

## Shakes

Blended with fat-free vanilla frozen yogurt and your choice of milk or juice: orange, apple, papaya or berry (or almond milk for .75)

<b>House</b> Strawberries and banana	4.50
<b>wild strawberry</b> Double strawberries blended with milk	4.95
<b>Pina Banana</b> Pineapple and banana	4.50
<b>Moeha Banana</b> Chocolate and banana blended with coffee	4.50
<b>Palm Beacher</b> Pineapple and coconut blended with papaya juice	4.50
<b>Boca Banana</b> Banana blended with milk	4.50
<b>Dreamsicle</b> Orange juice blended with fat-free vanilla frozen yogurt	4.50
<b>Chocolate Monkey</b> Banana and chocolate chips blended with milk	4.50
<b>Muzzy Buddy</b> Peanut butter, banana and honey	4.50

## Performance Shakes

Blended with fat-free vanilla frozen yogurt and your choice of milk or juice: orange, apple, papaya or berry (or almond milk for .75)

<b>Superman Energy Shake</b> High energy meal replacement or afternoon delight. Banana, a touch of honey, milk or almond milk & a big scoop of Source of Life Energy Shake protein blended with fat-free vanilla frozen yogurt. So good you'll want it every day!	5.50
<b>Iron Man/Woman</b> Banana, wheat germ, honey and protein powder blended with milk or juice	5.50
<b>The Recovery</b> Banana, super greens, honey and orange juice	5.50
<b>Triathlete</b> Banana, peanut butter, chocolate chips, wheat germ and honey blended with milk	5.50
<b>Creamy Carrot Sicle</b> Fresh squeezed carrot juice blended with fat-free vanilla frozen yogurt	4.50

## Performance Smoothies dairy free

<b>Brazilian Acai</b> A powerful Amazon fruit containing guarana, vitamin E, dietary fiber and antioxidants, blended with strawberries, banana, apple juice and crushed ice. Maximizes stamina, optimizes concentration and pumps you with energy!	5.95
<b>Palm Beach warrior</b> Acai (Superfood full of antioxidants) blended with fresh banana, pineapple, strawberries, protein, crushed ice & apple juice or almond milk - A great immune booster!	6.95

## Smoothies dairy free - ice instead of frozen Yogurt

Blended with your choice of juice: apple, orange, papaya or berry

<b>House</b> Banana and strawberries	3.95
<b>wild strawberry</b> Strawberries with berry juice	3.95
<b>fruit twist</b> Orange juice, pineapple and strawberries	3.95
<b>Palm Beacher</b> Pineapple & coconut blended with papaya juice	3.95
<b>The Boca Banana</b> Banana blended with apple juice	3.95
<b>Pina Banana</b> Pineapple and banana	3.95

## Party Platters

We specialize in corporate and private party platters

- ★ sandwich platters
- ★ Pasta, veggie and fruit salad platters
- ★ muffin and cookie platters

Ask for our catering menu

## Take-out and delivery

All of our fresh and delicious food is available for take-out and most locations offer delivery. Please call ahead to place your order and don't forget to ask for our daily fax or email specials!

## Gift Certificates

Gift certificates are available in any dollar amount!

**FOR FRANCHISE INFORMATION  
PLEASE VISIT OUR WEBSITE AT  
[www.natureswaycafe.com](http://www.natureswaycafe.com)**



Nature's Way Cafe

"Eat Well, Be Well"

**Delray Beach**  
20 W. Atlantic Avenue, #103  
(561) 272-6200

**Juno Beach - Palm Court Plaza**  
11911 U.S. Hwy. 1, Suite 103  
(561) 627-3233

**Jupiter - Jupiter Square**  
Indiantown Road and U.S. Hwy 1  
(561) 743-0401

**Lake Worth - Downtown**  
517 Lake Avenue  
(561) 721-0232

**Lake Park**  
804 U.S. Hwy. 1, #10  
(561) 882-0211

**Palm Beach Gardens - Promenade**  
9920 Alt. A1A, Suite 808  
(561) 622-0440

**West Palm Beach - Centrepark**  
1475 Centrepark Blvd., Suite 110  
(561) 684-3020

**West Palm Beach - Forum Shoppes**  
1649 Forum Place  
(561) 686-5404

Please contact individual locations for information on delivery and hours.



