**BURGERS**

Served on a toasted brioche roll.
With choice of French fries or side salad.

NEW! Angus Beef Burger.................................................................14.99
Homemade angus beef burger, grilled portabella, fried onion rings, lettuce, tomato & American cheese

NEW! Black Bean Burger...............................................................12.99
Homemade black bean burger, guacamole, arugula & avocado

NEW! Beyond Burger.................................................................14.99
Plant based burger topped with grilled mushrooms, caramelized onion, garlic aioli

Turkey Burger ........................................................................13.99
Topped with cheese, lettuce, tomato & onion

Chicken Burger .......................................................................12.99
Topped with cheese, lettuce, tomato & onion

Grilled Salmon Deluxe ............................................................16.99
Topped with cheese, lettuce, tomato & chipotle ranch

**CLUBS**

Choice of white, rye or whole wheat.
With choice of French fries or side salad.
Comes with American cheese, lettuce, tomato, onion, avocado, turkey bacon and mayo.

Grilled Chicken Club ...............................................................13.99
Home Roasted Turkey Club .......................................................13.99
Tuna Salad Club ..................................................................13.99
Chicken Salad Club ...............................................................13.99

**HOT & COLD SANDWICHES/HOAGIES**

Extra cheese, mushrooms, green peppers, hot or sweet peppers

ADD $1.00

Cheesesteak ........................................................................11.99
The Works Cheesesteak pepperoni, mushrooms, green pepper, onion ..........13.99
Chicken Cheesesteak .............................................................11.99
Buffalo Chicken Cheesesteak ...................................................11.99
Chicken Pesto spinach, tomato & mozzarella cheese ..........................11.99
Chicken Cutlet Parmigiana ......................................................11.99
Eggplant Parmigiana ...............................................................10.99
Italian ..................................................................................10.99
Homemade Turkey Breast .....................................................11.99
Tuna or Chicken Salad ............................................................11.99
Grilled Cheese served with french fries ..................................9.99

**KID’S MENU**

Grilled Cheese Quesadilla .......................................................8.99
Apple and Mango Grilled Chicken Salad .....................................8.99
Chicken Fingers and French Fries .............................................8.99
Mozzarella Sticks and French Fries .............................................7.99
Pasta with Cheese or Marinara Sauce ......................................7.99
Chicken & Brown Rice ............................................................8.99
Jelly Belly toasted pita with peanut butter & jelly .......................6.99

MILD, MEDIUM, HOT, GARLIC PARM, BBQ or THAI SWEET CHILI
Served with blue cheese and celery

6 Wings ..............................................................................8.99
12 Wings ..........................................................................16.99
24 Wings ..........................................................................29.99
50 Wings ..........................................................................38.99

**JUMBO BUFFALO WINGS**

MILD, MEDIUM, HOT, GARLIC PARM, BBQ or THAI SWEET CHILI
Served with blue cheese and celery

6 Wings ..............................................................................8.99
12 Wings ..........................................................................16.99
24 Wings ..........................................................................29.99
50 Wings ..........................................................................38.99

**BREAKFAST, LUNCH, DINNER & CATERING**

BYOB, EAT IN, TAKE OUT OR FREE DELIVERY

**FREE DELIVERY**
Minimum $15 Order
Within 5 miles of store

**CATERING MENU, JUICING PROGRAMS, MEAL PLANS ARE AVAILABLE**

**NATURAL FOOD CAFE**

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200 Haddonfield-Berlin Road
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**Fresh Squeezed Juices**

Juice Memberships Available - Weekly or Monthly

Add to any juice: Wheatgrass 3.99 • Gingko 2.99 • Organic Spirulina 2.99 • Ginger Root shot 2.99
• Turmeric shot 2.99 • Echinacea 2.99 • Vanilla or Chocolate Whey Protein 3.99

