

Wrappers & Fresh Mex

Turkey Club Wrapper

Oven Gold Turkey, Monterey Jack Cheese, Canola Mayo, Vegetarian bacon bits, Tomato, Onion, Organic Sprouts & Guacamole on a Giant Organic Whole Wheat Tortilla.....\$6.99

Southwest Chicken Rollup

Roasted Nitrate Free Chicken Breast, Adobo Black Beans, Monterey Jack Cheese, Organic Sprouts, rolled in a Giant Organic Whole Wheat Tortilla\$6.99

Veggie Wrapper

Black Bean Pesto, Carrots, Guacamole, Tomato, Monterey Jack Cheese & Organic Sprouts rolled in a Giant Organic Whole Wheat Tortilla.....\$6.50

Veggie Tacos

2 Folded Organic Whole Wheat Tortillas with Organic Black beans, Organic Brown Rice, Colby Jack Cheese, Pico de Gallo, Guacamole, & your choice of Cupboard Spicy Sauce,\$6.25

Burrito Grande

Creamy Seasoned Organic Black Beans, Organic Brown Rice, Colby Jack Cheese, Pico de Gallo, Organic Sour Cream & your choice of Cupboard Sauces in our Giant Organic Whole Wheat Tortilla.....\$6.25
Add Meat.....\$1.25

Salad Bar

with Organic Ingredients

Fresh organic & natural salads. Our Salad Bar creations are all made fresh in our Café Kitchen.

We use Organically Grown ingredients frequently, and only label an item as "Organic" when ALL the ingredients are organic. We also make all the dressings, and the croutons right here.

\$6.99/lb

All you can eat.....\$7.99

(sorry, no to go boxes for "All you can eat" - thank you)

Salad Sampler

Choose any three items from our deli case (one of which, may contain meat) or a cup of soup\$6.99

Hot Entrees

Quiche Plate

Our homemade quiche of the day with a cup of soup.....\$6.99

Lasagna Plate

Our homemade lasagna of the day with a cup of soup.....\$8.50

Enchiladas

Chicken or Black Bean Enchiladas with Organic Brown Rice, Creamy Organic Black Beans, Sour Cream and Pico De Gallo...\$7.99

All Natural Hot Sandwiches

Open Face Marinated Portobello

Portobello Mushroom, Sweet Bell Pepper, Shallot and Balsamic Vinegar Sauté, Topped with Smoked Mozzarella Cheese Melted on Rudy's Organic Cracked Wheat Toast\$6.99

"Jerk" Tempeh

Soy Tempeh marinated in Spicy Jamaican Jerk Sauce with Lettuce, Tomato, Red Onion, Vegan Tamari Mayonnaise, served hot on Toasted Light Oat Bread.....\$6.75

Smoked Turkey Ajo Verde

All Natural Nitrate-Free Hickory Smoked Turkey Breast, Monterey Jack Cheese, Lettuce, Tomato & our Mild Jalapeno Garlic Sauce served hot on Light Oat Bread.....\$6.75

Hot Ham & Cheese

All Natural Preservative Free Applegate Ham, Swiss Cheese, Dijon Mustard, Red Onion, Lettuce & Tomato served hot on Toasted Light Oat Bread.....\$6.99

Cupboard Falafel Pita

The Cupboard Falafel combined with Fresh Veggies and Tomato Peach Chutney, all Stuffed in a Garden of Eatin Organic Bible Bread Pita, with Lemon Tahini sauce on the side.....\$6.99

Hot Veggie Sandwich

Swiss Cheese, Monterey Jack Cheese, Onions, Tomato, Avocado Slices, and Organic Sprouts all melted on our Light Oat Bread.....\$6.50

Turkey Pesto Panini

All Natural Nitrate-Free Roast Turkey, Monterey Jack Cheese, Cupboard Basil Pesto and Roasted Vegetables, Grilled on Rudy's Organic Whole Grain Bread.....\$6.75

All Natural Cold Sandwiches

Oven Gold Turkey Sandwich

Nitrate Free Turkey Breast, Monterey Jack Cheese, Lettuce, Tomato, and Canola Mayonnaise on Heartland Light Oat Bread.....\$6.25

V.A.L.T.

Vegetarian Bacon Bits, Avocado, Monterey Jack Cheese, Lettuce, Tomato, and Vegannaise (vegan mayo) on Light Oat Bread....\$6.25

Cupboard Chicken Salad

Cupboard Café Chicken Salad, Sliced Almonds, Tomato and Lettuce on Toasted Heartland Light Oat Bread....\$6.25

Chicken and Basil

Roasted Nitrate Free Chicken Breast, Roasted Red Bell Peppers, Basil Pesto, and Feta Cheese Crumbles served on Heartland Light Oat Bread....\$6.99

Italian Tuna

Our Famous Tuna Salad with Lettuce, and Tomato on Toasted Heartland Light Oat Bread.....\$6.25

Half Sandwich & Soup

Any 1/2 Sandwich with a cup of our homemade soup.....\$6.25

Smoothies

Power Smoothie

Strawberries, Bananas, Blueberries, Organic Apple Juice, Vanilla Yogurt, Protein Powder, Bee Pollen, & Ginseng (850 mg).....\$4.49

