

**SALADS** fresh organic greens and veggies with your choice of dressing and a fresh baked 7 grain roll

**House:** mixed greens, shredded carrot, red onion, cucumber, tomato, and choice of dressing

Small \$6.95 Large \$7.95

Add grilled chicken \$3.00

**Greek:** greens, sheep milk feta, cucumber, red onion, tomato, kalamata olives, dressing

Small \$8.45 Large \$9.95

**Cobb:** greens, gorgonzola, bacon, tomato, egg, grilled chicken, dressing

Small \$8.45 Large \$9.95

**Caesar:** greens, parmesan, fresh baked croutons, almond-Caesar dressing

Small \$7.25 Large \$8.25

Add grilled chicken \$3.00

**SOUPS** our six different soups are made fresh daily from organic ingredients and served with fresh baked bread

\$5.29 small \$6.29 medium \$10.49 large

**Soup selections include:**

Beef Stew	Red Lentil Dah
Black Bean Chicken	South American
Borscht	Spanish Tomato
Buffalo Chili	Split Pea-Bacon
Carrot-Dill	Thai Coconut Squash-Tofu
Chicken	Tomato Rice
Creamy Broccoli	Turkey Chili
Minestrone	Turkey Meatball
Mushroom Barley	Vegetable
Pumpkin Wild Rice-Mushroom	White Beans-Greens
Quinoa	

**BREADS & WRAPS** 7 grain sliced, rye sliced, country white sliced, 7 grain roll, pumpernickel, cibatta roll, brioche roll, club roll, kaiser roll, white wrap, spinach wrap, whole wheat wrap

**CHEESES** cheddar, mozzarella, swiss, brie, vegan pepper jack, vegan cheddar and american

**SPREADS** honey mustard, blue cheese, pesto-mayo, dijon, cranberry, horseradish, black bean salsa, mango chutney

**DRESSINGS** made from scratch by Chef Liz. balsamic vinaigrette, sesame-ginger, vegan caesar, blue cheese, russian, greek, lemon-poppy seed

## ORGANIC JUICE BAR

8 oz 12 oz

**Carrot-Apple-Ginger** \$4.99 \$5.49

**Chard-Kale-Celery-Collards** \$5.99 \$8.49

**Beet-Ginger-Carrot-Celery** \$3.99 \$4.99

**Carrot-Celery** \$2.99 \$3.99

**Carrot-Beet-Parsley** \$3.99 \$5.49

**Apple-Lemonade** \$5.49 \$7.59

Add any 1 vegetable to any juice \$1.00

Add 1/2 cucumber to any juice \$1.50

**Make Your Own Veggie Juice** – 12 oz only  
\$7.59 choose any 4 ingredients:

Apple	Celery	Cucumber	Lemon
Beet	Chard	Ginger	Parsley
Carrot	Collards	Kale	Spinach

*Note: all green drinks have celery*

## SMOOTHIES

made with only frozen organic fruit 12 oz only \$5.99  
(choice of whole, rice, or soy milk)

**Banana Zinger:** frozen bananas, milk, vanilla yogurt, cinnamon, agave

**Blueberry Pie:** frozen blueberries, milk, vanilla yogurt, cinnamon, blueberry syrup

**Piña Colada:** pineapple-coconut juice, pineapple, banana, agave

**Tropical Punch:** pineapple-coconut juice, pineapple, mango, strawberries, banana, agave

**Mango Mamma:** mango juice, mango, agave

**Banana-Strawberry Swirl:** apple juice, banana, strawberries, vanilla yogurt, agave

**Brazilian Baby:** acai, apple juice, banana, agave

**Brazilian Mama:** acai, milk, banana, agave

**Make Your Own Smoothie:** choose any 3 fruits, milk or yogurt and agave \$7.99. Add protein powder (rice, soy, whey) \$1.00/scoop

## KID'S MENU

PBJ & Banana \$4.75 1/2 Ham Sandwich \$4.25

PBJ & Rice Fluff \$4.75 Veggie Quesdilla \$5.25

Chicken Fingers \$4.75 1/2 Tuna Sandwich \$4.25

Mac & Cheese \$8.99 lb



# TEMPTATIONS

## Prepared Foods & Juice Bar Menu

*We strive to prepare your food with the highest quality organic ingredients. Our goal is to make clean, organic, gourmet food. Our produce, herbs, spices, oils and vinegar are unrefined and mostly organic.*

Thank you for choosing  
Nature's Temptations!

### STORE HOURS

Mon-Fri 9:30 AM - 7:00 PM

Sat 9:00 AM - 5:00 PM

Sun 11:00 AM - 5:00 PM

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## SALADS

Tuna	\$14.99 lb
Egg	\$6.99 lb
Curry Turkey	\$10.99 lb
Chicken Walnut	\$10.99 lb
Tofu	\$8.49 lb
Roasted Tofu	\$8.49 lb
Tempeh	\$8.49 lb
Edamame	\$9.99 lb
Temptation Slaw	\$8.99 lb
Brazilian Potato	\$7.99 lb

## SIDES

Cucumber Salad	\$9.99 lb
Roasted Squash	\$10.49 lb
Beet Salad	\$9.99 lb
Roasted Veggies	\$12.49 lb
Eggplant Capanata	\$10.29 lb
Black bean Salad	\$7.99 lb
Sautéed Greens	\$11.99 lb
Brown Rice Pilaf	\$6.99 lb
Wild Rice Salad	\$9.99 lb
Arame Salad	\$10.99 lb