NEW Berry Beet Juice, beet, kale, apple, broccoli & ginger .......... 6.99 • 16 oz
The Cure beet, kale, apple, broccoli & ginger .......... 6.99 • 16 oz
Back to Black carrot, celery, cucumber, lemon, kale, garlic, parsley .......... 6.99 • 16 oz
Cold Fighter carrots, grapefruit, orange, ginger, echinacea .......... 6.99 • 16 oz
Detox celery, spinach, carrots, orange, garlic, parsley .......... 6.99 • 16 oz
Iron Booster apples, beets, carrots, ginger .......... 6.99 • 16 oz
Cholesterol Reducer carrots, apples, garlic, ginger .......... 6.99 • 16 oz
Big Five pineapple, strawberry, apple, kiwi .......... 6.99 • 16 oz
Energy Blast carrots, apples, parsley, celery, ginger .......... 6.99 • 16 oz
Carrot Fusion carrot, celery, orange .......... 6.99 • 16 oz
Body Cleanser cucumbers, carrots, beets, apples .......... 6.99 • 16 oz
Rejuvenator orange, carrots, apples, parsley, wheatgrass .......... 6.99 • 16 oz
Emerald Forest cucumbers, apples, celery, parsley, mint, spinach, broccoli .......... 6.99 • 16 oz
Apple High pineapple, apples, mint, wheatgrass .......... 6.99 • 16 oz
Flu Buster apples, orange, lemon, garlic, echinacea .......... 6.99 • 16 oz
Health Tonic apples, orange, kiwi, lemon, ginger .......... 6.99 • 16 oz
Rise and Shine pineapple, orange, strawberry, wheatgrass .......... 6.99 • 16 oz
Migraine Reliever pineapple, kale, celery, cucumber, lemon .......... 6.99 • 16 oz
Kale Boost kale, orange, celery .......... 6.99 • 16 oz
Just Green cucumber, kale, green apple .......... 6.99 • 16 oz
ABCD apple, beet, carrot .......... 6.99 • 16 oz
Tropical Green pineapple, kiwi, kale, orange, ginger .......... 6.99 • 16 oz

**Natural Smoothies**

Small 16 oz - 5.59 • Medium 24 oz - 7.99 • Large 32 oz - 10.99

Add to any smoothie: Wheatgrass 3.99 • Gingko 2.99 • Organic Spirulina 2.99 • Ginger Root shot 2.99
• Turmeric shot 2.99 • Echinacea 2.99 • Vanilla or Chocolate Whey Protein 3.99 • Soy Milk 1.50 • Almond Milk 1.50 • Flax Seeds 1.99

1. banana, orange, pineapple
2. orange, grapefruit, banana
3. raspberry, blueberry, strawberry
4. peach, banana, mango
5. orange, strawberry, banana
6. mango, blueberry, pineapple
7. strawberry, orange, pineapple
8. orange, pineapple, peach
9. pineapple, papaya, mango
10. peach, banana, mango, grapefruit
11. kiwi, orange, lemon, pineapple
12. strawberry, kiwi, orange
13. mango, peach, orange, papaya
14. peach, strawberry, banana
15. peach, blueberry, strawberry
16. papaya, banana, strawberry
17. banana, lemon, papaya, orange
18. pineapple, banana, papaya
19. pineapple, strawberry, kiwi, banana
20. honeydew, pineapple, orange
21. kale, spinach, avocado, banana

**Organic Wheatgrass Shot**

2 oz - 3.99 • 4 oz - 6.99

**Coffee & Tea**

Organic Hot Tea ............ 2.99
Fresh Brewed Organic Unsweetened Iced Tea .......... 2.99
Green Mango or Black Passion Fruit 2.50

**Homemade Soups**

16 oz 32 oz
Black Bean Soup .. 6.99 12.99
topped with feta & avocado
Vegetable Soup .......... 5.99 10.99
Chicken Soup .......... 6.99 12.99
Mushroom Soup .......... 5.99 10.99

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**Pizza**

Cheese .................................. 10.99 12.99
White .................................. 10.99 12.99
Whole Wheat Plain .................. 13.99
Gluten Free Pizza ................. 12.99
Sicilian .................. 17.99
Each additional topping ........... 2.49 3.49

**Specialty Toppings**

3.79 4.79

**Additional Toppings Available**

Pepperoni, Mushrooms, Ham, Bacon, Sausage, Pineapple, Onion, Bell Pepper, Tomato Sauce, Black Olives, Broccoli, Spinach, Feta, Extra Cheese, Zucchini

**Specialty Toppings Choices:**
Imported Goat Cheese, Fresh Mozzarella, Grilled Chicken, Arthokes, Ricotta Cheese, Anchovies, Portabella Mushrooms, Eggplant, Avocado (Daiya Cheese med 5.99 lg 5.95)

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**Specialty Pizza** (White or Red)

Add $1.00 for Whole Wheat Crust (Large Only) - Add $2.00 for Gluten Free Crust (Med. Only)

