



Chicken Tapenade

TOASTED SANDWICHES

Chicken Tapenade Cal. 671
Chicken, Spinach, Swiss, Olive Tapenade, Tzatziki

BBQ Pork & Slaw Cal. 770
Pulled Pork, BBQ Sauce, Slaw, Cheddar

Turkey Club Cal. 602
Turkey, Cheddar, Turkey Bacon, Spinach, Tomato

3 Cheese & Tomato Cal. 571
Cheddar, Swiss, Pepper Jack, Tomato

Turkey Cranberry Cal. 894
Turkey, Swiss, Cranberry Mayo

Award Winning
Baja TurkeyJack Cal. 707
Turkey, Pepper Jack, Tomato, Avocado Jalapeno Mayo

SIGNATURE SALADS

Fiesta Chicken Cal. 445
Chicken, Romaine, Corn Salsa, Tomato, Avocado, Tortilla Strips, Fiesta Dressing

Fandangled Cal. 323
Chicken, Romaine, Spinach, Baby Kale, Feta, Seasonal Fruit, Almonds, Blueberry Pomegranate Vinaigrette

Chicken Caesar Cal. 378
Chicken, Romaine, Parmesan, Croutons, Caesar Dressing

Mediterranean Chicken Cal. 378
Chicken, Romaine, Tomato, Olive Tapenade, English Cucumber, Feta, Onion, Pepperoncini, Greek Vinaigrette

Taco Salad Cal. 526
Vegetarian Chili, Romaine, Tomato, Avocado, Cheddar, Sour Cream, Salsa, Tortilla Strips

WRAPS

Texas Club Cal. 708
Turkey, Pepper Jack, Turkey Bacon, Romaine, Tomato, Texas Petal Sauce

Spicy Buffalo Cal. 578
Chicken, Romaine, Tomato, Cheddar, Buffalo Sauce

Turkey, Swiss & Slaw Cal. 756
Turkey, Swiss, Slaw, Romaine, 1000 Island

Chipotle Cal. 764
Chicken, Black Beans, Brown Rice, Cheddar, Tomato, Chipotle Sauce

Sesame Thai Cal. 779
Chicken, Napa Cabbage, Brown Rice, Carrots, Scallions, Almonds, Sesame Thai Sauce

Carnitas Cal. 654
Carnitas, Black Beans, Corn Salsa, Avocado, Fiesta Sauce

Chicken Caesar Cal. 653
Chicken, Romaine, Parmesan, Croutons, Caesar Dressing

Mediterranean Chicken Cal. 610
Chicken, Romaine, Tomato, Olive Tapenade, English Cucumber, Feta, Onion, Pepperoncini, Greek Vinaigrette

SANDWICHES

California Club Cal. 489
Turkey, Avocado, Turkey Bacon, Lettuce, Tomato

Chicken Salad Cal. 586

All Natural Turkey Cal. 325
All Natural Turkey, Lettuce, Tomato

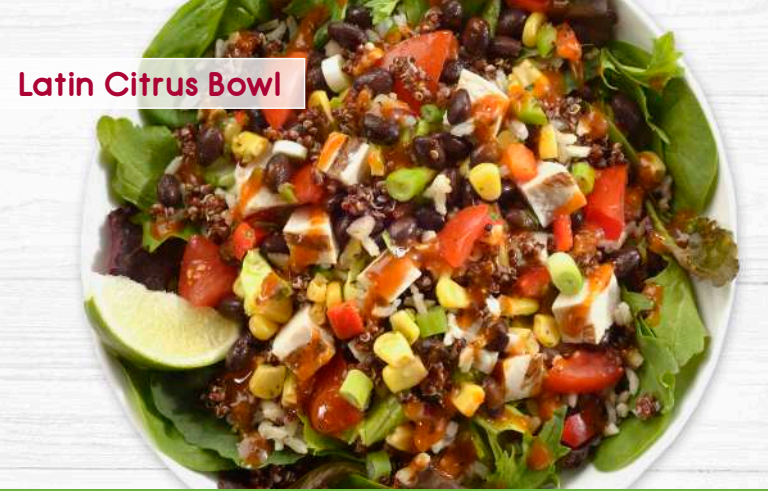
Signature Tuna Salad Cal. 518

Avocado Cucumber Cal. 353
Avocado, Romaine, Tomato, Onion, English Cucumber, Carrot, Spinach



mix it up! choose 4 and make it yours
• 1/2 Sandwich, Wrap • 22 oz. Fountain Drink
• Small Featured Salad or Soup • Açai Scoop or Cookie

Latin Citrus Bowl



PROTEIN BOWLS

All bowls contain Spinach, Baby Kale, Red Organic Quinoa, Brown Rice, and the ingredients below.

