

KID'S MENU

Served with blue corn chips and salsa.

Kiddie Quesadilla \$3.95
Whole wheat tortilla, stuffed with jack and cheddar cheese.

Kiddie Grilled Cheese \$3.95
On crustless 9-grain bread with jack and cheddar cheese.

1/2 Sandwich \$3.95
Choice of turkey or tuna, with lettuce and garlic mayo, on 9-grain bread.

Chiquito Taco \$3.95
Chicken in a mild red sauce on a corn tortilla with cheese.

Kiddie Pasta \$3.95
Pasta of the day tossed with butter and parmesan cheese.

Kiddie Pizza \$3.95
Whole wheat pita bread crust, topped with marinara sauce and jack cheese (served a la carte).

SIDES

Grilled Veggies \$4.95

Steamed Veggies
bowl \$3.75 cup \$2.75

Stir-Fry Veggies
bowl \$3.95 cup \$2.95

Black or Pinto Beans
bowl \$2.95 cup \$2.25

Brown Rice
bowl \$2.95 cup \$2.25

Baked Potato \$2.95

Corn Bread \$1.75
with honey butter

9-Grain Bread \$0.75

Garlic Bread \$1.75

Chips & Salsa \$3.25

Corn Tortillas \$0.75

Salsa bowl \$2.75 cup \$1.75

Cheese \$0.50

Whole Wheat Tortilla \$0.75

Pita Bread \$0.75

Guacamole
cup \$3.50 side \$0.95

Hummus
cup \$2.50 side \$0.95

Chunk Albacore
cup \$2.75

Roasted Turkey
cup \$2.50

Chicken Ranchero
cup \$2.25

Tempeh Ranchero
cup \$2.50

Grilled Chicken \$2.75

Sauteed Tofu \$2.50

Tahini-Ginger Sauce \$0.50

Avocado Market Price

BEVERAGES

small \$2.50 large \$3.25

Fresh Juices

Carrot Juice

Veggie Juice

(Includes carrot, beet & celery)

Natural Bottled Juices

Apple

Peach

Pineapple-Coconut

Lemonade

Orange

Papaya

Coffee and Tea \$1.50

House Blend Hot Tea Passion Fruit Iced Tea

SHAKES

Topped with whipped cream. Soy Shakes upon request, add \$1.00

Vanilla \$2.95
Vanilla extract, vanilla ice cream, milk.

Chocolate \$2.95
Chocolate syrup, vanilla ice cream, milk.

Pineapple-Coconut \$3.50
Pineapples, vanilla ice cream, pineapple-coconut juice.

Orange \$3.25
Orange juice, vanilla ice cream.

Blueberry \$3.50
Blueberries, honey, vanilla ice cream, milk.

Carrot \$3.25
Carrot juice, vanilla ice cream, cinnamon and nutmeg.

Peanut Butter \$3.25
Peanut butter, vanilla ice cream, milk.

Espresso \$3.50
Espresso, coffee ice cream, milk.

SMOOTHIES

A refreshing frozen blended drink made with fruit and fruit juice only.
No ice, sherbet or fillers. \$3.50

Strawberry Fields
Strawberry, Banana, Apple juice

Peach-O-Rama
Peach, Banana, Peach juice

Blu's Brother
Blueberry, Banana, Apple juice

Aloha Bra
Pineapple, Banana, Pineapple-Coconut Juice

Maui Mama
Pineapple, Banana, Papaya juice

S.B. Special
Strawberry, Peach, Banana, Peach juice

Michelle My Belle
Peach, Pineapple, Pineapple-Coconut juice

Crystal Blue Persuasion
Blueberry, Banana, Papaya juice

Very Very Berry
Strawberry, Blueberry, Apple juice

Screaming Blue Meany
Peach, Blueberry, Apple Juice

Dr. Daybreak
Peach, Banana, Orange juice

The Lisa Fellini
Strawberry, Pineapple, Orange juice

DESSERTS

Vanilla Ice Cream
cup \$2.25

Vanilla Soy Ice cream
cup \$2.75

Coffee Ice Cream
cup \$2.75

We have a wonderful selection of fresh-baked creations.
Please check the dessert case or ask the cashier.