The Grandma Pizza fresh mozzarella, basil, olive oil, parmesan cheese .......... 18.99
Meat Lovers sausage, pepperoni, ham, bacon .......... 15.99 18.99
The Works sausage, pepperoni, bacon, onion, green pepper, black olives, mushrooms, extra cheese .......... 15.99 18.99
Veggie Lovers onions, green peppers, black olives, mushrooms, fresh tomatoes .......... 15.99 18.99
Heart Healthy Veggies spinach, artichoke hearts, mushrooms, tomatoes, basil, garlic & eggplant .......... 15.99 18.99
Buffalo or BBQ Chicken Pizza (add 50 for a side of blue cheese or ranch) .......... 15.99 18.99
NY White Pizza ricotta base, spinach, broccoli, garlic .......... 15.99 18.99
Rustica Pizza goat cheese, arthokes, spinach, sun dried tomatoes, roasted garlic .......... 15.99 18.99
Margherita fresh mozzarella, sliced tomatoes, fresh basil .......... 15.99 18.99
Cheese Pizza fresh mozzarella, blended tomatoes, fresh basil .......... 15.99 18.99
Fantasia grilled chicken, mozzarella, broccoli & garlic .......... 15.99 18.99

**Whole Wheat Crust Pizza** (Large)

Vegetarian dayia cheese, fresh veggies (green pepper, zucchini, eggplant, onion, mushroom) .......... 20.99
Natural dayia cheese, grilled tofu, tomatoes, spinach, daily grilled veggies .......... 22.99
Caprese fresh mozzarella, tomatoes, fresh basil .......... 19.99
Chicken Pesto grilled chicken, feta, spinach, garlic, homemade pesto, fresh mozzarella .......... 22.99

**Gluten Free Flatbreads**

Gluten Free Veggie Flatbread toasted zucchini, green pepper, onions, mushrooms, with goat cheese and pesto .......... 15.99
Gluten Free Grilled Chicken Flat Bread with spinach, red onion and fresh mozzarella .......... 15.99
Gluten Free Buffalo Chicken Flat Bread .......... 15.99
Gluten Free Arugula Flat Bread prosciutto, arugula, sliced tomato, fresh mozzarella and balsamic vinaigrette .......... 15.99
Gluten Free Spinach Flatbread spinach, roasted red peppers, arthokes, goat cheese and onions .......... 15.99

**Stromboli and Calzones**

Each additional topping ........... 2.49 3.49

**Additional Toppings Available**

Pepperoni, Mushrooms, Ham, Bacon, Sausage, Pineapple, Onion, Bell Pepper, Tomato Sauce, Black Olives, Broccoli, Spinach, Feta, Extra Cheese, Zucchini

**Specialty Toppings Choices:**
Imported Goat Cheese, Fresh Mozzarella, Grilled Chicken, Arthokes, Ricotta Cheese, Anchovies, Portabella Mushrooms, Eggplant, Avocado (Daiya Cheese med 5.99 lg 5.95)
**Wraps**

**Choice of Whole Wheat, Spinach, Sun Dried Tomato or Gluten Free Wrap**

- **Grilled Salmon Wrap** .............................................. 11.99
- **Grilled Cod Wrap** ................................................ 11.99
- **Spicy Thai Shrimp Wrap** ....................................... 11.99
- **Black Bean Burger Wrap** ....................................... 11.99
- **Tuna Salad Wrap** .................................................... 11.99
- **Chicken Salad Wrap** .............................................. 11.99
- **Falafel Wrap** ............................................................ 11.99
- **Breast O Cado Wrap** .............................................. 11.99
- **Turkey Burger Wrap** ............................................... 11.99
- **Tzatziki Chicken Wrap** .......................................... 11.99
- **Grilled Chicken Wrap** ............................................ 11.99
- **Chicken Caesar Wrap** ............................................ 11.99
- **Avocado Star Wrap** .............................................. 9.99

