

## Real Fruit Smoothies

Choose either dairy or non-dairy

### **Razz-Tastic**

Raspberries, orange sherbet, & milk.

### **Peachy-Keen**

Peaches, orange sherbet, & milk.

### **Mixed Berry**

Raspberries, strawberries, blueberries, & milk.

### **Strawberry Banana**

Strawberries, banana, & milk.

### **Tropical Vacation**

Mango, peaches, orange sherbet, & milk.

### **Antioxidant Blend**

Blueberries, banana, & milk.

### **Mango Blend**

Mango, banana, & milk.



## Organic Fresh Juice Bar

### **Nature's Cocktail**

Lemon, celery, & cucumber.

### **Gin & Tonic**

Apple, cucumber, orange & ginger.

### **The Big 3**

Carrots, apple, & kale.

### **Sweets & Beets**

Sweet potato, beets, carrot, & apple.

### **Immune Booster**

Carrot, beet, apple, lemon, garlic, & ginger w/ echinacea.

### **Swamp Thing**

Apple, cucumber, & kale blended w/ banana & New Chapter berry greens.

### **Carrot Juice**

### **Build Your Own Juice**

Choose Carrot or Apple as your base, then select any one of our seasonal fruits or vegetables (ask store for selection).

### **Add some "oomph" to your smoothie or juice:**

New Chapter Berry Green, Bee Pollen, Soy Protein, Lecithin

### **Acai Bowls & Smoothies Available**

### **Katalyst Kombucha on Tap/Four Flavors**

**Nature's Green Grocer** • 374 Union Street • 603.924.2233



# Market & Café

## CAFÉ MENU

*Delighting Your Taste Buds, Naturally*



**HANDCRAFTED  
SANDWICHES  
SOUPS & SALADS**

374 Union Street • In the Union Mill  
Peterborough, New Hampshire 03458

**603.924.2233**

**[www.NaturesGreenGrocer.com](http://www.NaturesGreenGrocer.com)**

**[info@naturesgreengrocer.com](mailto:info@naturesgreengrocer.com)**

**Lunch Menu to Order**

**Served 11am to 7pm Mon-Fri**

**11am to 6pm Sat**

## Handcrafted Sandwiches

On your choice of daily bread

### Chipotle Chicken

Oven-roasted chicken, chipotle aiolo, & monteray jack cheese topped w/ roasted red onion, tomato, & lettuce.

### Herb Roasted Turkey

Herb-roasted turkey, pesto aiolo, provolone cheese, lettuce, & tomato.

### Real Roast Beef

Roast beef, caper aiolo, cheddar cheese topped w/ roasted red onions, roasted red pepper, & lettuce.

### Black Forest Ham & Roasted Apple

Ham, dijon aiolo, swiss cheese, roasted apple, roasted red onions, & lettuce.

### Portabello

Balsamic marinated portabello mushroom, roasted red peppers, cucumbers, & baby spinach.

### Roasted Hummus

Tahini hummus, roasted red pepper, roasted red onion, shredded carrots, lettuce, farmhouse cheddar cheese.

### Marinated Tofu

Marinated baked tofu, shredded carrots, cucumber, tomato, tahini hummus.

### Chicken Salad Du Jour

Nature's Green Grocer chicken salad, lettuce, tomato.

### Hot Pressed Turkey Reuben

Roasted turkey, thousand island, sauerkraut, & swiss cheese.

### VT Chevre

Genoa Salami, VT goat chevre, roasted red onions, tomato, & baby spinach.

## We use Applegate Farm Meats

No Nitrites • No Antibiotics • No Hormones  
Gluten & Casein Free • Vegetarian Grain Fed

## Handcrafted Soups

Offered as Daily Specials

### Fresh Salads

Served with your choice of free-range chicken or baked tofu.

### Farmhouse Apple

Oven-roasted apple slices, toasted walnuts, celery, blue cheese with Balsamic vinaigrette.

### South American Salad

Fresh avocado, roasted red onions, carrots, tomato, blue corn chips, black bean corn & cilantro salsa, & papaya poppy seed dressing.

### Asian Salad

Red cabbage, mandarin oranges, sliced almonds, shredded carrots, with shiitake sesame dressing.

### Classic Caesar

Green leaf lettuce, garlic croutons, Parmesan cheese, and classic Caesar dressing.

### Nature's Green Garden

Tomato, carrots, cucumber, red cabbage, with tahini goddess dressing.

### Greek Salad

Kalamata olives, feta cheese, tomato, cucumbers, & roasted red onions w/ red wine & olive oil vinaigrette.

*All salads served on mixed green leaf lettuce.*

### Quiche Du Jour

Fresh baked spelt crust quiche w/ organic ingredients

## Pick your favorite combination

Select two of the following:

• any small soup • any 1/2 sandwich • any 1/2 salad