

for the health of it

Natures *Kitchen*

Kitchen Hours: Mon – Sat 10:00 am -3:00 pm

2909 N. White Sands Blvd

Alamogordo, NM 88310

575-437-3037

Closed Sunday

Call-ins Welcomed

Orders may be picked up after the kitchen is closed but must be placed during kitchen hours

Local and organic ingredients used when available



MyNaturesPantry.com





Sandwiches or Wraps

Sandwiches served with a choice of Bagel, Ciabatta, and Ezekiel 4:9 sprouted wheat bread, Seed & Grain, Wrap, or Gluten Free bread - served with carrot or celery sticks

Southwest Chicken	7.95
Chicken breast w/melted pepper jack cheese, avocado, red pepper & jalapenos w/cilantro-lime drizzle	
New Mexico Bagel	7.95
Green chili cream cheese, tomato, lettuce and avocado with choice of turkey or ham	
Turkey or Ham	6.95
Turkey breast, w/Vegenaise*, lettuce, tomato	
Chicken Salad	6.25
Chicken breast w/Vegenaise*, flax seeds, chopped carrots and celery, lettuce and tomato	
Tuna Salad	6.25
Tuna w/Vegenaise* flax seeds, celery, lettuce, tomato	
Egg Salad	6.25
Eggs w/Vegenaise*, Spike seasoning, flax seeds, celery with lettuce and tomato	
Hummy	6.95
Kalamata olive hummus, roasted red peppers, cucumbers, spinach, tomato and red onion	
Date	7.95
Date slices w/avocado, carrot curls, walnut pieces and Vegenaise*	
Nature	7.55
Avocado, cucumbers, sprouts and Vegenaise*	
½ Sandwich (Chicken, Tuna or Egg Salad) & Soup Special** with 8 oz cup of soup	6.95
½ Sandwich (Turkey, Ham, Hummy) & Soup Special** with 8 oz cup of soup	7.75
Grilled Cheese on Texas Toast	4.75 add ham 5.75
Peanut Butter & Jelly or Local Honey	4.45
Fresh ground peanut butter and organic fruit spread or honey	
Almond Butter & Jelly or Local Honey	4.85
Fresh ground almond butter and local honey	

*Vegenaise is a vegan, gluten-free dressing and sandwich spread.

**excludes bagel, wrap & ciabatta

CREPES

Served with a small side salad

- Classic**..... 6.95
 Turkey, ham, tomato, spinach, cheddar cheese, Vegenaise*or mustard
- Garden**..... 6.95
 Hummus, spinach, roasted red peppers, cucumber and marinated feta
- Pizza crepe**..... 6.95
 Pepperoni, spinach, mushrooms, marinara and mozzarella

SANDWICH - SALAD ENHANCEMENTS

Add a scoop of chicken salad, egg salad, tuna salad and/or avocado to sandwich or salad:

- | | |
|---|---|
| Chicken or Tuna salad scoop..... 3.00 | Chicken Breast 3.00 |
| Egg salad scoop..... 2.45 | Turkey 2.00 |
| Avocado scoop..... 2.00 | Ham 2.00 |
| Quinoa, Corn Edamame scoop..... 3.00 | Hummus 2.25 |

- Other enhancements:** Tomato, Sprouts, Cucumber, Carrots, Sunflower Seeds, Onion **1.00**
 Flax Seeds **.80** Spinach **1.25** Dates **2.35** Cheese **1.45**

SALADS

- Mixed salad**.....**Regular**..... 5.25**Large**..... 6.55
 Mixed greens, cucumbers, tomatoes, red cabbage, carrot curls

*****Dressing Choices: Cilantro-Lime Vinaigrette, Poppy Seed, Greek, Creamy Peanut Dressing
 extra virgin olive oil, apple cider vinegar, balsamic vinegar, liquid amino*****

- Southwest Salad** **6.75**
 Mixed greens w/jalapenos, black beans, corn, onions, roasted red peppers, pepper jack cheese,
 avocado w/cilantro-lime vinaigrette (see above for optional additions)
- Berry Salad** **7.50**
 Mixed greens topped w/fresh berries, feta cheese, candied pecans, avocado w/poppy seed dressing
- Greek Salad** **7.55**
 Mixed greens topped w/red onion, cucumbers, tomatoes, feta cheese, kalamata olives and Greek dressing



SOUP

Soup du jour

Made from scratch -- see board for daily offering: 8 oz..... **3.95** 12 oz..... **4.85** 16 oz..... **5.75**



BAKED GOODS / CAKES

Special orders must be received 24 hours in advance.

Muffins..... **3.25**

Muffins - baked from scratch.

Bagel plain..... **.79**

Baked goods and Cakes..... **As Priced**

CHECK OUT OUR GRAB 'N GO COOLER FOR A QUICK LUNCH OR DINNER

COFFEE/TEA

Coffee served is by Equal Exchange which is organic and fair trade. This is whole bean Ethiopian with a Full City Roast

	<u>12 oz</u>	<u>16 oz</u>
Americano.....	2.25	2.75
Latte/Cappuccino.....	3.25	3.75
Espresso.....	single 2.50	double 4.50
Tea Hot/Cold.....	2.25	2.95
Chai Hot/Cold.....	2.25	2.95



SMOOTHIES

	<u>12 oz</u>	<u>16 oz</u>	<u>20 oz</u>
Strawberry Blueberry Organic apple juice, strawberries, blueberries	4.95	5.95	6.90
Strawberry Banana Organic apple juice, strawberries, banana			
Protein Milk, banana, strawberries, protein powder			
Espresso Freeze Shot of fresh ground coffee and vanilla yogurt blended with fresh coffee grounds			



Yogurt Organic apple juice, banana, strawberries, vanilla yogurt	5.60	6.95	8.10
Almond Milk, fresh ground almond butter, almond pieces, Irish cream, vanilla yogurt			

Extra Fruit 1.75 Greens 1.50 Protein 1.50 Flax or Chia Seeds80



FROZEN YOGURT

Cone ... **2.85** Whimpy (3 oz) ... **1.45** 8 oz ... **3.75** 12 oz ... **5.60** 16 oz ... **7.50**

Nature's Pantry has been operating as the largest health food store in Alamogordo for the last seventeen years. It is our desire to educate the local community on health and nutrition as well as provide the best source for quality vitamins, minerals, herbs and grocery products available on the market today.

Nature's Pantry carries nationally known quality brands such as Garden of Life, Nutraceutical, Now, Twinlabs and Nature's Plus. We search to find the safest, highest quality products and make them available in our store. Literature, including books, on diet, herbology, homeopathy and conquering disease naturally are available. There are many products to choose from to assist those with allergy, gluten, diabetes and weight challenges.

Get these discounts all year long!

WOODEN NICKEL THURSDAYS: When you spend \$25 or more on a Thursday, we'll give you a 25% discount on any single item purchased.

MILITARY TUESDAYS: On Tuesdays, those currently serving our country are given a 10% discount. You must show an active military identification.

WISDOM DISCOUNT: At all times, seniors (55+) are given a 10% discount on vitamins and supplements.

