

Sandwiches

All sandwiches are made with Eli's Bread, Lettuce, Tomato, Alfalfa Sprouts & Mayo



Deluxe Grilled Turkey Cheddar
Honey Ham & Swiss
Peanut Butter & Jelly
Roast Beef & Swiss
Roasted Chicken Breast
w/ Cheddar
Roasted Chicken Breast w/ Mozzarella
Roasted Chicken w/ Swiss
Roasted Turkey Breast w/ Cheddar
Roasted Turkey Breast w/ Swiss
Roasted Chicken or Roasted Turkey Breast
Vegan Garden Burger

Egg Salad Sandwich
Tuna Salad Sandwich
Smoked Tuna Salad Sandwich
Chicken Salad Sandwich
Salmon Salad Sandwich
Curry Chicken Salad Sandwich
Honey Chicken Salad Sandwich
Shrimp Salad Sandwich

Vegan BB-Q Tofu Salad Sandwich
Vegan Turkey Salad Sandwich
Vegan Sundried Tomato Salad Sandwich
Vegan Tofu Salad Sandwich
Vegetarian Chicken w/ Soy Cheese Sandwich
Vegetarian Turkey w/ Soy Cheese Sandwich
Vegetable Garden Burger
Deluxe Veggie Burger

Balsamic Chicken Wrap
Buffalo Chicken Wrap
Chicken & Bacon Wrap
Chicken Fajita Wrap
Grilled Chicken w/ Spinach Feta Wrap
Grilled Chicken Caesar Wrap
Grilled Vegetable Wrap
Grilled Chicken & Vegetable Wrap
Chicken Parmagian Wrap
Turkey Muenster Dijon Wrap
Tuna Fish Wrap
Turkey Club Wrap
Southwest Chicken Wrap
Roasted Pepper & Mozzarella Chicken Wrap

Vegetarian Panini
Eggplant Panini

Salads

All salads are prepared with fresh organic produce

Grilled Chicken Salad

green leaf lettuce, shredded parmesan cheese, chicken breast, croutons

Chef Salad

green leaf lettuce, cheddar cheese, swiss cheese, applegate's roasted chicken, hard boiled egg, cherry tomato

Cobb Salad

green leaf lettuce, blue cheese, cucumber, egg, applegate roasted turkey

Falafel Salad

green leaf lettuce, falafel, cherry tomato, red pepper hummus, original hummus, taboule salad

Greek Salad

green leaf lettuce, feta cheese, tomatoes, cucumbers, stuffed grape leaves

Green Delight Salad

green leaf lettuce, alfalfa sprouts, baby carrots, red bell pepper, red cabbage, cherry tomato

Harvest Salad

green leaf lettuce, walnuts, dried sweetened cranberries, olives, feta cheese, cherry tomato

Tuna Salad

green leaf lettuce, cucumber, tomato, tuna fish (tuna, mayo, onions, celery, lemon juice, pepper, salt



Balsamic Rosemary Chicken Salad

green leaf lettuce, shredded parmesan cheese, rosemary, cherry tomato, bell & evans chicken breast, balsamic vinegar, canola oil, spices, croutons

Wild Alaskan Baked Salmon Salad

green leaf lettuce, tomato, cucumbers, onion, lemon, salmon, marinade

Chicken Cutlet w/ Parmesan & Croutons

green leaf lettuce, shredded parmesan cheese, breaded chicken cutlet, croutons

Mozzerella Salad

green leaf lettuce, fresh mozzarella, tomato, basil

Blue Lagoon Salad

green leaf lettuce, walnuts, dried sweetened cranberries, blueberries, blue cheese, cherry tomato

Grilled Orange Ginger Salad

green leaf, tomato, cucumbers, salmon, dressing (water, sugar, vinegar, soy sauce, orange peel, ginger, xanthan gum, spice, less than 1/10 of 1% of sodium benzoate)

Black Bean Salad

Chickpea Salad

Quinoa Salad

Taboule Salad 8oz , 14oz

Pineapple Chunks

Watermelon Chunks (Seasonal)

