

Chicken Tapenade



TOASTED SANDWICHES

Chicken Tapenade Cal. 695

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

Baja Turkey Jack 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. 328

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. 372

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. 709

Turkey, Pepper Jack, Turkey Bacon, Romaine, Tomato, Texas Petal Sauce

Spicy Buffalo Cal. 579

Chicken, Romaine, Tomato, Cheddar, Buffalo Sauce

Turkey, Swiss & Slaw Cal. 757

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. 654

Chicken, Romaine, Parmesan, Croutons, Caesar Dressing

Mediterranean Chicken Cal. 635

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
- Small Featured Salad or Soup
- 22 oz. Fountain Drink
- 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. 681

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. 534

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. 544

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.



LET US CATER YOUR NEXT EVENT.

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fruit smoothies

Made with 100% Fruit Juice

- 1. Siesta Cooler®** Cal. 299/425
Strawberries, Banana
- 2. Hawaiian Crush** Cal. 313/444
Pineapple, Coconut, Banana
- 3. Tropical Oasis** Cal. 242/369
Strawberries, Pineapple, Banana
- 4. Pom Beach** Cal. 288/394
Blueberries, Strawberries, Pomegranate
- 5. Mango Fusion** Cal. 319/448
Mango, Strawberries, Banana
- 6. Purple Rain** Cal. 331/457
Strawberries, Banana, Acai, Pomegranate

no-sugar added smoothies

Made with No Sugar Added 100% Fruit Juice

- 7. Bananaberrie** Cal. 151/235
Banana, Raspberries, Blueberries
- 8. Mango Mama** Cal. 175/270
Mango, Pineapple

açaí bowls



- Traditional** Cal. 307
3 scoops of Açai with Strawberries, Banana, Blueberries, Coconut, Granola and Honey
- Small Bowl** Cal. 96
2 scoops of Açai with 3 toppings of your choice
- Large Bowl** Cal. 144
3 scoops of Açai with 6 toppings of your choice

toppings

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

yogurt smoothies

Made with Fat Free Yogurt

- 9. Rain Forest Rhumba** Cal. 439/614
Raspberries, Blueberries, Acai
- 10. Survival Kit®** Cal. 363/553
Strawberries, Banana, Two Boosters
- 11. Cocolada** Cal. 438/632
Pineapple, Coconut, Banana
- 12. Peanut Butter Cup** Cal. 865/1297
Peanut Butter, Chocolate
- 13. Berry Passion** Cal. 414/582
Blueberries, Strawberries, Pomegranate
- 14. PB & Berries** Cal. 716/1091
Peanut Butter, Strawberries, Raspberries

fruit & veggie smoothies

- 15. Kale & Spinach**
Cal. (443/646) (318/452) (166/261)
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. 556/746
Fat Free Yogurt, Avocado, Ginger, Mango, Banana

Add a Nutritional Booster

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

Give Your Day A Healthy Boost

With A Fruit Or Yogurt Smoothie