Wellness Shake

Peaches, Bananas, Blueberries, Vanilla Yogurt, Organic Apple Juice, Vitamin C (1000 mg) & Echinacea (500 mg)\$3.99

Vegan Super Food

Bananas, Organic Apple Juice, Peaches, Almond & Cashew cream, Goji, Acai, Noni, Mangosteen (1oz.total), & Spirulina (1000mg)\$4.49

Fruit Basket

Strawberries, Bananas, Blueberries, Organic Apple Juice & Vanilla Yogurt.....\$3.99

Tropical Energy

Bananas, Organic Apple Juice, Blueberries, Organic Pineapple Coconut Juice, Protein Powder, Bee Pollen & Ginseng (850 mg).....\$3.99

Omega Booster

Bananas, Organic Apple Juice, Strawberries, Peaches, Pineapple Coconut Juice, Flax Oil, Spirulina, and Soy Protein.... \$4.49

Vegan Banana

Bananas, Soy Milk, Vanilla & Cinnamon. Simply Delicious....\$3.59

Orange Sunrise

Orange Juice, Bananas, Vanilla Yogurt, Flax Seed Oil, Protein Powder, Bee Pollen & Ginseng (850 mg).....\$4.25

Add Ons

Flax Seed Oil, Peanut Butter, Vanilla, Ginseng, Bee Pollen, Vitamin C, Echinacea or Spirulina ..\$.50
Power Pack, Omega Booster or Wellness Pack.....\$1.00
Power 4 (Goji, Noni, Acai, Mangosteen) Shot....\$1.75

Fresh Juices

Organic Carrot

8oz...\$2.99 12oz...\$3.99

Carrot Plus (add any vegetables available)

8oz...\$3.29 12oz...\$4.29

Organic Carrot Beet & Wheatgrass

8oz...\$3.79 12oz...\$4.79

Organic Wheatgrass Shot...\$1.89 Ginger Shot...\$2.25

Juicing Fee: Purchase veggies from produce, we wash and juice
\$2.50/qt. (minimum)

Breakfast at The Cupboard Cafe

Served Monday-Saturday 8 AM - 10:30 AM

Our Breakfasts include only high quality natural ingredients such as Chino Valley Organic Eggs, 100% Natural Cheeses, Stacy's Organic Tortillas, & Certified Organic Potatoes baked daily with Expeller Pressed Spectrum Canola Oil.

Traditional Organic Breakfast

Organic Scrambled Eggs, Shredded Colby Jack Cheese, salsa & choice of Organic Home fried Potatoes, Organic Black Beans or Steamed Organic Brown Rice & an Organic Whole Wheat Flour Tortilla.....\$4.25

The Big Breakfast

Organic Scrambled Eggs, Uncured All Natural Applegate Farms Ham, Colby Jack Cheese, Organic Home fried Potatoes & Light Oat Bread Toast.....\$6.99

Ham, Egg and Cheese Panini

Organic Scrambled Eggs, Uncured All Natural Applegate Farms Ham, Colby Jack Cheese, Tomato and Cupboard Salsa, all grilled crispy on Rudy's Organic Cracked Wheat Bread.....\$5.75

Organic Egg and Cheese Panini

Organic Scrambled Eggs, Fresh Spinach and Spring Vegetable blend, Colby Jack Cheese, and Tomato. A Crispy Grilled Combination on Rudy's Organic Cracked Wheat Bread.....\$5.50

Veggie Panini

Our Special Spinach and Spring Vegetable blend Grilled with Swiss Cheese on Rudy's Organic Hearty Cracked Wheat Bread.....\$5.25

Organic Tacos & Burritos

(All Tacos and Burritos made with Organic Whole Wheat Tortillas)

Organic Egg, Organic Potato & Cheese with Salsa & choice of three add on's.....\$4.25

Organic Egg & Cheese with your choice of Salsa.....\$3.25

Organic Egg, Organic Potato & Cheese with your choice of salsa.....\$3.50

Veggie Taco with Creamy Organic Black Beans, Brown Rice, Cheese & Guacamole....\$3.99

Guacamole Taco; Colby Jack Cheese, Pico de Gallo, mucho Guacamole, Sprouts, Salsa...\$4.25

Veggie Burrito; Organic Black Beans, Colby Jack Cheese, Pico de Gallo, Organic Home fried Potatoes, Guacamole, & your choice of salsa.....\$5.95

Add on choices: (\$.35 per add on)

Organic Black Beans, Pico de Gallo, Sour Cream, Bac'uns, Organic Brown Rice, Extra Cheese, Guacamole, Sprouts, Shredded Carrots or Tomato

Organic Fair-Trade Coffees, Teas

12 oz \$1.35 16 oz \$1.65 Hot or Iced Chai \$2.50

Cupboard Natural Foods and Café

200 West Congress St. Denton (940) 387-5386

8am-8pm Mon-Sat. 10am-7pm Sun.

www.cupboardnaturalfoods.com