LOCATIONS

Downtown Santa Barbara
805-962-9494

Uptown Santa Barbara
805-563-1163

Old Town Goleta
805-692-2363

Newbury Park
805-498-0493

Simi Valley
805-527-2272

Westlake Village
805-449-0099

San Luis Obispo
805-546-9200

Moorpark
805-523-2016

Santa Maria
805-937-2735

Business Office
805-687-3185

www.thenaturalcafe.com

The **Natural Cafe**®

We turn good health
into good taste,
and good taste
into good health.™

est. 1993

www.thenaturalcafe.com

*Please check the cooler for other assorted beverages, including beer and wine.

APPETIZERS

Natural Soups cup \$3.00 bowl \$3.95
Made fresh in our kitchen every morning.
Served with 9- grain bread.

Nachos Grande \$6.95
Blue corn chips topped with black beans, rice, olives,
red onions, cheese, salsa, guacamole, sour cream.

Vegetarian Chili
cup \$3.50 bowl \$4.75
Topped with cheese & onions. Served with a side
of corn bread & honey butter.

Killer Quesadillas \$5.50
Whole wheat tortilla stuffed with jack and
cheddar cheese, sour cream, guacamole, salsa.

Nachos Chiquitos \$5.50
Blue corn chips topped with cheese, sour cream,
salsa, guacamole.

Hummus w/Pita \$4.95
Garbanzo tahini puree with wedges of
whole wheat pita bread.

Guacamole with Chips \$5.50
Avocado dip with blue corn chips & salsa.

SALADS

Served with lemon herb, tofu dill, italian, ranch or tahini.

Natural Salad \$6.75
Red leaf, green leaf and romaine lettuce served
with carrots, red onions, jicama, red cabbage,
tomatoes and sprouts. **Half Salad** \$3.95

Botanical Garden Salad \$6.75
Variety of baby-leaf lettuce with carrots, red onions,
jicama, tomatoes and sprouts. **Half Salad** \$3.95

Old Town Salad \$7.25
Mixed greens topped with short grain brown rice,
carrots, feta cheese, tomatoes and guacamole.
Half Salad \$4.50

Spiritual Spinach Salad \$7.25
Topped with carrots, olives, artichoke hearts,
feta cheese, veggie-bacon bits and sprouts.
Half Salad \$4.50

Greek Salad \$6.95
A mix of baby leaf lettuce & spinach topped with
feta cheese, olives, cucumber, tomatoes, onions
and sunflower seeds.
Half Salad \$4.50

Natural Caesar \$7.25
Mixed greens with tomatoes, avocado, croutons,
parmesan cheese and caesar dressing.
Half Salad \$4.75 **with Grilled Chicken** \$9.25

"Ranch Salad" \$8.50
Chicken breast lightly marinated and grilled, served
over a bed of baby-leaf greens with carrot, tomatoes,
jicama and feta cheese.

Natural Cobb Salad \$8.50
A variety of chopped greens topped with feta cheese,
veggie-bacon bits, turkey, tomatoes, avocado, sprouts.

Tostada Salad \$7.75
Baked whole wheat tortilla topped with black beans, rice,
mixed greens, carrots, jicama, salsa, sour cream, guacamole.

Albacore Salad \$7.75
The Natural Salad topped with chunk white
albacore, mixed with mayo, pickle relish and onions.

East Beach Salad \$8.50
Seasonal veggies marinated and grilled, served over a
bed of baby-leaf greens with carrot, tomatoes and jicama.

ADD-ONS TO ANY SALAD

Grilled Chicken - Chicken Ranchero - Chunk Albacore - Sauteed Tofu
Wedge of 9-Grain Bread

COMBO PLATES

Soup bowl and Salad \$6.50
With Natural Salad.

1/2 Sandwich and Soup bowl \$6.95
1/2 Sandwich with your choice of avocado or turkey or albacore tuna.

