

Salads

Our salads are made fresh daily with organic assorted lettuce, greens & produce. Our cheeses are local, small farm varieties, organic when possible. We use only Rocky Chickens from Petaluma which are free range, humanely treated, steroid and antibiotic free. Our specialty dressings are made fresh in our kitchen using all organic ingredients.

Chicken Caesar 9.95
Grilled Rocky Chicken Breast on a Bed of Crisp Romaine Lettuce, Tossed with Fresh Grated Parmesan and Crunchy House Made Garlic Croutons with our own Traditional Style

Green Salad (Vegan) 3.65
A variety of Organic Lettuce and Mixed Greens, Shredded Carrots, Sliced Red Onion, Tomatoes, and Garbanzo Beans with your choice of Caesar, Garlic Ranch, Chipotle Ranch or Lite Balsamic Vinaigrette

Apple, Bleu Cheese & Walnut Salad (Vegetarian) 8.50
Crisp, Sweet, Fresh Fuji Apples, Crumbled Pt Reyes Bleu Cheese and our own Sweet and Spicy Walnuts on a bed of Organic Mixed Greens, served with House Lite Balsamic Vinaigrette

House Cobb Salad 7.95
Roasted Rocky Chicken, Diestel Turkey Breast, Pt. Reyes Blue Cheese, Grated Carrot & Tomato. Choice of Dressing

Pasta Salads

All of our pasta salads are made fresh onsite using organic semolina pasta,

Asian Noodle Salad (Vegan) Lg 5.50
Organic Noodles, Shredded Carrots, Green Onions & Peas tossed with a Toasted Hunan Vinaigrette (slightly spicy)

Pesto Pasta Salad (Vegetarian) Sm 4.75 Lg 6.95
Organic Rotelli tossed with our own delicious Organic Pesto Sauce (Organic Basil, Olive Oil, Parmesan Cheese, Garlic, Walnuts, Sea Salt), Parmesan Cheese, Olive Oil, Lemon Juice, & Sea Salt

Bountiful Macaroni Salad (Vegetarian) Sm 3.25 Lg 5.75
Organic Macaroni, Carrots, Bell Peppers, Red Onion, Green Onion, Peas, Celery, Cheddar Cheese tossed in our lower fat Special Sauce

Dilled Red Potato Salad (Vegetarian) Sm 2.25 Lg 4.50
Organic Red Potatoes, Red Onion, Celery, Fresh Dill, Mayo, Low Fat Sour Cream, Sea Salt

Hummus (Vegan)

We pride ourselves on being hummus aficionados! Our recipes come from our own personal longtime love affair with it! We start with organic garbanzo beans and add organic tahini, garlic, cumin, lemon juice, shoyu and sea salt. We make 3 scrumptious flavors: Garlic Lover's, Roasted Red Pepper & Chipotle, and Sun Dried Tomato Basil

Small (4 oz) 2.25
Large (8 oz) 3.95



Bakery Items

All of our delicious muffins, scones and cookies are baked fresh daily in our kitchen using the finest stone-ground organic flours, organic butter and oil, organic free-range brown eggs, organic sugars, organic spices and all natural and organic flavor extracts.

Carrot Cup Cake 2.95
We have reduced the fat content in our spiced carrot cake, but not the flavor! Topped with delectable cream cheese frosting. **Mini** 1.95

Apple Cinnamon Muffin 2.25
This moist muffin if filled with fresh Fuji apples and walnuts then topped with a

Low-Fat Sweet Potato Muffin 2.25
A hardy breakfast muffin bursting with organic sweet potatoes, walnuts, raisins

Blueberry Muffin 2.25
The traditional standard, chocked full of organic blueberries

Cheesecake—Petite 1.95
Traditional cheesecake in a petite size for a guilt free treat—of course this is made with all organic ingredients

Topped with Raspberry Coulis 2.25

Peanut Butter Cookie 1.75

Chocolate Chip Cookie 1.75

Oatmeal Raisin Cookie 1.75

Frosted Buttermilk Brownie 1.95

Look for delicious seasonal treats! And much more...

Awaits you in our Café!

(All prices subject to change)

OUR MISSION STATEMENT

Nature's Bounty Café nourishes the body and soul by serving delicious, organic food that is reasonably priced and delivered with exceptional service. We are passionate about providing slow food, which promotes better health for our customers, better health for our planet, and creates an ethical solution to fast food. As a successful Green Business, we empower people to make a significant difference through the simple act of buying a meal.



