

Green machine

Green apple, avocado, pineapple, baby spinach, broccoli

Summer Fun

Strawberries, bananas, 2% milk or almond milk

The Chocolate Dream

Chocolate, bananas, agave, 2% milk or almond milk, ice cream

Tropical Fruit Blend

Pineapple, bananas, strawberries, mango, and orange juice

Day at the Beach

Strawberries, bananas, orange juice

The Avenger

Coffee beans, chocolate, agave, ice coffee, ice cream

Banana Split

Bananas, strawberries, pineapple, chocolate, ice cream

Drinks

See drinks in cooler

Lemonade

Fresh squeezed old fashioned lemonade 4.75

Coffee, Tea – black or green 2.50

Herbal Teas 2.75

Appetizers

All of our ingredients are organic or all natural

Red Lentil Hummus

*Homemade red lentil hummus served with baked pita chips
and/or carrot sticks 6.95*

Bruschetta

*sliced baguette bread topped with pesto, mozzarella cheese and
fresh tomato; broiled until golden brown 6.75*

Stuffed Avocado

*Avocado stuffed with quinoa, diced tomato, corn and mozzarella cheese
topped with fresh basil served with sliced baguette bread 6.95*

Maple Ginger Tofu

*5 slices of tofu sautéed in our own maple-ginger sauce served
on a bed of greens 6.75*

Basket of Kale Chips

*(when available) Kale slowly baked with olive oil, cashews and a
pinch of sea salt 6.95*

Salads

All of our ingredients are organic or all natural

Add chicken to any dish for an additional 1.50

The Favorite Salad

*Spring mix, baby spinach, shredded carrots, shredded beets, corn, cucumbers
and roasted almonds served with red lentil hummus and baked pita chips
with your choice of dressing 8.95*

Our Simplest Salad

*Spring mix, baby spinach, granny smith apples, cucumbers, shredded carrots
and cashews with your choice of dressing 8.75*

Garden Salad

*Spring mix, baby spinach, shredded carrots, cucumbers, and tomatoes with your
choice of dressing 7.95*

The Berry Nutty Salad

*Spring mix, cucumbers, shredded carrots, shredded beets, dried cranberries,
walnuts, and goat cheese with your choice of dressing 8.95*

 **VEGAN**

Paninis

Your choice of bread: Whole Wheat Tuscan, White Tuscan,
Whole Grain or White

Your choice of cheese: American, Swiss, Cheddar or Provolone

Café's Favorite Panini

*Baby spinach, caramelized onions, tomato, pesto, with your choice of
cheese and bread; lightly grilled 8.95*

Artichoke Panini

*Artichoke, sliced tomatoes, red onions, pesto and your
choice of cheese and bread; lightly grilled 9.75*

Grilled Cheese Panini

Your choice of cheese and bread; lightly grilled 6.10

Tuna Melt Panini

Tuna salad with your choice of cheese and bread; lightly grilled 7.75

The Gracie

*Peanut butter, almond or sun nut butter, banana and honey on your
choice of bread; lightly grilled 6.25*



Adam's Choice

*Peanut butter, almond butter or sun nut butter and strawberry jam on
your choice of bread; lightly grilled 6.25*

Whole Wheat Tortilla Pizza

A 12 inch tortilla with basil pesto and mozzarella cheese baked like a
pizza 6.50



(Vegan cheese substitute available)

Additional ingredients: .75each

Chicken

Fresh tomatoes


Broccoli

Spinach

Red onion

Caramelized onion

Pineapple

 **VEGAN**