

EST. 2006

THE KITCHEN AT NATURES OWN

SOUTHERN PINES

SOUP

CUP / \$5.00 BOWL / \$6.00

BREAKFAST

*BREAKFAST SANDWICH

Cage Free Egg, Bacon & Aged White Cheddar

Served on an English Muffin

Choice of House Salad / French Fries

ADD ONS \$

(+\$2.00 per) Tempeh / Bacon / Avocado / Goat Cheese. 11.95

*KITCHEN SCRAMBLE

Three Cage-Free Eggs, Spinach, Mushroom, Aged White Cheddar

Choice of Bacon / Chicken Apple Sausage 11.95

KITCHEN OMELET

Spinach, Bell Peppers, Goat Cheese, Aged White Cheddar, Avocado, Salsa

Choice of Bacon / Chicken Apple Sausage 12.95

PLATES

VERLASSO SALMON CAKE

Tzatziki, Paprika Aioli

Choice of House Salad / French Fries 14.95

BLACKENED CHICKEN QUESADILLA

Mozzarella, Cheddar, Black Beans, Cilantro, Goat Cheese, Guacamole, Sour Cream. Topped with Baby Greens and House Salsa 14.95

CHUCK BURGER

White Cheddar, Slaw, Mayo, Mustard, Ketchup, Toasted Bun

Choice of House Salad / French Fries 14.95

SALADS

GREEK

Grilled Shrimp, Artichoke, Chickpea, Kalamata Olive, Cucumber, Red Pepper, Red Onion, Cherry Tomato, Feta, Greek Dressing, Prairie Bread Toast with Hummus 12.95

HUMMUS PLATE

Greek Salad, Hummus, Tzatziki, House Gluten Free Falafel, Garlic Naan, Lemon Tahini 11.95

QUINOA SALAD

Baby Greens, Cucumbers, Red Onion, Tomato, Shredded Carrots, Green Peppers, Crispy Chickpeas, Lemon Tahini Dressing

Choice of BBQ Tempeh or add \$2.00 for Blackened Chicken 12.95

BLACKENED CHICKEN CHOPPED SALAD

Romaine Lettuce, Blackened Chicken, Cucumbers, Balsamic Red Onions, Cranberries, Maple Glazed Walnuts, Parmesan Cheese, House Ranch Dressing 14.95

SANDWICHES

Choice of French Fries / House Salad

PULLED CHICKEN PANINI

Bacon, Guacamole, Pimento Cheese, Spinach, Mustard, Sprouted Sourdough Bread 14.95

ULTIMATE BLT

Bacon, Tomato, Lettuce, Avocado, Slaw, Garlic Naan 12.95

GRILLED CHEESE

Grilled White Cheddar Cheese, Crispy Bacon, Sprouted Sourdough 10.95

Gluten Free & Vegan Available Upon Request
All Meat is Antibiotic & Hormone Free

*Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses.
Alert your server if you have special dietary requirements.

THE JUICEBAR

ORGANIC SMOOTHIES

BODY COMBAT 6.95
Kale, Bananas, Peanut Butter, Cinnamon, Almond Milk

BERRY BLAST 6.95
Strawberries, Blueberries, Bananas, Vanilla Yogurt, Apple Juice

ISLAND FREEZE 6.95
Pineapple, Bananas, Pineapple Juice, Apple Juice

TROPICAL FREEZE 6.95
Mango, Pineapple, Bananas, Apple Juice

GO GREEN 6.95
Spinach, Bananas, Ground Flax Seed, Pineapple Juice

SAMADHI 6.95
Bananas, Vanilla Yogurt, Almond Butter, Chai, Apple Juice

ANNA BANANA 6.95
Bananas, Almond Butter, Chocolate Syrup, Almond Milk

THE CURE 6.95
Spinach, Bananas, Peanut Butter, Sea Salt, Almond Milk

THE BRUCE 7.50
Bananas, Almond Butter, Espresso, Coconut Oil, Almond Milk

JUNK-A-TARIAN 7.50
Strawberries, Bananas, Almond Butter, Chocolate Syrup, Coconut Oil, Espresso, Almond Milk

LARRY'S BEANS ORGANIC COFFEE

DRIP 3.00

BULLET 4.00

SINGLE ESPRESSO 2.00

DOUBLE ESPRESSO 3.00

LATTE 4.25
Vanilla, Hazelnut, Caramel
.50 Extra for Flavor

CAPPUCCINO 3.75

AMERICANO 3.25

CHAI TEA LATTE 4.00

ORGANIC JUICES

8OZ. 16OZ.

CARROT 2.95 4.75

CARROT APPLE 2.95 4.75

CARROT KALE 4.25 6.75

CARROT APPLE CELERY 3.50 5.25

CARROT APPLE BEET 4.25 6.75

ENERGIZER 3.95 7.50
Carrot, Apple, Bee Pollen, Ginseng

GREEN DRINK 6.25 8.75
Kale, Cucumber, Celery, Green Apple

ADD-ONS

GINGER, JALAPENO, WHEY PROTEIN, SOY PROTEIN, GINSENG, BEE POLLEN, MACA, FLAX SEED, CHIA SEED (+1.00 PER)

BONE BROTH PROTEIN, COLLAGEN, BLUE GREEN ALGAE (+2.00 PER)

ARTEAO ORGANIC MATCHA LATTES

CEREMONIAL MATCHA 7.50

MATCHA LATTE 6.95

BROWN MATCHA LATTE 6.95
Hojicha

BLUE MATCHA LATTE 6.95
Butterfly Pea Tea

PINK MATCHA LATTE 6.95

PURPLE MATCHA LATTE 6.95

DRINKS

SODA Coke, Diet 2.00

TEA 2.00

RISHI LOOSE-LEAF TEA 2.00