1/2 Sandwich and Salad \$6.95
1/2 Sandwich with your choice of avocado or turkey or albacore tuna. With Natural Salad.

SANDWICHES

Served with blue corn chips and salsa.
Add a small side salad to any entrée \$2.00

Natural Burger \$6.50
A seasoned, textured soy patty served on a whole wheat
bun with lettuce, tomato, sprouts, grilled red onions and
1,000 Island dressing. **add cheese** \$.50

Good Karma Burger \$6.50
Tempeh veggie patty served on a whole wheat bun with
lettuce, tomato, sprouts and garlic mayo. **add cheese** \$.50

Zen Burger \$6.50
Unique blend of whole grain and vegetable patty
served on a whole wheat bun with lettuce, tomato,
sprouts and garlic mayo. **add cheese** \$.50

Gobbler Burger \$6.50
Ground turkey patty char-broiled, topped with grilled
red onion, lettuce, tomato, sprouts, served on a whole
wheat bun with 1,000 Island dressing. **add cheese** \$.50

Teriyaki Chicken \$6.95
Fresh natural chicken tenders brushed with teriyaki
sauce, served with melted jack cheese, garlic mayo,
lettuce, sprouts and tomato on 9-grain bread.

Grilled Chicken Pita \$6.75
Fresh natural chicken tenders in a light marinade with
lettuce, tomato, sprouts, and red onion, in a whole wheat
pita with dijon mustard.

Falafel Pita \$6.50
Falafel balls with hummus, tomato, sprouts and
shredded carrots, with tahini - ginger sauce in a
whole wheat pita.

Portobella Mushroom \$6.95
Marinated, grilled portobella mushroom with jack
cheese, grilled onions, tomato, sprouts, pesto and garlic
mayo, on 9-grain bread.

Grilled Eggplant \$6.75
Char-broiled eggplant and red peppers, with feta
cheese, pesto and sprouts, on 9-grain bread.

Grilled Veggie Sandwich \$6.75
Fresh seasonal veggies lightly grilled, served on
9-grain bread with lettuce, sprouts, tomato and garlic mayo.

Grilled Cheese \$5.50
The classic with jack & cheddar cheese and tomatoes,
on 9-grain bread.

The Local Favorite \$6.25
Avocado with lettuce, sprouts, tomato and red onion,
served on 9-grain bread with garlic mayo.

Roasted Turkey \$6.25
Fresh turkey breast with lettuce, sprouts, tomato, red
onion, on 9-grain bread with dijon mustard and garlic mayo.

Albacore \$6.25
Chunk albacore tuna mixed with mayo, pickle relish
and onions, served with lettuce, sprouts and tomato, on
9-grain bread with dijon mustard. **melt with cheese** \$.50

Dalai Dog \$4.50
A tofu hot dog served on a whole wheat bun with
your choice of mustard, onions, ketchup and relish.

Zog Dog \$5.75
A tofu hot dog served on whole wheat bun topped with
vegetarian chili, cheese and onions.

PIZZAS AU NATURÁL

All pizzas are made on our soft whole wheat pita crust and served
with a green salad garnish. Soy mozzarella available upon request.

La Dolce Vita \$7.50
Topped with homemade pesto sauce, jack cheese,
tomato and feta cheese.

Mangia Marinara \$7.50
Topped with made-from-scratch marinara,
mushrooms, onions, olives and jack cheese.

Mama Mia \$8.25
Topped with our made-from-scratch pesto sauce,
grilled chicken, artichoke hearts, jack cheese and tomato.

Capo Dei Capi \$8.25
Topped with our homemade marinara sauce,
grilled chicken, onions, olives and jack cheese.

PASTA

Primo Pesto \$8.25
Pasta of the day tossed with fresh homemade pesto and
feta cheese. Served with a salad garnish and garlic bread.

Mighty Marinara \$8.25
Pasta of the day tossed with homemade marinara sauce
and parmesan cheese. Served with a salad
garnish and garlic bread.

Veggie Lasagna \$7.95
Spinach pasta covered with ricotta cheese, fresh
vegetables and marinara sauce. Served with garlic bread.

