



Local Foods Featured on this Menu

At Oryana's Lake St. Cafe, our goal is to use organic, fair-trade and local ingredients whenever possible and to offer convenient, delicious and healthy food choices. Our menu proudly features the products of these local farms and vendors:

Duerksen Turkey Farm, Mancelona

Smoked and Roast Turkey

Pasture-raised turkey, raised without the use of antibiotics and growth hormones

Food For Thought, Honor

Cherry Honey Mustard

Made with organic ingredients and organic Michigan cherries

Great Northern Roasting Company, Traverse City

Direct trade organic coffee

Higher Grounds Trading Company, Traverse City

Fair trade, organic coffee and espresso

Light of Day Organic Teas, Traverse City

Iced and Hot Teas

Certified organic and fair trade tea

Naturally Nutty, Traverse City

Peanut Butter: Made with American-grown organic peanuts

Nature's Acres, Manton

Chicken

Free-range, antibiotic and hormone-free, grass fed

Oryana Soyworks, Traverse City

Tofu: Made onsite using organic, Michigan-grown soybeans

Pleasanton Brick Oven Bakery, Traverse City

Rye bread

Naturally leavened, made with organic, Michigan flour, baked in a wood-fired brick oven

Shetler's Family Dairy, Kalkaska

Dairy for espresso bar

Grass-fed cows, raised without antibiotics and hormones.
Non-homogenized, low temperature pasteurized

Stonehouse Bread, Traverse City

7-Grain, Cracked Wheat, Focaccia, and North Country bread
Made with organic flour

All produce is certified-organic and/or sustainably grown local.



LAKE STREET CAFE MENU

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

Coffee and Espresso Drinks

	12 oz	16 oz
	double	triple
Coffee	\$1.89	\$2.39
Latté or Cappucino	\$3.25	\$4.00
Americano	\$2.00	\$2.50
Mocha -- made with homemade chocolate sauce	\$3.75	\$4.50
Shot in the Dark	\$2.50	\$3.25
Café au Lait	\$2.00	\$2.50
Espresso	\$2.00	double shot

Other Hot Beverages

Steamer	\$2.75	\$3.50
Chai - Our own recipe	\$3.00	\$3.50
Vanilla Maté Latte	\$3.75	\$4.50
Hot Cocoa - Made with our own chocolate sauce	\$2.75	\$3.50

Rice, soy and almond milk available - add 50¢

Organic Syrups, add 50¢ Vanilla, Hazelnut, Caramel, Raspberry, Amaretto, Irish Cream

Iced Tea

12 oz \$1.49 6 oz \$1.79

- Lake Street Chamomile Mint: A blend of chamomile, nettles, oatstraw, shavegrass & mint
- Light of Day Coffee Convert: A blend of fair trade black teas
- Light of Day Heartwarming Cinnamon: Fair Trade rooibos (Red Tea), apple, organic orange, and organic Clove
- Light of Day Hummingbird Nectar: cherry, hibiscus, blueberry, grape, currant, elderberry, & maple syrup



Natural Foods Market

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

VOTED HEALTHIEST
RESTAURANT
BY NORTHERN EXPRESS
READERS!

Juice

Made with organic fruits and vegetables

Pick Me Up \$3.50
Carrot, apple and celery

Green Goodness \$4.50
Apple, cucumber, celery, kale and parsley

Green Lemonade \$4.00
Apple, lemon, celery, kale and ginger

The Works \$4.25
Beets, carrots, apple, celery and ginger

Sour Apple \$4.00
Apple, cucumber and lemon

The Flu Shot \$2.00
A shot of carrot, lemon and ginger to fight off what ails you

Lemonade 12 oz \$2.00 16oz \$2.50
Made with freshly juiced lemons, agave nectar and love!

Sandwiches

Sundried Tomato Pesto Tuna \$6.95
Sundried tomato pesto tuna salad, red onion, sprouts, lettuce, tomato and mayo on cracked wheat bread

Lemon Parmesan Chicken \$7.49
Local baked chicken, lettuce, tomato and lemon parmesan sauce on focaccia bread

Cherry BBQ Chicken or Tempeh \$7.95
Tempeh or local baked chicken, cherry BBQ sauce, red onion, mozzarella and lettuce on focaccia bread

Roast Turkey \$7.29
Local roast turkey, lettuce, tomato and mayo on 7-grain bread

Hot To Trot Vegan \$6.95
Dill tofu salad, spicy pickled veggies, red onion, sprouts and tomato on North Country bread

Peanut Butter & Jelly \$4.95
Locally produced peanut butter and strawberry jelly on North Country

Peanut Butter & Banana \$4.95
Locally produced peanut butter, local honey and banana on North Country

*Gluten-free bread and wraps available

Smoothies

Made with organic fruits

Cherry Ginger \$5.50
Cherries, ginger, banana and apple juice

The Michigander \$5.50
Banana, apple juice and Michigan grown strawberries, cherries and blueberries

The Superior \$6.00
Dates, avocado, goji berries, cherries, blueberries, banana and apple juice

The Ultimate \$6.50
Blueberries, banana, peaches, ginger, honey, nutmeg, flax seed and almond milk

Mango Lassi \$6.00
Mango, honey, lemon, ginger, Shetler's yogurt and apple juice

Bananarama \$4.25
Bananas, dates and honey

Create Your Own
Cherry, Blueberry, Strawberry, Raspberry, Mango, Peaches

Add-ins – Yogurt 75¢ Whey or hemp protein, flax, super green 50¢

Wraps

Smoked Turkey Apple \$7.49
Local smoked turkey, apple, red onion, Swiss cheese, sunflower seeds, lettuce and cherry honey mustard

Chipotle Chicken or Vegan Tempeh \$7.29
Tempeh or local chicken, avocado, tomato, red onion, lettuce and chipotle sauce

North End Veggie \$6.49
Avocado, cucumber, tomato, red onion, sprouts and lettuce with sundried tomato hummus or roasted red pepper cream cheese

Turkey Kimchee \$8.29
Local smoked turkey, kimchee, cheddar, lettuce and cherry honey mustard

Peanut Tofu \$6.79
Spicy peanut tofu, rice noodles, cucumber, green onion, carrots, celery, red pepper, sprouts and peanut sauce

The Jungle \$5.79
Locally produced peanut butter, local strawberry jam, banana, apple and pear

Hummus Plate \$4.50
Sundried tomato hummus, cucumber, celery, carrots and tortilla chips

Panini

Ham and Havarti \$7.95
Ham, Havarti cheese, tomato, mayo & stone ground mustard on rye bread

Tuna Melt \$8.95
Sundried tomato pesto tuna salad, havarti, red onion, tomato and mayo on cracked wheat bread

Reuben w/ Tempeh \$7.95 w/ Smoked Turkey \$8.95
Tempeh or local smoked turkey, Swiss cheese, sauerkraut and Russian dressing on rye bread

Turkey and Swiss \$8.95
Local roast turkey, Swiss cheese, tomato and mayo on 7-grain bread

Grilled Veggie \$7.59
Avocado, yams, red pepper, red onion, tomato and sundried tomato hummus on 7-grain bread

Basic Grilled Cheese \$5.79
Cheddar and mozzarella on North Country bread

Spicy Grilled Cheese \$6.79
Mozzarella, red pepper cream cheese, spicy pickled veggies, cheddar, red onion and tomato on North Country bread

Grilled PB&J or PB&B \$5.45
Peanut butter and jelly or peanut butter, honey and banana on North Country