**Fillings**

- Blackened salmon, avocado spread, red onion, romaine & cherry tomatoes
- Grilled cod marinated in lime cilantro dressing mixed with avocado, chick peas, mozzarella cheese & mixed greens
- Grilled shrimp tossed in spicy thai mayo, romaine lettuce, carrot, tomato and cucumber
- Home made black bean burger, romaine lettuce, avocado, red onion, cheddar cheese and chipotle ranch
- White albacore tuna salad, mixed greens, tomatoes, cucumbers, carrots, bell pepper, red cabbage
- Chicken salad, mixed greens, tomatoes, cucumbers, carrots, red cabbage, bell pepper
- Home made falafel and tahini dressing, hummus, mixed greens, tomatoes, cucumbers, carrots, red cabbage, bell pepper
- Roasted turkey breast, avocado, monterey jack cheese, mixed greens, tomatoes, cucumbers, carrots, red cabbage, bell pepper
- Homemade turkey burger with mixed greens, tomatoes, cucumbers, carrots, red cabbage, bell pepper
- Grilled chicken breast with tzatziki sauce, mixed greens, tomatoes, carrots, cucumbers, bell pepper
- Grilled chicken breast, mixed greens, tomatoes, carrots, red cabbage, cucumbers, bell pepper
- Grilled chicken, parmesan cheese, monterey jack cheese, romaine lettuce, and caesar dressing
- Grilled chicken, lettuce, turkey bacon, avocado and spicy chipotle sauce
- Romaine, carrots, tomato, cheddar cheese, grilled buffalo chicken, ranch
- Avocado, mixed greens, tomatoes, cucumbers, red cabbage, carrots, bell pepper, light house dressing

**New**

- **Ciao Bella Platter** Organic grilled tofu, grilled portabella mushroom, avocado, tomatoes and red cabbage on a bed of mixed greens

**Salads**

**ALL DRESSING ARE HOMEMADE**

- **Corso Salad** Grilled Chicken, turkey bacon, avocado, celery, cherry tomatoes, croutons on a bed of romaine in lime cilantro vinaigrette
- **Apple Kale Salad** Steamed kale, mixed greens, grape tomatoes, cranberries, almonds, carrots and scallions tossed in citrus sesame vinaigrette
- **Gamberi Salad** Sautéed shrimp and zucchini in teriyaki sauce on a bed of mixed greens, mango, bell peppers, cilantro & scallions topped with shaved parmesan
- **Salmon Avocado Salad** Grilled salmon filet, arugula, strawberries, avocado, goat cheese, toasted almonds, side of red raspberry vinaigrette
- **Garden Beauty Salad** Mixed greens, bell pepper, scallions, imported olives, avocado, red cabbage, grape tomatoes, cucumbers, carrots, feta, tossed with light house dressing
- **Real Mediterranean Salad** Fine chopped tomatoes, cucumbers, parsley seasoned with homemade greek dressing
- **Mozzarella Caprese Salad** Fresh mozzarella and tomatoes, avocado, red onion and olives on a bed of mixed greens topped with balsamic glaze and olive oil
- **TB Grilled and Fresh Salad** Chopped turkey burger, tossed with brown rice, chopped grilled eggplant, onions, steamed broccoli and red pepper
- **Aloha Salad** mixed greens, avocado, mango, pineapple, sunflower seeds, red bell pepper mixed with light house dressing
- **Spinach Salad** Spinach, walnuts, cranberries, strawberries, raisins, topped with feta and raspberry vinaigrette
- **Greek Salad** ........................................................ 11.99
- **Mixed greens, cucumber, grape tomatoes, red onions, kalamata olives, bell peppers, topped with feta and tossed with homemade greek dressing**

**Grilled or Fresh Stuff to Top Your Salad**

**Protein**

- Grilled Chicken Breast ........................................... 5.99
- Chicken Salad ....................................................... 5.99
- Tuna Salad ............................................................. 6.99
- Shrimp ................................................................. 8.99
- Homemade Turkey Burger ...................................... 6.99
- Grilled Organic Tofu ............................................. 4.99
- Homemade Black Bean Burger .............................. 6.99

**Imported Goat Cheese** ........................................ 3.99

**Fresh Mozzarella** ................................................ 3.99

**Daiya Cheese** ..................................................... 5.99

**Feta** ................................................................. 2.99

**Monterey Jack** ................................................... 2.99

**Grains**

- **Organic Quinoa** .................................................. 6.99
- **Organic Brown Rice** .......................................... 6.99

**Vegetarian Toppings**

- **Beyond Burger** .................................................. 7.99
- **Grilled Eggplant** ................................................ 5.99
- **Grilled Portabella Mushroom** ............................. 5.99
- **Baked Organic Yams** .......................................... 5.99
- **Avocado** .......................................................... 2.99
- **Garlic Aioli** ....................................................... 4.99
- **Faafel** ............................................................ 6.99
- **Steamed Vegetables** .......................................... 6.99
- **Roasted Beets** .................................................. 6.99
- **Balsamic Glaze** ................................................ 4.99
- **Chick Peas** ...................................................... 2.99
**Main Courses**

Served with Soup or Salad
SUBSTITUTE GLUTEN FREE PENNE 2.00 • WHOLE WHEAT PENNE

Chicken Schnitzel .................................................. 17.99
Breaded chicken breast stuffed with melted provolone cheese and served with roasted potato and sour cream scallion spread

