

Organic Juices:

12oz: \$4.99 16oz: \$5.99 24oz: \$7.99

Apple Juice

Carrot Juice

Essential Beet

Beet and Celery

Mixed Greens

Celery, Cucumber, Parsley and Romaine Lettuce

Pure Bliss

Apple, Beet, Carrot and Ginger

Spiced Lemonade

Apple, Lemon and Ginger

12oz: \$6.49 16oz: \$7.99 24oz: \$10.99

Bloody Larry

Carrot, Celery, Garlic, Lemon, Tomato, Horseradish and Hot Sauce

Everything Nutritious

Beet, Carrot, Celery, Kale, Parsley, Spinach, Garlic and Ginger

Green Apple

Apple and Kale

Green Envy

Apple, Celery, Cucumber, Kale, Parsley, Pineapple, and Ginger

Orange Juice (12oz): \$4.99

Lemonade (24oz): \$4.99

Wheatgrass: 1oz: \$2.99 2oz: \$5.98

Fire Cider: 1oz: \$1.99

Immune Booster: \$3.99

Fire Cider, Lemon, Ginger, Echinacea, Cayenne and Vitamin C

Organic Smoothies:

12oz: \$4.99 16oz: \$5.99 24oz: \$7.99

Banana Protein Crunch

Banana, Granola, Protein Powder and Rice Milk

Basic Berry

Blueberry, Raspberry, Strawberry and Rice Milk

Fruit Galore

Banana, Mango, Strawberry, Apple Juice and Orange Juice

Green Pear

Banana, Pear, Pineapple, Kale, Spinach, Orange Juice and Apple Juice

Mixed Berry

Blueberry, Raspberry, Strawberry, and Apple Juice

Pina Colada

Banana, Coconut, Mango, Pineapple, Pineapple Juice and Rice Milk

Tasty Carrot

Banana, Strawberry and Carrot Juice

Tropical

Banana, Coconut, Pineapple Juice and Rice Milk

Tropical Green

Banana, Mango, Celery, Spinach, Apple Juice and Coconut Water

It's Only Natural Market Café

Takeout menu

Full Menu:

Monday thru Saturday

9am to 5pm

Juice Bar:

Monday thru Saturday

9am to 5pm

Sunday

10am to 5pm

575 Main Street

Middletown, CT 06457

P. 860.346.1786

Panini:

All grilled on your choice of bread* served with chips.

Apple Smoked Cheddar / \$7.95

Sliced Apple and Smoked Cheddar Cheese

Goat Cheese and Pear / \$7.95

Goat Cheddar and Chevre with Slice Pear, Arugula and Balsamic

Roasted Veggies/Muenster / \$7.95

Pepper, Onion, Zucchini, Yam and Muenster Cheese

Thanksgiving Dinner / \$7.95

Stuffed Vegetarian 'Roast', Onion, Yam, Cranberry Sauce and Vegenaise Topped with Muenster

Tomato/Basil/Mozzarella / \$7.95

Pesto and Olive Oil Drizzle

Veggie Burger / \$6.95

Amy's California Burger w/ Melted Cheese, Lettuce, Tomato, Vegenaise and Ketchup on a Whole Grain One Bun.

Southwest Burger / \$7.95

Black Bean Chipotle Veggie Burger with a Blend of Cheeses, Avocado, Lettuce, Tomato and Mild Salsa on a Whole Grain One Bun

Tuna Melt / \$7.95

Tuna, Tomato and Vegenaise topped with Cheddar Cheese

Turkey Melt / \$7.95

All Natural Sliced Turkey, Tomato and Vegenaise Topped with Cheddar Cheese

Grilled Cheese / \$5.95

Your choice of Cheese, Onion and Tomato

Cold Sandwiches:

Served with lettuce, carrots, sprouts, and vegenaise on your choice of bread*.

Vegetarian Options / \$5.95

Egg Salad - Veggie Ham - Veggie Bologna - Veggie Meatloaf

Vegan Options / \$5.95

Baked Tofu - Curried Tofu Salad - Fakin Bakin - Hummus w/Peanut Sauce - Marinated Tempeh - Marinated Tofu - The Bridge Tofu Salad - Vegan Field Roast - Veggie Burger

Meat Options / \$6.95

Chicken - Chicken Salad - Genoa Salami - Ham - Herb Turkey - Pepperoni - Roast Beef - Tuna Salad - Turkey

Salads:

Mixed greens, carrots, cucumbers, sprouts and tomato.

Apple Smoked Cheddar / \$7.95

Sliced Apple, Grated Smoked Apple Cheddar Cheese and Dried Cranberry

Baked Tofu Salad / \$6.95

Cubes of Baked Tofu

Caesar Salad / \$6.95

Romaine Lettuce, Parmesan, Croutons, Caesar Dressing and Lemon

California Salad / \$6.95

Garbanzo Beans and Avocado

Chef's Salad / \$7.95

Turkey & Ham Slices, Cheese, Egg and Olives

Cranberry Goat Cheese / \$7.95

Goat Cheese, Walnuts and Cranberries

Egg & Cheese Salad / \$6.95

Egg and Cheese

Falafel Platter / \$6.95

Falafel, Hummus, Olives and Pita Bread

Garden Salad / \$4.95

Greek Salad / \$6.95

Feta Cheese and Olives

Marinated Tempeh Salad / \$6.95

Cubes of House Marinated Tempeh

Marinated Tofu Salad / \$6.95

Cubes of House Marinated Tofu

Tofu Salad Platter / \$6.95

The Bridge Tofu Salad

Tuna Salad Platter / \$7.95

Scoop of Tuna Salad

Soups:

Please ask about our soup options as they change daily.

Cup (12oz) / \$4.99

Bowl (16oz) / \$5.99

All Produce is 100% Organic

All Deli Meats are from Applegate and Antibiotic Free

**Handcrafted Artisanal Bread From Fabled Foods Bakery, Deep River, CT.*