



HOT BEVERAGES

Coffee and Espresso Drinks

locally roasted and Fair Trade

	12 oz double	16 oz triple
Coffee	\$1.50	\$1.80
Latte*	\$3.00	\$3.50
Cappuccino*	\$3.00	\$3.50
Mocha*	\$3.50	\$4.00
Americano	\$1.50	\$1.85
Cafe au Lait*	\$2.50	\$3.00
Espresso	double \$1.35	triple \$1.65

Other Beverages

	12 oz	16 oz
Hot Cocoa*	\$2.50	\$3.00
Steamer*	\$3.00	\$3.50
Chai - Our own recipe	\$3.00	\$3.50

Organic Flavor Syrups:

vanilla, hazelnut, raspberry, amaretto & caramel

**All beverages made with milk from Shetler's Family Dairy in Kalkaska, MI - Antibiotic and hormone-free*



BAKED GOODS

Scones - Cherry, maple pecan, orange cranberry (prices vary)

Muffins \$2.25
Bran, seasonal flavor and one daily vegan option

Cookies \$1.40
Chocolate chip, cherry pecan, oatmeal Raisin, Snickerdoodle, good for you, gingersnap, vegan peanut butter

Bars (prices vary)
Brownies, gluten-free peanut butter bars, gluten-free granola bars, peanut butter chocolate chip bar, fruit and nut granola bar.



COLD BEVERAGES, JUICE & SMOOTHIES

Juices

made with organic fruits and veggies

Pick Me Up carrot, apple & celery	\$3.50
The Works beets, carrot, apple, celery & ginger	\$4.25
Green Goodness apple, cucumber, celery, kale & parsley	\$4.50
The Sour Apple lemon, cucumber & apple	\$4.00
Green Lemonade lemon, apple, kale, celery & ginger	\$4.00
The Flu Shot carrot, lemon and ginger	\$2.00

Smoothies

made with organic fruits and veggies \$4.75

Cherry Ginger
banana, apple juice, cherries & ginger

The Michigander
banana, apple juice, michigan blueberries, cherries & strawberries

Create your own...
using blueberries, strawberries, cherries, peaches, mangoes, bananas, and/or raspberries

Smoothie supplements also available.



**Natural Foods
Market**



LAKE STREET CAFE

Featuring the best organic,
locally-produced, and healthy
ingredients available

Voted *Healthiest Restaurant*
by Northern Express readers

CAFE MENU



Natural Foods Market

260 East Tenth Street
Traverse City, MI 49684
Phone 231.947.0191
www.oryana.coop

Hours

Monday - Saturday 7:30 a.m. - 8 p.m.
Sunday 10 a.m. - 6 p.m.



SANDWICHES
on Locally Made Bread

Roast Turkey Roast turkey, lettuce, tomato & mayo on 7-grain bread	\$6.29
Lemon Parmesan Chicken baked chicken, lettuce, tomato & lemon parmesan sauce on focaccia	\$6.95
Sundried Tomato Pesto Tuna sundried tomato pesto tuna salad, red onion, sprouts, lettuce, tomato & mayo on cracked wheat bread	\$6.49
Tempeh Reuben Tempeh, swiss cheese, sauerkraut & Russian dressing on rye bread	\$6.29
Cherry BBQ Chicken or Tempeh baked chicken or tempeh, cherry BBQ sauce, red onion, mozzarella & lettuce on focaccia	\$6.95
Ham & Havarti ham, havarti, lettuce, tomato, mayo & stoneground mustard on rye bread	\$7.29
PB & J or PB & B peanut butter and jelly or peanut butter, banana & honey on North Country bread	\$3.95
Hot to Trot dilled tofu spread, spicy pickled veggies, tomatoes, red onion & sprouts on North Country bread	\$6.95



SPECIAL PLATES

Hummus Plate sundried tomato hummus, mixed veggies & blue tortilla chips	\$3.50
Salsa Plate Organic salsa & blue tortilla chips	\$3.50



WRAPS
on Whole Wheat Tortillas

North End avocado, sprouts, red onion, cucumber, lettuce & tomato with choice of roasted red pepper cream cheese spread or sundried tomato hummus	\$6.49
Smoked Turkey Apple smoked turkey, apples, sunflower seeds, swiss, lettuce & cherry honey mustard	\$7.49
Peanut Tofu spicy peanut tofu, rice noodles, green onions, red pepper, celery, carrots, cucumber, peanuts, sprouts, & peanut ginger sauce	\$6.29
Chicken or Tempeh Chipotle baked chicken or tempeh, red onion, lettuce, tomato, pineapple & creamy chipotle sauce	\$6.95
Turkey Kim Chee smoked turkey, cheddar, kim chee, lettuce & cherry honey mustard	\$7.49
The Jungle peanut butter, strawberry jam, pear, apple & banana	\$5.79



OTHER ITEMS

Kalamata Olive Spread Cream cheese, feta, kalamata olives, roasted red pepers, garlic, dill weed	\$9.99/lb.
Nori Rolls Vegan and vegetarian sushi rolls	(prices vary)
Whole Quiche variety changes daily	\$10.99



SOUPS & MORE

Soups of the Day
Four daily selections of superb freshly-made soups. Selections vary.

12 oz. cup \$2.99 | 16 oz. bowl \$3.99

Soup and a Sandwich
\$.50 OFF any purchase of soup and sandwich together

Hot Bean and Rice Bar
Delicious and hearty brown rice with a varying selection of spiced beans. \$3.99/lb



SALADS

Michigander Salad
organic mixed greens, romaine lettuce, chicken chunks, cherries, pecans \$11.75/lb.

Wild Rice Salad
wild rice blend, raisins, smoked tofu, pecans, bell peppers, green onions, olive oil, cider vinegar, sesame oil, spices \$7.99/lb.

Tuna Pasta Salad
organic pasta shells, albacore tuna, celery, red onion, mayo, pickles \$8.25/lb.