Mixed Fruit Salad

Vegan Delights

Vegan Rainbow Dumplings
Vegan Szechuan Combo Dumplings
Vegan Thai Combo Dumplings
Vegan Chicken Spinach Dumplings
Vegan Tokyo Combo Dumplings
Vegan Pad Thai Noodles
Vegan Buckwheat Soba Noodles
Vegan Black Pepper Whole Wheat Lomein
Vegan Chicken w/ Spinach Dumplings
Vegan Szechuan Whole Wheat Noodles
Vegan Thai Combo Dumplings
Vegan Whole Wheat Sesame Noodles
Vegan Spicy Gourmet Dumplings

All Natural Gourmet Penne Pasta

All Natural Garden Penne Pasta

All Natural Pesto Penne Pasta

All Natural Singapore Rice Noodles

All Natural Whole Wheat Noodles

Dippers, Hummus

All Natural Falafel Dipper

All Natural Black Bean Dip 14oz

All Natural Artichoke Spinach 8oz & 16oz

All Natural Stuffed Grape Leaves

All Natural Guacomole 8oz

All Natural Original Hummus 8oz & 16oz

All Natural Garlic Hummus 8oz & 16oz

All Natural Red Pepper Hummus 8oz & 16oz

Beverages

All Natural Almond Irish Moss

All Natural Coconut Irish Moss

All Natural Cashew Milk

All Natural Lemon Ginger Splash

Hot Soup

Hot Soup Station Starts Monday—Sunday at 10am.

We serve 15 varieties of hot soup everyday. 16oz & 32oz size.

See In-Store or Online at www.westerlynaturalmarket.com for daily schedule.



Sushi

All sushi is prepared with brown rice and nori

California Roll

salmon, sesame seeds, brown rice, nori

Cucumber Roll

avocado, cucumber, sesame seeds, brown rice, nori

Dragon Roll

avocado, cucumber, spicy tuna, brown rice, nori

Maki Combo Roll

salmon, avocado, shiitake mushroom, carrots, cucumber, sesame seeds, ginger, brown sugar, wasabi, brown rice, nori

Mushroom Roll

mushroom, avocado, carrots, brown rice, nori

Rainbow Roll

avocado, cucumber, tuna, salmon, white fish, crab, sesame seeds, brown rice, nori

Salmon Roll

salmon, sesame seeds, brown rice, nori

Salmon & Avocado Roll

avocado, cucumber, salmon, brown rice, nori

Sweet Potato Roll

sweet potato, sesame seeds, brown rice, nori

Vegetable Roll

avocado, cucumber, carrots, sesame seeds, brown rice, nori

Vegetable Combo Roll

avocado, shiitake mushroom, carrots, cucumber, sesame seeds, ginger, wasabi, brown rice, nori

Cold Soups

Organic Spicy Garlic Tomato

Organic Split Pea and Kale

All Natural Angus Steak Chili

All Natural Caribbean Jerk Chicken

All Natural Carrot Ginger

All Natural Chicken Noodle

All Natural Chicken Stew

All Natural Gazpacho

All Natural Grilled Chicken Corn Chowder

All Natural Lentils

All Natural Maryland Vegetable Crab

All Natural New England Clam Chowder

All Natural Quinoa Sweet Potato & Black Bean

All Natural Roasted Vegetable

All Natural Thai Chicken with Red Curry

All Natural Tomato Soup w/ Garden Vegetables

All Natural Three Bean Chili / All Natural Turkey Chili

All Natural White Bean Escarole / All Natural White Chicken Chili

Organic Juice Bar

All juices are made with organic produce.

