

Hours: Mon - Sat 10 - 3

Call in orders 575-473-3037

2909 N White Sands Blvd



**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](http://MyNaturesPantry.com)





Sandwiches served with a choice of Bagel, Ciabatta, Ezekiel 4:9 sprouted wheat bread, Wrap, or gluten free bread and served with carrot or celery sticks

<b>Southwest Chicken</b> .....	<b>6.95</b>
Chicken breast w/melted pepper jack cheese, avocado, red pepper & jalapenos w/cilantro-lime drizzle	
<b>New Mexico Bagel</b> .....	<b>6.95</b>
Green chili cream cheese, tomato, lettuce and avocado w/turkey or ham	
<b>Turkey or Ham</b> .....	<b>5.95</b>
Turkey breast or ham, lean w/Vegenaise*, lettuce, tomato and Spike seasoning	
<b>Chicken Salad</b> .....	<b>5.25</b>
Chicken breast w/Vegenaise*, flax seeds, chopped carrots celery, lettuce and tomato w/Spike seasoning	
<b>Tuna Salad</b> .....	<b>5.25</b>
Tuna w/Vegenaise* flax seeds, celery, lettuce, tomato w/Spike seasoning	
<b>Egg Salad</b> .....	<b>5.25</b>
Eggs w/Vegenaise*, Spike seasoning, flax seeds, celery with lettuce and tomato	
<b>Date</b> .....	<b>6.95</b>
Date slices w/avocado, carrot curls, walnut pieces and Vegenaise*	
<b>Nature</b> .....	<b>6.55</b>
Avocado, cucumbers, sprouts and Vegenaise*	
<b>Hummy</b> .....	<b>5.95</b>
Kalamata olive hummus, roasted red peppers, cucumbers, spinach, tomato and red onion	
<b>½ Sandwich &amp; Soup Special</b> .....	<b>5.95</b>
½ sandwich - any above sandwich (excludes turkey, SW Chicken & NM Bagel) with 8 oz cup of soup	
<b>½ Turkey Sandwich &amp; Soup Special</b> .....	<b>6.75</b>
½ turkey sandwich with 8 oz cup of soup	
<b>Grilled Cheese on Texas Toast</b> .....	<b>3.75</b>
<b>add ham</b> .....	<b>4.75</b>
<b>Peanut Butter &amp; Jelly or Local Honey</b> .....	<b>3.45</b>
Fresh ground peanut butter and organic fruit spread or local honey	
<b>Almond Butter &amp; Jelly or Local Honey</b> .....	<b>3.85</b>

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

# CREPES

- Classic.....** 5.95  
Turkey, ham, tomato, spinach, cheddar cheese, Vegenaïse\*or mustard
- Garden.....** 5.95  
Hummus, spinach, roasted red peppers, cucumber and marinated feta
- Pizza crepe.....** 5.95  
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:

<b>Chicken Breast</b> .....	<b>2.50</b>	<b>Ham</b> .....	<b>1.50</b>	<b>Turkey</b> .....	<b>1.50</b>
<b>Chicken or Tuna salad</b> 1 scoop .....	<b>2.50</b>	2 scoops.....	<b>4.75</b>		
<b>Egg salad</b> 1 scoop.....	<b>1.95</b>	2 scoops.....	<b>3.05</b>		
<b>Avocado</b> 1 scoop.....	<b>1.50</b>	2 scoops.....	<b>2.75</b>		
<b>Other enhancements:</b> Tomato, Sprouts, Cucumber, Carrots, Sunflower Seeds, Onion .....					
Flax Seeds .....	<b>.30</b>	Spinach .....	<b>.75</b>	Dates ....	<b>1.85</b> Cheese .....
					<b>.95</b>

# SALADS

- Mixed salad.....Regular.....** 4.25 **Large.....** 5.55  
Mixed greens, cucumbers, tomatoes, red cabbage, carrot curls and Spike seasoning  
\*\*\***Healthy Dressing:** extra virgin olive oil, apple cider vinegar, balsamic vinegar, liquid amino\*\*\*
- Southwest Salad .....** 5.75  
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 .....** 6.50  
Mixed greens topped w/fresh berries, feta cheese, candied pecans, avocado w/poppy seed dressing
- Greek Salad .....** 6.55  
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..... **3.40** 12 oz..... **4.20** 16 oz..... **5.00**

Hours: Mon - Sat 10 - 3

Call in orders 575-473-3037

2909 N White Sands Blvd

# BAKED GOODS & CAKES

Baked Fresh in House

Special orders must be received 24 hours in advance.

**Muffins** .....baked from scratch - check for daily offerings ..... 3.25

**Bagel** ....plain..... \$ .79

**Cakes and other baked goods**..... As Priced

Don't settle for a frozen decorated cake offered by most bakeries, order a freshly baked cake for your event.

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

### COFFEE/TEA

Coffee is Equal Exchange - organic & fair trade. It is whole bean Ethiopian with a Full City Roast

	<u>12 oz</u>	<u>16 oz</u>	<u>20 oz</u>
<b>Americano</b> .....	1.25	1.75	2.25
<b>Latte/Cappuccino</b> .....	2.25	2.75	3.25
<b>Espresso</b> .....	single 1.50	double 2.00	triple 2.50
<b>Tea Hot/Cold</b> .....	1.25	1.75	
<b>Chai Hot/Cold</b> .....	1.25	1.75	

### SMOOTHIES

	<u>12 oz</u>	<u>16 oz</u>	<u>20 oz</u>
<b>Strawberry Blueberry</b>	3.75	4.75	5.95

Organic apple juice, strawberries, blueberries

#### Strawberry Banana

Organic apple juice, strawberries and banana

#### Protein

Organic milk, banana, strawberries, protein powder

#### Espresso Freeze

Shot of fresh ground coffee and vanilla yogurt blended with fresh coffee grounds



	4.35	5.75	6.95
<b>Yogurt</b>			

Organic apple juice, banana, strawberries, vanilla yogurt

#### Almond

Organic milk, fresh ground almond butter, almond pieces, Irish cream, vanilla yogurt

**Extra Fruit** ..... 1.25    **Greens** ..... .75    **Protein** ..... .75    **Flax or Chia Seeds** ..... .30