211 G Street
Historic Downtown
Antioch, CA



**Organic Whole Food
Café**

**Grab & Go Menu
*Winter 2010**

Hours

Mondays 9:00AM-2:00 PM
Tuesday-Friday 9:00AM-4:00PM
Closed on Saturdays & Sundays

Phone: 925-777-0600
Fax: 925-777-0629

www.Naturesbountycafe.com

Ask about our
Full Service
Catering!



Organic Breakfast Burritos

Made to Order Daily

Our Burritos are filled with Cage Free, Organic, Scrambled Eggs, Hand-Wrapped in an Organic Tortilla

Ham & Pepper Jack	7.50
Scrambled Eggs, Diced Niman Ranch Ham, Diced & Pan Fried Organic Yukon Gold Potatoes & Shredded Pepper Jack Cheese	
Ham & Cheddar	7.50
Scrambled Eggs, Diced Niman Ranch ham, Diced & Pan Fried Organic Yukon Gold Potatoes & Shredded Cheddar Cheese	
Spinach & Havarti	7.50
Scrambled Eggs, Organic Spinach Sautéed with Organic Garlic, Diced & Pan Fried Organic Yukon Gold Potatoes & Shredded Danish Havarti cheese	
Cheddar & Potato	6.50
Scrambled Eggs, Diced & Pan Fried Organic Yukon Gold Potatoes & Shredded Cheddar Cheese	

Fresh Soup:

Our soups are made fresh in our kitchen. Our stock is made with filtered water then filled with fresh organic produce, organic pastas, legumes, herbs and spices. Our meat is free-range, humanely treated, steroid and antibiotic free from birth.

Daily Selections (Subject to change)

Monday	Split Pea	
Tuesday	Vegan Chef's Choice (call for info)	
Wednesday	Chef's Choice (call for info)	
Thursday	Cheesy Potato	Cup 3.50
Friday	Chicken Tortilla	Bowl 4.50

All Wrapped Up!

Turkey Pesto Wrap: Organic House Made Pesto Cream Cheese, Diestel Turkey Breast, Carrots, Greens, Onions, and Balsamic Vinaigrette wrapped in a Spinach Tortilla	9.50
Turkey Cranberry Wrap: Toasted Walnut Cranberry Cream Cheese Spread, Diestel Turkey, Grated Carrot, Dried Cranberries and Greens	9.50
Southwest Wrap: Roasted Rocky Chicken, Cheddar Cheese, Corn, Black Beans, Greens & Chipotle Ranch Dressing wrapped in a Sun Dried tomato Tortilla	8.50
Chicken Salad Wrap: House made Apple Walnut Chicken Salad, Grated Carrot & Greens	8.50
Asian Tofu Wrap (Vegan): Organic Brown Rice, House Made Hummus, House Made Sesame Garlic Aioli, House Asian Tofu, Grated Carrot, and Red Onion in a Gourmet Sundried Tomato Tortilla	7.50
Grilled Veggie Wrap: Grilled Seasonal Veggies, Seasoned Brown Rice and Pesto Cream Cheese in a Spinach Tortilla	8.50
Sprouted Veggie Wrap: Garlic Hummus, Grated Carrot, Red Onion, Tomato with your choice of Lettuce or Spinach on a Gourmet Tortilla	7.50

Sandwiches ~ Sliced tomatoes available upon request ~

Our sandwiches are made fresh daily on a variety of fresh baked organic breads. Our cheeses are local, small farm varieties, organic when possible. All of our meat is free-range, humanely treated, steroid and antibiotic free

!!! New !!! 1/2 Sandwich Combo Plates !!! New!!!

Classic Combo \$8.25

Choose any 1/2 Sandwich from the lists below:

Turkey, Ham, Chicken Breast, Tuna, Meatloaf, Egg Salad, Chicken Salad, Sprouted Veggie or BBQ Tofu

Premier Combo \$9.25

Turkey & Cheese, Ham & Cheese, Chicken Caesar, Tuscan Chicken, Turkey Cranberry or any 1/2 Wrap

All Combos are Served with our House Green Salad with your Choice of Dressing. & Choose one of the following: Potato Salad, Pasta Salad or a Cup of Soup

