



GOURMET WRAPS

Mediterranean Wrap

All Natural Chicken Breast, Romaine Lettuce, Tomato, Kalamata Olives, Red Onion, English Cucumber, Feta Cheese and Greek Vinaigrette

Sesame Thai Wrap

All Natural Chicken Breast, Brown Rice, Napa Cabbage, Scallions, Shredded Carrots, Sliced Almonds and Sesame Thai Aioli

Carnitas Wrap

Tender Marinated Carnitas, Black Beans, House Made Corn Salsa, California Avocado, Salsa and Sour Cream

Chipotle Chicken Wrap

All Natural Chicken Breast, Black Beans, Brown Rice, Cheddar Cheese, Tomato and Chipotle Aioli

Spicy Buffalo Wrap

All Natural Chicken Breast, Romaine Lettuce, Tomato, Cheddar Cheese and our Spicy Buffalo Sauce

Fish Taco Wrap

Grilled Alaskan Whitefish, Napa Cabbage, Shredded Carrots, Corn Salsa, Tomato, Cucumber, Tortilla Chips and our Homemade Chipotle Avocado Lime Aioli

Chicken Caesar Wrap

All Natural Chicken Breast, Romaine Lettuce, House Made Croutons, Grated Parmesan and Creamy Caesar Dressing

SIDES & DRINKS

Soup or Chili

Selections vary daily

Fresh Fruit

Featured Salads

Selections vary daily

Fountain Drinks

PANINIS & MELTS

Baja Turkey Jack™ Panini

All Natural Oven Roasted Turkey, Pepper Jack Cheese, Tomato and Avocado-Jalapeno Mayo on Toasted Ciabatta Bread

Three Cheese & Tomato Melt 🌱

Cheddar, Pepper Jack and Swiss with Tomato on Toasted Panini Bread

Club Panini

All Natural Oven Roasted Turkey, Cheddar Cheese, Turkey Bacon, Spinach and Tomato on Toasted Panini Bread

Tuna Melt

Our Dolphin Safe, Signature Tuna Salad, with Tomato and Cheddar Cheese on Toasted Panini Bread

Turkey Cranberry Panini

All Natural Oven Roasted Turkey, Swiss Cheese and Cranberry Mayo on Toasted Panini Bread



mix it up! choose 4 and make it yours

- 1/2 Sandwich, Wrap or Panini
- 20 oz. Fountain Drink
- Small Featured Salad or Soup
- Fresh Baked Cookie

CLASSIC SANDWICHES

California Club Sandwich

All Natural Oven Roasted Turkey, California Avocado, Turkey Bacon, Romaine Lettuce and Tomato

Tuna Salad Sandwich

Our Dolphin Safe, Signature Tuna Salad with Romaine Lettuce and Tomato

Chicken Salad Sandwich

Our Famous Chicken Salad made with all Natural Chicken Breast topped with Romaine Lettuce and Tomato

Oven Roasted Turkey Sandwich

All Natural Oven Roasted Turkey topped with Romaine Lettuce and Tomato

Avocado & Cucumber Sandwich 🌱

California Avocado, English Cucumber, Romaine Lettuce, Shredded Carrots, Red Onion, Spinach and Tomato

Add Swiss, Pepper Jack or Cheddar Cheese

Add Turkey Bacon

Add California Avocado



PROTEIN BOWLS

Carnitas Bowl

Tender Marinated Carnitas, Baby Kale, Romaine Lettuce, Red Quinoa, Brown Rice, Black Beans, House Made Corn Salsa, California Avocado, Salsa and Sour Cream

Thai Red Curry Bowl

All Natural Chicken Breast, Baby Kale, Romaine Lettuce, Red Quinoa, Brown Rice, Napa Cabbage, Shredded Carrots, Red Pepper, Scallions and Sliced Almonds with a Thai Red Curry Sauce

Latin Citrus Bowl

All Natural Chicken Breast, Baby Kale, Romaine Lettuce, Red Quinoa, Brown Rice, Black Beans, House Made Corn Salsa, Scallions and Tomato with a Latin Citrus Sauce