Pasta Special, after 5PM
Market Price
Chef's choice of pasta with homemade sauce served
with a salad garnish and garlic bread.

VEGETARIAN ENTRÉES

Add a small side salad to any entrée \$2.00

S.B. Veggie Grill \$7.95
Fresh seasonal vegetables grilled w/ balsamic
vinaigrette marinade, served over short grain
brown rice.
add sauteed tofu \$9.75
add grilled chicken \$9.95

Mr. Natural \$7.95
Fresh seasonal vegetables steamed, served
over short grain brown rice.
add cheese \$8.45
add tahini-ginger sauce \$8.45
add sauteed tofu \$9.75
add grilled chicken \$9.95

Veggie Stuffed Spud \$7.95
Baked potato topped with steamed
vegetables, herb butter, and cheddar cheese
or tahini-ginger sauce.

Super-Natural Platter \$7.95
Corn bread topped with pinto beans, rice,
steamed vegetables, butter and cheddar cheese.

Natural Tamale \$7.95
Corn, green chiles, pinto beans, ground peanut
and garlic, wrapped in corn masa. Topped with
ranchero sauce and sour cream, served with rice
and black beans. **with salad garnish**

Yogi Special \$7.50
Tofu sauteed in ginger-soy sauce, served
with brown rice. **with salad garnish**

Veggie Stir Fry \$8.25
Fresh seasonal veggies stir fried in a ginger-soy
sauce, served over steamed brown rice.
add sauteed tofu \$9.95

Buddha Burrito \$8.50
Sauteed veggies, pinto beans and rice, wrapped in
a whole wheat tortilla topped with ranchero
sauce, cheese, sour cream and guacamole.
with salad garnish

Black Bean Enchiladas \$8.50
Corn tortillas stuffed with black beans, rice and
cheese, topped with mild enchilada sauce, sour
cream and guacamole. **with salad garnish**

Veggie Quesadilla \$8.25
Whole wheat tortilla stuffed with sauteed veggies
and cheese, topped with guacamole, salsa and
sour cream. **with salad garnish**

Tempeh Tacos \$6.95
Ground soy tempeh in a zesty red sauce, on
corn tortillas with cheese, topped with shredded
lettuce and sprouts. Served with chips & salsa.
substitute beans and rice \$1.50

Veggie Tacos \$6.95
Sauteed veggies on corn tortillas with cheese,
topped with shredded lettuce and sprouts.
Served with chips & salsa.
substitute beans and rice \$1.50

CHICKEN & FISH ENTRÉES

Add a small side salad to any entrée \$2.00

Chicken Enchiladas \$8.75
Corn tortillas stuffed with ranchero chicken,
black beans, rice and cheese, topped with mild
enchilada sauce, sour cream and guacamole.
with salad garnish

Baja Burrito \$8.75
Chicken in a ranchero sauce, pinto beans and
rice, wrapped in a whole wheat tortilla, topped
with ranchero sauce, cheese, guacamole, and
sour cream. **with salad garnish**

**Ranchero Chicken
Quesadilla** \$8.75
Whole wheat tortilla stuffed with ranchero
chicken and cheese, topped with salsa, sour cream
and guacamole. **with salad garnish**

Chicken-Stuffed Spud \$8.25
Baked potato stuffed with chicken in a ranchero
sauce topped with sour cream and guacamole.
with salad garnish

Cabo Fish Tacos \$8.25
Fish fillet sauteed in chunky salsa on corn tortillas
with cheese, topped with shredded carrot,
cabbage and lime. Served with chips & salsa.
substitute beans & rice \$1.50

Chicken Tacos \$7.25
Chicken in a mild taco sauce on corn tortillas with
cheese, topped with shredded lettuce and sprouts.
Served with chips & salsa.
substitute beans & rice \$1.50

Mt. Fuji Stir Fry \$9.95
Grilled chicken, stir fried with fresh seasonal
vegetables in a ginger-soy sauce, served over
steamed brown rice.

Fish Special, after 5 PM
Market Price
Fresh catch of the day with short grain brown rice
and vegetables.