Visit all our locations on the web  
[www.natureswaycafe.com](http://www.natureswaycafe.com)



Nature's Way Cafe

"Eat Well, Be Well"

menu



## NWC Classic Sandwiches

Served with romaine, tomato, alfalfa sprouts, cucumbers and carrots

**Breads** Whole wheat pita, multi-grain bread, swirl of pumpkinseed and rye, wrap

<b>Peanut Butter, Banana &amp; Honey</b>	5.50
<b>oven Roasted Turkey</b>	6.95
<b>Ham &amp; Swiss</b>	7.50
<b>Tuna Salad</b> (solid white albacore)	7.95
<b>Chunky Chicken Salad</b> (all white chicken, cracked pepper, sea salt and celery)	6.95
<b>Chicken Walnut Raisin Salad</b> (all white chicken)	6.95
<b>Honey Curry Chicken Salad</b> (all white chicken with walnuts, raisins and a touch of honey)	6.95
<b>Egg Salad</b> (made fresh daily)	5.50
<b>Veggie Melt</b> Romaine, tomato, alfalfa sprouts, carrots, cucumbers, red cabbage, red onion. Smothered with melted Jack cheese.	6.50
<b>Hummus Veggie Pizza</b>	6.75

## Signature Sandwiches

<b>The Californian</b> Fresh avocado served with romaine, tomato, alfalfa sprouts, cucumbers and carrots. Smothered with melted Jack Cheese.	6.95
<b>Grilled Chicken</b> Grilled chicken breast served with romaine, tomato, alfalfa sprouts, cucumber and carrots.	7.50
<b>Chicken Caesar Wrap</b> Grilled chicken breast served with romaine, parmesan cheese and Caesar dressing.	7.50
<b>Club Wrap</b> Oven roasted turkey and ham with swiss cheese. Served with romaine, tomato, sprouts, cucumbers and carrots.	7.95
<b>Mexi-Melt Wrap</b> Grilled chicken breast wrapped with romaine, tomato, avocado, salsa and melted Jack Cheese.	8.95
<b>Garden Burger</b> <i>Gardenburger</i> All natural meatless burger served with romaine, tomato, alfalfa sprouts, cucumbers and carrots. Smothered with melted Jack Cheese. Choice of mustard, mayo, ketchup or BBQ sauce.	7.95

## Classic Combinations

<b>Soup and Sandwich</b> 1/2 CLASSIC SANDWICH of your choice served with a bowl of our fresh made soup.	8.95
<b>Lunch Box Special</b> 1/2 CLASSIC SANDWICH of your choice served with a side of fresh fruit and frozen yogurt.	8.50

## NWC Classic Salads

Served on a bed of chopped romaine and mixed greens with tomato, alfalfa sprouts, cucumbers, carrots, red cabbage, red onion and served with your choice of dressing.

<b>DRESSINGS</b> Honey Mustard Poppyseed, Balsamic Vinaigrette, Ranch, Caesar, Sweet Vidalia Onion, Orange Sesame Ginger and Fat-free Honey Dijon. Add Gorgonzola Cheese .75	
<b>oven Roasted Turkey</b>	8.95
<b>Tuna Salad</b> (Solid White Albacore)	9.75
<b>Chunky Chicken Salad</b> (all white chicken, cracked pepper, sea salt and celery)	8.95
<b>Chicken Walnut Raisin Salad</b> (all white chicken)	8.95
<b>Honey Curry Chicken Salad</b> (all white chicken with walnuts, raisins and a touch of honey)	8.95
<b>Egg Salad</b> (made fresh daily)	7.50