Latin Citrus Cal. 565
Chicken, Black Beans, Corn Salsa, Scallions, Tomato, Latin Citrus Sauce

Chipotle Cal. 680
Chicken, Black Beans, Cheddar, Tomato, Chipotle Sauce

Sesame Thai Cal. 691
Chicken, Napa Cabbage, Carrots, Scallions, Almonds, Sesame Thai Sauce

Carnitas Cal. 701
Carnitas, Black Beans, Corn Salsa, Avocado, Fiesta Sauce

Greek Cal. 508
Hummus, Tzatziki, Olive Tapenade, Tomato, English Cucumber, Onion

Chili-cado® Cal. 341
Protein Powerhouse: Red Organic Quinoa topped with Vegetarian Chili, Avocado and Cheddar

SIDES & DRINKS

Soup or Chili
Cal. 50-640

Fresh Fruit
Cal. 66/99

Featured Salads
Cal. 66-360

Fountain Drinks
Cal. 0-240/0-378

BREAKFAST BOWLS & MORE

Healthy Start Bowl Cal. 248
Scrambled Eggs, Baby Kale, Spinach, Cheddar, Tomato, Scallions, Salsa

Breakfast Bowl Cal. 330
Scrambled Eggs, Cheddar, Potatoes, Turkey Bacon or Turkey Sausage, Salsa

Breakfast Quesadilla Cal. 689
Scrambled Eggs, Cheddar, Turkey Bacon or Turkey Sausage, Side of Salsa

Avocado Toast Cal. 224
Avocado, Lemon Wedge

BREAKFAST BURRITOS & SANDWICHES

Breakfast Sandwich Cal. 307-377
Scrambled Eggs or Egg Whites on English Muffin or Croissant with Turkey Bacon or Turkey Sausage with American Cheese

Classic Breakfast Burrito Cal. 629
Scrambled Eggs, Turkey Sausage, Cheddar and Potatoes

Mediterranean Burrito Cal. 519
Scrambled Eggs, Spinach, Tomato, Olive Tapenade, Feta

Santa Fe Burrito Cal. 675
Scrambled Eggs, Turkey Sausage, Cheddar, Jalapenos, Salsa, Chipotle Aioli

Breakfast Panini Cal. 394
Scrambled Eggs, Cheddar, Turkey Bacon, Tomato on Panini Bread

Sensible Starter Cal. 238
Egg Whites, Cheddar, Spinach, Tomato on English Muffin

BREAKFAST SIDES & COFFEE

Coffee

Bagel
Cal. 300

Cream Cheese
Cal. 70

Iced Coffee
Cal. 0-286

Muffins
Cal. 400-510

Breakfast Potatoes
Cal. 359

Breakfast served until 10:30 am at participating locations only

From Nature to Table

Nothing is more important than the food you put in your body every day.

It can dictate your mood, improve your energy level, allow you to focus more and all around feel great. This is why, at Nature's Table, we make it our mission to assure that our customers receive not only ingredients that are the best tasting, but best for them as well.

Locally grown, organic, hormone and gluten friendly may be nothing more than a label to most, but to us, it's a standard that has become our culture.

They say "it's what's inside that counts" and we couldn't agree more. So, take care of yourself the way you deserve and only eat the finest product around. Come join us at Nature's Table where ingredients matter.

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table

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YOUR NEXT EVENT.

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fruit smoothies

Made with 100% Fruit Juice

1. **Siesta Cooler®** Cal. 260/388
Strawberries, Banana
2. **Hawaiian Crush** Cal. 376/514
Pineapple, Coconut, Banana
3. **Tropical Oasis** Cal. 246/371
Strawberries, Pineapple, Banana
4. **Pom Beach** Cal. 288/408
Blueberries, Strawberries, Pomegranate
5. **Mango Fusion** Cal. 321/448
Mango, Strawberries, Banana
6. **Purple Rain** Cal. 338/477
Strawberries, Banana, Acai, Pomegranate

no-sugar added smoothies

Made with No Sugar Added 100% Fruit Juice

7. **Bananaberrie** Cal. 174/275
Banana, Raspberries, Blueberries
8. **Mango Mama** Cal. 171/261
Mango, Pineapple

açaí bowls



- Traditional** Cal. 334
3 scoops of Açaí with Strawberries, Banana, Blueberries, Coconut, Granola and Honey
- Small Bowl** Cal. 120
2 scoops of Açaí with 3 toppings of your choice
- Large Bowl** Cal. 180
3 scoops of Açaí with 6 toppings of your choice

toppings

- ☐ Banana
- ☐ Blueberry
- ☐ Granola
- ☐ Pineapple
- ☐ Coconut
- ☐ Strawberry
- ☐ Honey
- ☐ Add Peanut Butter

yogurt smoothies

Made with Fat Free Yogurt

9. **Rain Forest Rhumba** Cal. 410/595
Raspberries, Blueberries, Acai
10. **Survival Kit®** Cal. 353/545
Strawberries, Banana, Two Boosters
11. **Cocolada** Cal. 481/671
Pineapple, Coconut, Banana
12. **Peanut Butter Cup** Cal. 801/1134
Peanut Butter, Chocolate
13. **Berry Passion** Cal. 393/565
Blueberries, Strawberries, Pomegranate
14. **PB & Berries** Cal. 689/1035
Peanut Butter, Strawberries, Raspberries

fruit & veggie smoothies

15. **Kale & Spinach**
Cal. (418/582) (302/425) (166/251)
Your choice of Fat Free Yogurt, 100% Fruit Juice or No Sugar Added Fruit Juice with Kale, Spinach, Mango and Pineapple
16. **Avocado Ginger Snap** Cal. 531/684
Fat Free Yogurt, Avocado, Ginger, Mango, Banana

Add a Nutritional Booster

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

Give Your Day A Healthy Boost

With A Fruit Or Yogurt Smoothie