Chipotle Chicken Bowl

All Natural Chicken Breast, Baby Kale, Romaine Lettuce, Black Beans, Red Quinoa, Brown Rice, Cheddar Cheese and Tomato with a Chipotle Aioli

Sesame Thai Bowl

All Natural Chicken Breast, Baby Kale, Romaine Lettuce, Napa Cabbage, Red Quinoa, Brown Rice, Scallions, Shredded Carrots and Sliced Almonds with a Sesame Thai Aioli

Chili-cado® 🌱

Protein Powerhouse: Red Quinoa topped with our Vegetarian Chili, California Avocado and Cheddar Cheese

SIGNATURE SALADS

Fandangled Salad

All Natural Chicken Breast, Romaine Lettuce, Baby Kale, Baby Spinach, Feta Cheese, Seasonal Fruit or Berries and Sliced Almonds with our House Made Blueberry Pomegranate Vinaigrette

Mediterranean Chicken Salad

All Natural Chicken Breast, Romaine Lettuce, Tomato, Kalamata Olives, English Cucumber, Red Onion, Feta Cheese, Pepperoncini Peppers and Greek Vinaigrette

Spicy Asian Salad

All Natural Chicken Breast, Baby Spinach, Napa Cabbage, Red Pepper, Scallions and Sliced Almonds with our House Made Asian Dressing With Sriracha

Southwest Taco Salad 🌱

Our Famous Vegetarian Chili, Romaine Lettuce, Tomato, California Avocado, Cheddar Cheese, Sour Cream and Salsa with Tortilla Chips

Chicken Caesar Salad

All Natural Chicken Breast, Romaine Lettuce, House Made Croutons, Grated Parmesan and Creamy Caesar Dressing

BREAKFAST

Breakfast Burrito

CLASSIC: Turkey Bacon or Turkey Sausage with Scrambled Eggs, Cheddar Cheese and Potatoes

MEDITERRANEAN: Spinach, Tomato, Kalamata Olives, Feta Cheese and Scrambled Eggs

SANTA FE: Turkey Sausage, Scrambled Eggs, Cheddar Cheese, Jalapenos, Salsa and Chipotle Aioli

Breakfast Sandwich

Your choice of Turkey Bacon or Turkey Sausage with Egg White & American Cheese on a Croissant or Toasted Panini Bread

Sensible Starter

Egg White and Cheddar Cheese with Spinach and Tomato on Toasted Panini Bread

Breakfast Bowl

Scrambled Eggs, Turkey Sausage or Turkey Bacon, Potatoes, Cheddar Cheese and Salsa

Fresh Fruit Cup

Fresh Cut Seasonal Fruit

Breakfast served until 10:30am



nature's
table

eat SMART

www.NaturesTable.com

(CATERING ALSO AVAILABLE)

Follow us:   NaturesTable.com

Each location menu selections may vary.
For more information, please visit our website.
©2015 Nature's Table Café. All rights reserved.

fruit smoothies non-dairy

- 1. Siesta Cooler®**
100% Fruit Juice, Strawberries, Banana
- 2. Hawaiian Crush™**
100% Fruit Juice, Pineapple, Coconut, Banana
- 3. Tropical Oasis™**
100% Fruit Juice, Strawberries, Pineapple, Banana
- 4. Pom Beach™**
100% Fruit Juice, Pomegranate, Blueberries, Strawberries
- 5. Mango Fusion™**
100% Fruit Juice, Mango, Strawberries, Banana, Passion Fruit
- 6. Pom Bomb™**
100% Fruit Juice, Acai, Pomegranate, Strawberries, Banana

fruit & veggie smoothies

- 7. Kale & Spinach**
Your choice of Fat Free Yogurt, 100% Fruit Juice or No Sugar Added Fruit Juice with Kale, Spinach, Mango and Pineapple





yogurt smoothies

- 8. Rain Forest Rhumba™**
Fat Free Yogurt, Acai, Raspberries, Blueberries
- 9. Survival Kit®**
Fat Free Yogurt, Strawberries, Banana, Two Boosters
- 10. Cocolada™**
Fat Free Yogurt, Pineapple, Coconut, Banana
- 11. Peanut Butter Cup™**
Fat Free Yogurt, Peanut Butter, Chocolate
- 12. Berry Passion™**
Fat Free Yogurt, Pomegranate, Blueberries, Strawberries
- 13. PB & Berries™**
Fat Free Yogurt, Peanut Butter, Strawberries, Raspberries

low calorie smoothies

- 14. Bananaberrie™**
No Sugar Added 100% Fruit Juice, Banana, Raspberries, Blueberries
- 15. Mango Mama™**
No Sugar Added 100% Fruit Juice, Mango, Pineapple