Vegetable & Fruit Juices

Only Green Mix (small or medium)
spinach, celery, cucumbers, parsley, collards

Blood Builder (small or medium)
carrots, apples, beets, spinach, dandelion

Tangy Cuke Breeze (small or medium)
apples, cucumber, lemon, ginger

Carrot Juice (small)
pure carrot puree

Green Lemonade (small or medium)
celery, kale, apple, lemon, ginger

Veggy Cooler (small or medium)
carrots, cucumber, celery, apple, lemon

Morning Tonic (small or medium)
apple, celery, grapefruit

Inner Cleanse (small or medium)
apple, grapefruit, lemon, beets, cayenne pepper

Grapefruit Juice (small or medium)
pure grapefruit juice

Mineral Madness (small or medium)
carrots, celery, apple, parsley, spinach, lemon

Alkaline Builder (small or medium)
spinach, cucumber, celery, carrots, apple

WHEAT GRASS SHOTS 1oz & 2oz GINGER SHOTS 2oz

Small is approx. 16oz

Medium is approx. 20oz

Large is approx. 32oz

Size will vary according to ingredient content

**You can add extra ingredients for an additional charge:
price varies**

**ALL JUICES ARE CUSTOMIZED—
"THERE ARE NO SUBSTITUTIONS"
SERVICE CHARGE \$10.00**

All Natural Shakes & Smoothies

Protein & Coconut Shakes/ Smoothies

Queen Bee (medium)
almond butter, banana, spirulina, bee pollen, w/ rice, soy or hemp milk

Green Nut Shake (medium)
green raw power, goji berries, cacao powder, almond butter, cinnamon, hemp milk

Maca Fire-Cracker (medium)
young coconut w/ meat, cinnamon, agave, cayenne pepper, maca powder

Areil's Tropical Coconut Shake (medium)
coconut water w/ meat, spirulina, strawberries, blueberries, banana, bee pollen

Champion Breakfast Shake (medium)
vanilla almond granola, almond butter, cinnamon, bee pollen, rice milk and ice

Almond Ginger Blast Smoothie (medium)
almond butter, cacao powder, ginger, banana, rice milk, agave and ice

Coco Pine Energy Smoothie (medium)
coconut water w/ meat, organic Lakewood cold pressed pineapple juice, goji berries and ice

Spice Man Smoothie (medium)
organic Lakewood cold pressed pineapple juice, banana, cinnamon, cayenne pepper and ice

COCONUT SHAKE
meat and water blended

1 young coconut is added to shake.
For additional coconuts to be added to your shake regular price of coconut will be charged.

WE CAN ALSO CUT OPEN YOUR COCONUT

Small is approx. 16oz Medium is approx. 20oz

Large is approx. 32oz

Size will vary according to ingredient content

You can add extra ingredients for an additional charge: price varies

Raw Living Foods

Raw Beet Salad
Raw Carrot Salad
Raw Green Kale Salad
Raw Mango Avocado Salad
Raw Mango Cucumber Salad
Mock Crab Salad
Raw Falafel Salad
Raw Greek Salad
Raw Napa Cabbage Salad
Raw Seaweed Salad
Mock Crab Sandwich
Mock Pizza
Mock Salmon Salad
Mock Tuna Salad
Mock Salmon Salad Sandwich
Mock Tuna Salad Sandwich
Raw Falafel Salad Sandwich
Raw Tomato Avocado Salad
Raw Zucchini Pasta Pesto
Raw Cole Slaw
Raw Mushroom Burger
Raw Mashed Potatoes
Raw Spinach Casserole
Raw Vegetable Casserole
Raw Vegetable Lomein
Raw Spinach Stew
Raw Fiesta Bean Salad
Raw Spirulina Earth Pie
Raw Spirulina Earth Mint Pie
Raw Cream Cheese w/ Chives (occasional)
Raw Cream Cheese w/ Scallions (occasional)
Raw Cream Cheese w/ Red Peppers (occasional)
Raw Apple Pie
Raw Pumpkin Pie
Raw Blueberry Cheesecake
Raw Strawberry Cheesecake
Raw Mango Cheesecake
Raw Blueberry-Mango Cheesecake



 **Westerly Natural Market**

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www.westerlynaturalmarket.com



Deli and Juice Bar

911-915 8th Avenue

New York NY 10019

212 586 5262/fax 212 586 2778

Juice Bar Hours

Mon - Fri 7:30am - 10pm

Saturday 8:30am - 10pm

Sunday 9:30am - 10pm

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WE ARE OPEN 7 DAYS A WEEK!