## VEGGIE ENTREES

Veggie Lasagna	\$8.99 lb
Stuffed Acorn Squash	\$7.29 ea
Curried Tofu Burger	\$3.50 ea
Nutty Quinoa Burger	\$3.50 ea
Tex Mex Burger	\$3.50 ea
Veggie Quesadillas	\$5.25 ea
Spinach Pie	\$8.29 lb
Veggie Enchilada	\$6.25 ea
Veggie Burrito	\$6.25 ea

## FISH ENTREES *organic-farmed, wild, deep sea fish*

Grilled Salmon	MARKET
Cranberry-Pecan Salmon	MARKET
Apricot Glazed Salmon	MARKET
Baked Flounder	MARKET
Crab Cakes	MARKET
Moroccan Cod	MARKET

## CHICKEN ENTREES *free-range, hormone-free*

Grilled Chicken	\$15.99 lb
BBQ Garlic & Oil Balsamic ( <i>Free Bird</i> ®)	
Chicken Burrito (1 lb)	\$7.75 ea
Chicken Quesadillas	\$5.79 ea
Chicken Fingers	\$15.99 lb
Chicken Parmesan	\$14.99 lb
Chicken Pot stickers	\$12.99 lb
Arroz con Pollo	\$10.49 lb

## TURKEY ENTREES *Plainville*

Oven Roasted Local Turkey	\$10.99 lb
Organic Turkey Meatballs	\$10.49 lb
Organic Turkey Burgers	\$8.49 ea
Organic Turkey Meatloaf	\$10.49 lb
Turkey Shepherd's Pie	\$10.29 lb

## BEEF ENTREES *Local grass-fed beef*

Shepherd's Pie Stuffed Peppers	\$16.99 lb
Beef Stew	\$10.49 qt
Grilled Flank Steak	\$17.99 lb
Taquito	\$4.25 ea
Roast Beef	\$12.99 lb

## APPLEGATE FARM

### SANDWICH MEATS & CHEESE

*No antibiotics, growth hormones or fillers*

Oven Roasted Turkey	\$10.99 lb
Black Forest Ham	\$10.29 lb
Genoa Salami	\$13.99 lb
Turkey Bologna	\$7.99 lb
White Cheddar	\$9.99 lb
Swiss	\$8.99 lb
Mozzarella	\$8.99 lb
Organic French Brie	\$19.99 lb
Muenster	\$7.99 lb
Pepper Jack	\$6.99 lb

## SANDWICHES

**Organic Roast Turkey:** fresh roasted turkey breast, carved to order, topped with fresh cranberry sauce \$9.99

**Free-Range Grilled Chicken:** balsamic marinated chicken breast, fresh roasted peppers, mozzarella topped with our vinaigrette on choice of bread \$7.95

**Sliced Turkey:** thin deli sliced turkey, maple glazed bacon, lettuce, tomato and pesto-mayo \$7.99

**Roast Beef:** nitrate-free, horseradish spread, onions and lettuce. \$7.99

**Ham:** nitrate free sliced ham, brie, pesto mayo, lettuce and tomato \$7.99

**Curry Turkey Salad:** turkey breast, carrots, celery and green peppers laced with curry mayo \$7.99

**Chicken Walnut & Dill:** chicken breast, walnuts, raisins, dill, peppers, onion, mayo \$7.99

**Chicken Caesar:** grilled chicken, Caesar dressing, lettuce and onion \$7.75

**Tuna Salad:** deep sea, dolphin safe tuna, fresh dill, and seasonings and mayo \$8.45

**Create your own sandwich:** Any combo of 2 meats with choice of cheese, spread or dressing and bread, lettuce and tomato. \$8.95

**Chicken Burrito:** free-range, drug-free chicken breast, black beans, salsa, brown rice, onions, peppers, wrapped in a tortilla and sour cream \$7.75

## ORGANIC VEGETARIAN & VEGAN SELECTIONS

**Tofu Salad or Tempeh Salad:** seasoned tofu/tempeh and veggies mixed with veganise \$7.45

**Falafel:** falafel, hummus, cucumber, carrot, lettuce, tomato, cilantro-yogurt sauce \$8.95

**Hummus:** served with sprouts, lettuce, tomato, tahini \$7.45

**Avocado-Roasted Pepper:** avocado spread on bread with fresh roasted peppers and sprouts with vinaigrette \$7.75

**Tempeh Reuben:** grilled seasoned tempeh, sauerkraut, choice of cheese, and Russian dressing on rye \$8.45

**Roasted Veggie:** roasted vegetables, hummus, avocado, lettuce, and tomato \$7.99

**BURGERS** made with organic ingredients, served with lettuce and tomato on choice of bread \$7.99

**Turkey:** free-range turkey on with lettuce, tomato, burger sauce \$9.95

**Salmon:** organic farmed salmon, veggies, seasonings grilled topped with horseradish sauce. Served on your choice of bread \$9.95

**Tex Mex:** pinto bean, onion and tomato with southwestern flavors black bean salsa \$5.25

**Curried Tofu:** tofu, chickpea, tomato, onion, seasoned in curry with mango chutney \$5.25

**Nutty Quinoa Sweet Potato:** walnuts, quinoa, sweet potato, laced with cumin and cilantro, topped with black bean salsa \$5.25

**Veggie Burger:** brown rice, oats and veggies blended together served on a roll with lettuce, tomato, russian dressing \$5.25