Add a Nutritional Booster

-  Protein Powder
-  Immune Blend
-  High Energy Blend
-  Multi-Vitamin & Mineral Blend

Give Your Day A Healthy Boost

With A Fruit Or Yogurt Smoothie

nature's
table





BREAKFAST

Breakfast Sandwich

Your choice of Turkey Bacon or Turkey Sausage with Egg and Cheese on an English Muffin or a Croissant

Continental Breakfast –

An assortment of Muffins, Danish and Bagels served with Butter, Jelly and Cream Cheese

Breakfast Box –

Your choice of any Breakfast Sandwich, a Muffin and Bottled Juice

Breakfast Sides

Muffins: Chocolate, Apple, Blueberry
Fruit and Yogurt Parfaits
Fresh Cut Fruit Salad

Mediterranean Wrap



GOURMET WRAPS

Mediterranean Wrap*

All Natural Chicken Breast, Romaine Lettuce, Tomato, Kalamata Olives, Red Onion, English Cucumber, Feta Cheese and Greek Vinaigrette

Chipotle Chicken Wrap

All Natural Chicken Breast, Black Beans, Brown Rice, Cheddar Cheese, Tomato and Chipotle Aioli

Sesame Thai Wrap

All Natural Chicken Breast, Brown Rice, Napa Cabbage, Scallions, Shredded Carrots and Sliced Almonds and Sesame Thai Aioli

Carnitas Wrap

Tender Marinated Carnitas, Black Beans, House Made Corn Salsa, California Avocado, Salsa and Sour Cream

Spicy Buffalo Wrap

All Natural Chicken Breast, Romaine Lettuce, Tomato, Cheddar Cheese and our Spicy Buffalo Sauce

Chicken Caesar Wrap*

All Natural Chicken Breast, Romaine Lettuce, House Made Croutons, Grated Parmesan and Creamy Caesar Dressing

Fish Taco Wrap

Grilled Alaskan Whitefish, Napa Cabbage, Shredded Carrots, Corn Salsa, Tomato, Cucumber, Tortilla Chips and our Homemade Avocado Lime Aioli

****Also available as a salad***



CLASSIC SANDWICHES

California Club Sandwich

All Natural Oven Roasted Turkey, California Avocado, Turkey Bacon, Romaine Lettuce and Tomato

Tuna Salad Sandwich

Our Dolphin Safe, Signature Tuna Salad with Romaine Lettuce and Tomato

Chicken Salad Sandwich

Our Famous Chicken Salad made with all Natural Chicken Breast topped with Romaine Lettuce and Tomato

Oven Roasted Turkey Sandwich

All Natural Oven Roasted Turkey topped with Romaine Lettuce and Tomato

Avocado & Cucumber Sandwich

California Avocado, English Cucumber, Romaine Lettuce, Shredded Carrots, Red Onion, Spinach and Tomato



Baja Turkey Jack Panini

PANINIS & MELTS

Baja Turkey Jack Panini

All Natural Oven Roasted Turkey, Pepper Jack Cheese, Tomato and Avocado-Jalapeno Mayo on Toasted Ciabatta Bread

Tuna Melt

Our Dolphin Safe, Signature Tuna Salad, with Tomato and Cheddar Cheese on Toasted Panini Bread

Club Panini

All Natural Oven Roasted Turkey, Cheddar Cheese, Turkey Bacon, Spinach and Tomato on Toasted Panini Bread

3 Cheese & Tomato Melt

Cheddar, Pepper Jack and Swiss with Tomato on Toasted Panini Bread

Turkey Cranberry Panini

All Natural Oven Roasted Turkey, Swiss Cheese and Cranberry Mayo on Toasted Panini Bread

