

## Shakes

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

<b>House</b> Strawberries and banana	5.50
<b>wild Strawberry</b> Double strawberries blended with milk	5.50
<b>Pina Banana</b> Pineapple and banana	5.50
<b>mocha Banana</b> Chocolate syrup and banana blended with coffee	5.50
<b>Palm Beacher</b> Pineapple and coconut blended with papaya juice	5.50
<b>Boca Banana</b> Banana blended with milk	5.50
<b>Dreamsicle</b> Orange juice blended with fat-free vanilla frozen yogurt	5.50
<b>chocolate monkey</b> Banana and chocolate chips blended with milk	5.50
<b>Muxxy Buddy</b> Peanut butter, banana and honey	5.50

## Performance Shakes

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

<b>creamy carrot Sicle</b> Fresh squeezed carrot juice blended with fat-free vanilla frozen yogurt	5.50
<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!	6.50
<b>Iron man/woman</b> Banana, wheat germ, honey and protein powder blended with milk or juice	6.50
<b>The Recovery</b> Banana, super greens, honey and orange juice	6.50
<b>Triathlete</b> Banana, peanut butter, chocolate chips, wheat germ and honey blended with milk	6.50

## 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!	6.95
<b>Palm Beach warrior</b> A great immune booster! Acai (superfood full of antioxidants) blended with banana, pineapple, strawberries, protein powder, crushed ice, and apple juice (or almond milk for .75)	7.95

## Smoothies dairy free - ice instead of frozen yogurt

Blended with your choice of juice: orange, apple, or papaya (or almond milk for .75)

<b>House</b> Banana, strawberries, and a touch of honey	4.95
<b>wild Strawberry</b> Strawberries, apple juice, and a touch of honey	4.95
<b>fruit Twist</b> Orange juice, pineapple, strawberries, and a touch of honey	4.95
<b>Palm Beacher</b> Pineapple & coconut blended with papaya juice	4.95
<b>The Boca Banana</b> Banana blended with apple juice	4.95
<b>Pina Banana</b> Pineapple and banana	4.95

## 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"

**Boca Raton**  
3731 FAU Blvd. #10  
(561) 416-8862

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

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

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

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

**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 pumpernickel and rye, and tortilla wrap

**Peanut Butter, Banana & Honey** 5.95

**Veggie Melt** 6.50

Romaine, tomato, alfalfa sprouts, carrots, cucumbers, red cabbage, red onion. Smothered with melted Jack cheese.

**Hummus Veggie Pita** 6.75

**Egg Salad** (made fresh daily) 6.95

**Oven Roasted Turkey** 7.75

**Ham & Swiss** 7.95

**Chunky Chicken Salad** 7.95

(all white chicken, cracked pepper, sea salt and celery)

**Chicken Walnut Raisin Salad** (all white chicken) 7.95

**Honey Curry Chicken Salad** 7.95

(all white chicken with walnuts, raisins and a touch of honey)

**Tuna Salad** 8.95

(solid white albacore)

## Signature Sandwiches

**The Californian** 6.95

Fresh avocado served with romaine, tomato, alfalfa sprouts, cucumbers and carrots. Smothered with melted Jack Cheese.

**Grilled Chicken** 7.95

Grilled chicken breast served with romaine, tomato, alfalfa sprouts, cucumber and carrots.

**Chicken Caesar Wrap** 7.95

Grilled chicken breast served with romaine, parmesan cheese and Caesar dressing.

**Club Wrap** 7.95

Oven roasted turkey and ham with swiss cheese. Served with romaine, tomato, sprouts, cucumbers and carrots.

**Veggie Burger** 8.95

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.

**Mexi-Melt Wrap** 9.50

Grilled chicken breast wrapped with romaine, tomato, avocado, salsa and melted Jack Cheese.

## Classic Combinations

**Soup and Sandwich** 9.95

1/2 CLASSIC SANDWICH of your choice served with a bowl of our fresh made soup.