Sprouted Veggie (Vegan)	7.50
House Made Garlic Hummus with Spinach, Tomato, Grated Carrots and Red Onion on Organic Sprouted 8 Grain Bread	1/2 4.50
Chicken Caesar Panini	9.95
Grilled Rocky Chicken Breast, Shaved Parmesan Cheese, Romaine Lettuce and House Made Caesar Dressing on Panini	1/2 5.25
BBQ Tofu Panini (Vegetarian-contains honey)	6.95
Baked Organic Tofu, Smothered in our Bounty BBQ Sauce, with Lettuce and Red Onion on a Deli Panini	1/2 3.75
Egg Salad on Oat	5.95
Cage Free Organic Eggs, Mayo, Dijon Mustard, Celery, Red Onion, Sea Salt, Pepper, Lettuce on Whole Grain Oat	1/2 3.95
House Tuna Salad	7.50
Dolphin-Safe Chunk White Albacore Tuna Mixed with fresh Organic Celery, Sweet Pickles, Onions, Mayo and Dijon Mustard, on Sliced, Organic Whole Wheat Bread	1/2 4.00
House Meatloaf	7.95
Made with Niman Ranch Ground Beef, Diestel Ground Turkey, Organic Veggies and Seasonings, Ketchup, Mayo on Whole Grain Oat Bread	1/2 4.25
Grilled Rocky Chicken Panini	8.50
Grilled Rocky Chicken Breast, Lettuce, Red Onion and Dijon Mayo on Panini	1/2 4.50
Roasted Turkey on Whole Wheat or Panini	7.50
Roasted Diestel Turkey Breast with Lettuce, Red Onion and Dijon Mayo on Sliced Whole Wheat or Deli Panini	1/2 4.00
Apple Walnut Chicken Salad	7.50
Roasted Rocky Chicken, Organic Fuji Apple, House Made Sweet & Spicy Walnuts, Mayo, Lemon Juice, Celery, Green Onion, Shallot, Lettuce, Seasoning on Oat Bread	1/2 4.00
Ham & Cheese Panini	8.50
Succulent Niman Ranch Ham & Your Choice of Cheese, with Lettuce, Red Onion and Dijon mayo on a Deli Panini	1/2 4.50

Tuscan Chicken Panini

Grilled Rocky Chicken Breast, Provolone Cheese, Roasted Red Bell Pepper, House Pesto Cream Cheese, Lettuce and Red Onion on a Deli Panini

9.95
1/2
5.25

Turkey Cranberry (Seasonal)

Diestel Turkey Breast, Fresh made House Cranberry Sauce, Mayo & Lettuce on Multi Grain Oat

8.95
1/2
4.75

Sandwiches Hot Off the Grill

Bounty Bonus	2.00
Add a side of pasta or potato salad	1.00
Add a Fresh Baked Jumbo Cookie	
Grilled Cheese	3.95
Your Choice of Cheese (Cheddar, Provolone, Pepper Jack) and Grilled Onions, on your Choice of Bread (Sliced Whole Wheat, Whole Grain Oat or Sprouted 8 Grain)	Add Tomato 1.25
Fried Egg Sandwich (served all day)	5.25
Cage Free, Organic Fried Egg, Choice of Cheese, Grilled Onions, Mayo on your Choice of Bread	Add Tomato 1.25
Seared Asian Tofu Panini (Vegan)	6.95
Seared, Marinated Organic Tofu, House Asian Sauce, Grilled Onions, Vegan Garlic Sesame Aioli on Deli Panini	
Tuna Melt	8.75
Dolphin-Safe Chunk White Albacore Tuna Mixed with fresh Organic Celery, Sweet Pickles, Red & Green Onions, Mayo and Dijon Mustard,	
Hot Meatball Sandwich	7.95
House Made Meatballs, Provolone Cheese, Grilled Onions, Choice of Fresh House Made Marinara Sauce or Bounty BBQ Sauce served on Deli Panini	
Grilled Veggie Sandwich	9.95
Pesto Basted Assorted Seasonal Veggies including: Grilled Eggplant, Zucchini, Onions, and Roasted Red Bell Pepper, Pesto Cream Cheese, Choice of Cheese, on a Deli Panini	
BBQ Chicken Panini	8.95
Roasted Rocky Chicken, Smothered in our Bounty BBQ Sauce, Choice of Cheese, Grilled Onions on a Deli Panini	
Hot Pastrami	10.95
Niman Ranch Naturally Cured Pastrami, your choice of Cheese, Fresh Grilled Onions, Dijon Spread on a Grilled Deli Panini	