SOUPS



Bowl – (Serves 1)

Gallon – (Serves 10-15)

Tomato Basil

Chicken Noodle

Vegetarian Chili

Hearty Vegetable

Additional options available

SALADS

Small – (Serves 1)

Large – (Serves 4-6)

Nature's Table Pasta Salad

Seasonal Fresh Fruit Salad

Caesar Salad

Garden Salad

**Ask about today's
featured salad**



DESSERT TRAY



Freshly Baked Cookies

An assortment of a Dozen Cookies to include Chocolate Chip, Oatmeal Raisin, Peanut Butter or White Chocolate Macadamia

Brownies

A Dozen Fresh Brownies

BEVERAGES & EXTRAS

Chilled

Bottled or Canned Coca-Cola® Products, Bottled Fruit Juices and Bottled Water

Hot

Fresh Brewed Coffee

Assorted Chips





NATURE'S TABLE PLATTERS

Mix and match gourmet wraps and sandwiches to accommodate your needs.

Platter –

BOXED LUNCH

Everything you need for lunch on the go, each served in individual take along boxes.

Classic Boxed Lunch –

Choice of any sandwich or gourmet wrap, bag of chips and a fresh baked cookie

Half & Half Boxed Lunch –

Choice of ½ gourmet wrap or sandwich, cup of soup or featured salad and a freshly baked cookie



PRICING

Inquire at your favorite Nature's Table Café.

ORDER VIA FAX OR PHONE

We kindly request 24 hours notice to guarantee catering orders.

DELIVERY

Available in some areas, please inquire.

SPECIAL REQUESTS

For special requests, please ask your Nature's Table Catering Coordinator.

MINIMUM ORDER

A minimum order for 6 people is kindly requested.

SMART

eat

www.NaturesTable.com

Follow us:   NaturesTable.com

Prices and menu selections may vary.
©2014 Nature's Table Café. All rights reserved.