**Lunch Bag Special** 9.95

1/2 CLASSIC SANDWICH of your choice served with a side of fresh fruit and frozen yogurt.

## 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.

**DRESSINGS** Honey Mustard Poppyseed, Balsamic Vinaigrette, Ranch, Caesar, Sweet Vidalia Onion, Orange Sesame Ginger and Light Honey Dijon.

**Egg Salad** (made fresh daily) 8.50

**Oven Roasted Turkey** 8.95

**Chunky Chicken Salad** 8.95

(all white chicken, cracked pepper, sea salt and celery)

**Chicken Walnut Raisin Salad** (all white chicken) 8.95

**Honey Curry Chicken Salad** 8.95

(all white chicken with walnuts, raisins and a touch of honey)

**Tuna Salad** (Solid White Albacore) 9.95

## Signature Salads

**Side Salad** 4.95

A smaller version of the vegetarian salad.

**Vegetarian Salad** 6.95

Chopped romaine and mixed greens with tomato, alfalfa sprouts, cucumbers, carrots, red cabbage and red onion.

**The Californian** 8.25

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.

**Caesar Salad** 7.95

Romaine, parmesan cheese, fresh baked croutons and Caesar dressing.

**Chicken Caesar Salad** 9.95

Grilled chicken breast served with romaine, parmesan cheese, fresh baked croutons and Caesar dressing.

**Grilled Chicken** 9.95

Grilled chicken breast served on a bed of mixed greens with tomato, alfalfa sprouts, cucumbers, carrots, red cabbage and red onion.

**The Taco Salad** 10.95

Tortilla chips, chicken chili, diced tomato, onion, jalapenos, salsa, sour cream, and cheddar cheese over a bed of chopped romaine.

**Chef Salad** 10.95

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.

**Cobb Salad** 11.95

Grilled chicken breast, crispy bacon, avocado, hard boiled egg & crumbled gorgonzola served on a bed of mixed greens with diced tomato.

## Jazz it Up!

Extra stuff for sandwiches and salads

Avocado	1.50	Black olives	.75
Fresh Baked Croutons	.50	Chick Peas	.75
Artichoke Hearts	.75	Banana Peppers	.50
Shredded Jack Cheese	1.00	Sliced Jalapeno	.50
Shredded Cheddar Cheese	1.00	Raisins	.50
Gorgonzola Cheese	1.00	Hardboiled Egg	1.00
Scoop of Chicken Salad	3.95	Extra Dressing	.75
Scoop of Tuna Salad	4.95		

## Fruit Salads

**Our famous "Tropical"** 10.95

Strawberries, pineapple, banana, cantaloupe, honeydew, grapes and other seasonal fruit sprinkled with trail mix and topped with frozen yogurt.

**The Floridian** 10.95

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

**The Millionaire** 10.95

Strawberries, pineapple and banana sprinkled with trail mix and topped with frozen yogurt.

**Fresh Fruit Cup** 4.50

**Acai Bowl** 9.95

Organic Brazilian Acai with added guarana. Choose your variety below.

#1 Topped with sliced banana, strawberries, honey, and granola

#2 Topped with peanut butter, banana, honey, and granola

#3 Topped with pineapple, banana, honey, and granola

## Soups

Served with crackers. 8 oz. 12 oz. 16 oz.

**Chicken Basil Chili** Cup 3.95 Bowl 5.75 Crock 6.95

**Gourmet Soup of the Day** Cup 3.95 Bowl 5.75 Crock 6.95

## Beverages

Assorted juices, sodas and gourmet beverages - prices vary.

**Coffee** 2.25

**House-Brewed Iced Tea** 2.25

**Fresh Squeezed Carrot Juice** 6.50

**Juice Bar Combo** SEE LIST

**Fruit Juice by the Glass** 2.95

apple, orange or papaya

## Frozen Yogurt

By the cup Small 2.25 Medium 3.25 Large 4.50

## Extra Shake, Smoothie and Yogurt Stuff

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