## Signature Salads

<b>The Taco Salad</b> Tortilla chips, chicken chili, diced tomato, onion, jalapenos, salsa, sour cream, Cheddar Cheese on a bed of chopped romaine.	8.95
<b>The Californian</b> Fresh avocado and shredded Monterey Jack Cheese served on a bed of mixed greens, with tomato, alfalfa sprouts, cucumbers, carrots, red cabbage and red onion.	7.95
<b>Grilled Chicken</b> Grilled chicken breast served on a bed of mixed greens with tomato, alfalfa sprouts, cucumbers, carrots, red cabbage and red onion.	8.95
<b>Caesar Salad</b> Romaine, parmesan cheese, fresh baked croutons and Caesar dressing.	6.95
<b>Chicken Caesar Salad</b> Grilled chicken breast served with romaine, parmesan cheese, fresh baked croutons and Caesar dressing.	8.95
<b>Chef Salad</b> Oven roasted turkey, ham, swiss cheese, hard boiled egg and croutons. Served on a bed of mixed greens with tomato, alfalfa sprouts, cucumbers, carrots, red cabbage and red onion.	9.95
<b>Cobb Salad</b> Grilled chicken breast, crispy bacon, avocado, hard boiled egg & crumbled gorgonzola served on a bed of mixed greens with diced tomato.	10.95
<b>Vegetarian Salad</b> Chopped romaine and mixed greens with tomato, alfalfa sprouts, cucumbers, carrots, red cabbage and red onion.	5.95
<b>Side Salad</b> A smaller version of the vegetarian salad.	4.50

## Jazz it Up!

Extra stuff for sandwiches and salads

<b>Avocado</b>	1.50	<b>Black olives</b>	.75
<b>Fresh Baked Croutons</b>	.50	<b>Chick Peas</b>	.75
<b>Artichoke Hearts</b>	.75	<b>Banana Peppers</b>	.50
<b>Shredded Jack Cheese</b>	1.00	<b>Sliced Jalapeno</b>	.50
<b>Shredded Cheddar Cheese</b>	1.00	<b>Raisins</b>	.50
<b>Gorgonzola Cheese</b>	1.00	<b>Hardboiled Egg</b>	1.00
<b>Scoop of Chicken Salad</b>	3.50	<b>Extra Dressing</b>	.75
<b>Scoop of Tuna Salad</b>	4.50		

## Fruit Salads

**Our famous "Tropical"** 8.75  
Strawberries, pineapple, banana, cantaloupe, honeydew, grapes and other seasonal fruit sprinkled with trail mix and topped with frozen yogurt.

**The Floridian** 8.95  
Our famous chicken walnut raisin salad or honey curry chicken salad served on a bed of fresh seasonal fruit.

**The Millionaire** 9.25  
Strawberries, pineapple and banana sprinkled with trail mix and topped with frozen yogurt.

**Fresh Fruit Cup** 8 oz. 3.50

## Soups

Served with crackers.	8 oz.	12 oz.	16 oz.
<b>Chicken Basil Chili</b>	Cup 3.95	Bowl 5.75	Crock 6.95
<b>Gourmet Soup of the Day</b>	Cup 3.95	Bowl 5.75	Crock 6.95

## Specials

Check our board for the daily pasta special, wrap special and sandwich or salad of the day.

## Beverages

Assorted juices, sodas and gourmet beverages - prices vary.

<b>Coffee</b>	Small 1.50	Large 2.25
<b>Herbal Iced Tea</b> no sugar or caffeine	Small 1.50	Large 2.25
<b>Fresh Squeezed Carrot Juice</b>	Small 5.25	Large 6.50
<b>Juice Bar Combo</b>	SEE LIST	
<b>Fruit Juice by the Glass</b>	Small 2.50	Large 2.95
	apple, orange, papaya or berry	

## Frozen Yogurt

	6 oz.	8 oz.	12 oz.
<b>By the cup</b>	Small 2.00	Medium 3.00	Large 4.00

## Extra Shake, Smoothie and Yogurt Stuff

<b>Chocolate Syrup</b>	.50	<b>Sprinkles</b>	.50
<b>Trail Mix</b>	.75	<b>Extra Fruit</b>	.50
<b>Super Greens</b>	1.50	<b>Walnuts</b>	.50
<b>Protein Powder</b>	1.25	<b>Peanut Butter</b>	.50
<b>Chocolate Chips</b>	.50	<b>Honey</b>	.50
<b>Almond Milk</b>	.75	<b>Wheat Germ</b>	.50