| NAME: | PICK-UP | DROP-OFF: | PAID | UNPAID |
|--|---------|--|------|------------------|
| SIGNATURE SALADS | | | | |
| Fandangled Salad: All Natural Chicken Breast, Romaine Lettuce, Baby Kale, Baby Spinach, Feta Cheese, Seasonal Fruit or Berries and Sliced Almonds with our House Made Blueberry Pomegranate Vinaigrette. 7.95 | | Southwest Taco Salad: Our Famous Vegetarian Chili, Romaine Lettuce, Tomato, California Avocado, Cheddar Cheese, Sour Cream and Salsa with Tortilla Chips. 7.49 | | |
| Spicy Asian Salad: All Natural Chicken Breast, Baby Spinach, Napa Cabbage, Red Pepper, Scallions & Sliced Almonds w/ House Made Asian Dressing w/ Sirracha. 7.95 | | Mediterranean Chicken: All Natural Chicken Breast, Romaine Lettuce, Tomato, Kalamata Olives, English Cucumber, Red Onion, Feta Cheese, Pepperoncini Peppers & Greek Vinaigrette. 7.49 | | |
| Chicken Caesar Salad: All Natural Chicken Breast, Romaine Lettuce, House Made Croutons, Grated Parmesan and Creamy Caesar Dressing. 7.49 | | Chili-cado: Red Quinoa, Vegetarian Chili, California Avocado, Cheddar Cheese. 5.45 | | |
| CLASSIC SANDWICHES: <i>white wheat rye</i> | | GOURMET WRAPS | | |
| California Club: All Natural Oven Roasted Turkey, Avocado, Turkey Bacon, Romaine Lettuce & Tomato 6.49 | | Chipotle Chicken Wrap: All Natural Chicken Breast, Black Beans, Brown Rice, Cheddar Cheese, Tomato and Chipotle Aioli. 6.25 | | |
| Oven Roasted Turkey: All Natural Oven Roasted Turkey topped w/ Romaine Lettuce & Tomato. 6.49 | | Sesame Thai: All Natural Chicken Breast, Rice, Cabbage, Scallions, Shredded Carrots, Sliced Almonds & Sesame Thai Aioli. 6.25 | | |
| Chicken Salad: Our Chicken Salad made w/ all Natural Chicken Breast topped w/ Lettuce & Tomato. 6.49 | | Carnitas Wrap: Tender Marinated Carnitas, Black Beans, House Made Corn Salsa, California Avocado, Salsa and Sour Cream. 6.25 | | |
| Tuna Salad Sandwich: Our Dolphin Safe, Signature Tuna Salad with Romaine Lettuce and Tomato. 7.45 | | Spicy Buffalo Wrap: All Natural Chicken Breast, Romaine Lettuce, Tomato, Cheddar Cheese and our Spicy Buffalo Sauce. 6.25 | | |
| Turkey BLT Sandwich: Turkey Bacon, Romaine Lettuce and Tomato 6.49 | | Mediterranean: All Natural Chicken Breast, Lettuce, Tomato, Olives, Red Onion, Cucumber, Feta & Greek Vinaigrette. 6.25 | | |
| Avocado & Cucumber Sandwich: California Avocado, English Cucumber, Romaine Lettuce, Shredded Carrots, Red Onion, Spinach and Tomato. 5.49 | | Chicken Caesar Wrap: All Natural Chicken Breast, Romaine Lettuce, House Made Croutons, Grated Parmesan and Creamy Caesar Dressing. 6.25 | | |
| MIX IT UP: ½ Sandwich, Wrap or Panini; Small Featured Salad or Soup; 20 oz. Fountain Drink; Fresh Baked Cookie. 7.95 | | | | |
| PANINIS & MELTS | | PROTEIN BOWLS | | |
| Baja Turkey Jack Panini: All Natural Oven Roasted Turkey, Pepper Jack Cheese, Tomato and Avocado-Jalapeno Mayo on Toasted Ciabatta Bread. 7.15 | | Carnitas Bowl: Tender Marinated Carnitas, Baby Kale, Romaine Lettuce, Red Quinoa, Brown Rice, Black Beans, House Made Corn Salsa, California Avocado, Salsa and Sour Cream. 7.95 | | |
| Turkey Cranberry: All Natural Oven Roasted Turkey Swiss Cheese & Cranberry Mayo on Toasted Panini Bread. 6.99 | | Thai Red Curry Bowl: All Natural Chicken Breast, Baby Kale, Romaine Lettuce, Red Quinoa, Brown Rice, Napa Cabbage, Shredded Carrots, Red Pepper, Scallions and Sliced Almonds with a Thai Curry Sauce. 7.95 | | |
| Club: All Natural Oven Roasted Turkey, Cheddar Cheese, Turkey Bacon, Spinach & Tomato on Toasted Panini. 7.15 | | | | |
| 3 Cheese & Tomato Melt: Cheddar, Pepper Jack and Swiss with Tomato on Toasted Panini Bread. 6.99 | | Latin Citrus Bowl: All Natural Chicken Breast, Baby Kale, Romaine Lettuce, Red Quinoa, Brown Rice, Black Beans, House Mae Corn Salsa, Scallions and Tomato with a Latin Citrus Sauce. 7.95 | | |
| Tuna Melt: Our Dolphin Safe, Signature Tuna Salad, with Tomato & Cheddar Cheese on Toasted Panini Bread. 7.95 | | Sesame Thai: All Natural Chicken Breast, Baby Kale, Romaine Lettuce, Napa Cabbage, Red Quinoa, Brown Rice, Scallions, Shredded Carrots & Sliced Almonds w/ a Sesame Thai Aioli. 7.95 | | |
| COMBO: add a fountain drink or tea & chips or a cookie 2.39 | | Chipotle Chicken Bowl: All Natural Chicken Breast, Baby Kale, Romaine Lettuce, Black Beans, Red Quinoa, Brown Rice, Cheddar Cheese and Tomato with a Chipotle Aioli. 7.95 | | |
| DRINK: | | CHIPS/COOKIE: | | |
| SOUPS: cup 2.99 bowl 4.15 | | SIDES: cup 2.99 bowl 4.15 | | Comments: |
| Soup of the Day | | Greek Salad | | |
| Tomato Basil | | Fresh Fruit | | |
| Vegetarian Chili | | Featured Salad | | |