Chicken Marsala .................................................. 17.99
Sautéed chicken in marsala wine and wild mushrooms, served with mashed potatoes

Chicken Pesto ...................................................... 17.99
Sautéed chicken breast with spinach, topped with fresh mozzarella & garlic homemade pesto over whole wheat penne

Pan Roasted Chicken ........................................... 17.99
Sautéed chicken breast with spinach and glazed carrots served over brown rice

Chicken Française .................................................. 17.99
Egg batter chicken breast in white wine and lemon sauce served with penne pasta

Penne Vodka With Chicken ..................................... 17.99

Chicken Kabob .................................................... 17.99
Served with grilled vegetables and organic brown rice.

Chicken Vegetable & Sesame Stir Fry .......................................................... 17.99
Vegetables tossed with teriyaki sauce over organic brown rice.

**SEAFOOD**

Served with Soup or Salad
SUBSTITUTE GLUTEN FREE PENNE 2.00 • WHOLE WHEAT PENNE

Miso Salmon .......................................................... 19.99
Baked miso marinated salmon served with organic brown rice and grilled asparagus, topped with homemade garlic pesto

NEW! Lime Cilantro Cod ............................................ 18.99
Cod baked in our lime cilantro marinade served with mashed potato and garnish salad

Shrimp Kabob .......................................................... 18.99
Served with grilled vegetables and organic brown rice.

Shrimp Vegetable & Sesame Stir Fry .......................................................... 18.99
Vegetables tossed with teriyaki sauce over organic brown rice.

Spicy Garlic Shrimp Pasta ........................................ 18.99
Shrimp sautéed in spicy garlic wine sauce over fettuccine.

**Vegetarian**

Baked Ziti .......................................................... 16.99
Zucchini, broccoli, oyster mushrooms tossed with fettuccine in garlic wine sauce

Vegetable Pasta .................................................... 16.99
Zucchini, broccoli, oyster mushrooms tossed with fettuccine in garlic wine sauce

Tofu Sesame & Vegetable Stir Fry .......................................................... 17.99
Vegetables tossed with teriyaki sauce over organic brown rice

Sesame & Vegetable Stir Fry ........................................ 16.99
Vegetables tossed with teriyaki sauce over organic brown rice

Very Veggie Pasta .................................................. 17.99
Penne tossed with dairy cheese and scallion topped with grilled tofu and avocado

**Appetizers**

Grilled Vegetables .................................................. 9.99
portobello mushroom, asparagus, red bell pepper, zucchini & red onion

Living Green Quesadilla Spinach, scallions, avocado, pesto ........................................ 10.99
Tex-Mex Turkey Burger Quesadilla Homemade turkey burger ................................ 12.99
Portobella Quesadilla ............................................. 11.99
Portobella mushrooms, red onions, tomato, pesto

Turkey Breast & Avocado Quesadilla with a side of Chipotle sauce ........................................ 12.99
NEW! Black Bean Burger Quesadilla ........................................ 12.99
Cheddar cheese, avocado and red onions

**Unique Quesadillas**

Add Daiya Cheese $2.50 • Add Grilled Chicken $2.99. Made with Monterey Jack Cheese

Spicy Shrimp Quesadilla ............................................. 14.99
jalapeño peppers and spicy chipotle sauce

Salsa Fresca Chicken Quesadilla ............................................. 12.99
Served with tomatoes, jalapeño pepper and fresh cilantro

Southwestern Quesadilla ............................................. 12.99
Served with tomatoes, jalapeño pepper and fresh cilantro

Besto Pesto Avocado Quesadilla ............................................. 10.99

Big Cheese Quesadilla feta, monterey jack cheese ............................................. 10.99

**Dessert Crepes**

ALL DESSERT CREPES TOPPED WITH WHIPPED CREAM & CHOCOLATE

Fresh Berries strawberry & blueberry ............................................. 10.99
Strawberries, Bananas & Nutella ............................................. 10.99
Creamy Mascarpone Cheese & Sweet Strawberries ............................................. 10.99
Mango, Papaya, Kiwi & Nutella ............................................. 10.99

**Savory Crepes**

Tuna Salad Monterey jack & scallion ............................................. 12.99

Chicken Salad Monterey jack & scallion ............................................. 10.99

Grilled Chicken Monterey jack & scallion ............................................. 10.99

Fresh Mozzarella, Tomato & Basil ............................................. 10.99

Avocado Monterey jack & tomato ............................................. 10.99