Organic Juices:

- 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


- 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:

- 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

10/10/16
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 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 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.