

Espresso & Coffee

	12 oz.	16 oz.
Espresso <i>regular or decaf</i>	sgl. \$1.75	dbl. \$2.25
Americano <i>espresso & hot water</i>	\$1.95	\$2.45
Cappuccino	\$2.70	\$3.25
Cafe Latte	\$2.75	\$3.50
Cafe Mocha	\$3.25	\$3.75
Caramel Macchiato	\$3.25	\$3.95
Salted Caramel Mocha	\$3.25	\$3.95
Teeccino <i>herbal cappuccino or latte</i>	\$2.75	\$3.50
Tea Latte <i>tea & steamed milk</i>	\$2.95	\$3.55
Chai Latte	\$2.95	\$3.50
Hot Tea <i>black, green or herbal</i>		\$1.95
Brewed Organic Coffee	\$1.75	\$1.95
Hot Chocolate	\$2.50	\$3.00

Cold Drinks

	12 oz.	16 oz.
Iced Coffee <i>organic coffee over ice</i>	\$1.95	\$2.15
Iced Vanilla Latte	\$3.35	\$3.85
Iced Caramel Macchiato <i>espresso, vanilla syrup, milk, caramel sauce</i>	\$3.25	\$3.95
Blended Mocha	\$3.50	\$3.95
Iced Chai Latte	\$2.95	\$3.50
Italian Soda <i>sparkling water and syrup</i>		\$2.95
French Soda <i>sparkling water, syrup and half & half</i>		\$2.95
Arnold Palmer <i>iced tea & lemonade</i>		\$2.80
Lavender Lemonade <i>lemonade infused with lavender</i>		\$2.50
Iced Tea <i>black or tropical</i>		\$2.25
Milk		\$2.00
Extra shot of espresso	\$.75	
Flavored syrup	\$.60	
Substitute soy, rice or almond milk	\$.60	

Fresh Juice all juices are 100% organic

	12 oz.	16 oz.
Organic Carrot Juice	\$4.45	\$4.95
Carrot Juice Plus Three	\$4.95	\$5.45
<i>choose three: apple, beet, celery, cucumber, garlic, ginger, lemon, parsley, spinach, kale</i>		
<i>More than three</i>	.50 ea.	
Jake's Knockout Punch <i>carrot, celery, beet, ginger, garlic, lemon</i>	\$4.95	\$5.45
Natural Frontier <i>carrot, celery, beet, cucumber, garlic, parsley</i>	\$4.95	\$5.45
Ginger Squeeze <i>apple juice with fresh lemon and ginger.</i>	\$4.95	\$5.45
Green Drink <i>spinach, cucumber, celery and parsley.</i>	\$5.95	\$6.95
Organic Wheatgrass	1 oz. \$1.95	2 oz. \$3.45

Smoothies all smoothies 16 oz. - \$4.69

Strawberry Patch <i>strawberries, banana, apple juice.</i>	
Tropical Sunrise <i>mango, banana, pineapple, pineapple-coconut juice, orange juice.</i>	
Red Dragon <i>strawberries, lime Juice, pineapple juice.</i>	
Monsoon Freeze <i>protein rich shake with banana, strawberries, apple juice, papaya juice, dates, oat bran, wheat germ, protein powder.</i>	
Mix & Match Fruit Patch <i>choose from blueberry, raspberry, peach, banana, boysenberry, strawberry and mango. (some fruits seasonal).</i>	
Chocolate Peanut Butter Cup <i>peanut butter, banana, chocolate, milk of your choice.</i>	
Green Smoothie <i>organic kale, banana, mango, coconut milk.</i>	
Add (each)	\$1.00
<i>protein powder, New Frontiers Greens Superfood, bee pollen, nutritional yeast, ground flax seed, chia.</i>	



Take Out Menu

Sandwiches & Drinks

We also offer a build-your-own salad bar as well as salads and sandwiches in our grab-n-go case.



805.693.1746

New Frontiers Natural Marketplace
1984 Old Mission Dr. - Suite A10
Solvang, CA

Local Favorites

half \$ 4.99 whole \$7.99

All sandwiches served on your choice of Sourdough, Whole Wheat, Rye, Rosemary, Cracked Wheat Sourdough, Sprouted Ezekiel, Ciabatta, Focaccia, Baguette or Gluten Free. Served with tortilla chips and salsa, or carrot and celery sticks.

Mom's Tuna

Dolphin-safe tuna salad, lettuce, tomato, sprouts.

Avocado Delight

Avocado, lettuce, tomato, sprouts, carrots, cucumbers, cheddar cheese, Vegenaise, Spike seasoning.

Turkey Galore

Roasted turkey, Swiss cheese, lettuce, tomato, sprouts, carrots, cucumbers, onions, Vegenaise, mustard.

Figueroa

Roast beef, lettuce, tomato, carrots, cucumber, sprouts, roasted red pepper, horseradish, Vegenaise.

California Focaccia

Fresh baked focaccia, olive tapenade, avocado, roasted red pepper, sprouts, cucumber, tomato, feta.

Black Forest Ham

Black Forest Ham, Swiss cheese, lettuce, tomato, sprouts, carrots, cucumbers, Vegenaise, mustard.

Grilled Portobello

Marinated grilled portobello mushroom, roasted red peppers, spinach, Jack cheese, balsamic glaze, and Vegenaise on ciabatta.

\$7.99 - served with tortilla chips or carrots and celery

Vegetarian Reuben

Sauerkraut, Swiss cheese, tomato, sprouts, onions, mustard, Vegenaise on rye bread.

Sun Tacos

Organic corn tortillas with miso, cheddar cheese, avocado, sunflower seeds, onion, tomato, sprouts, lettuce, carrots and lemon herb dressing.

The Riviera

Roasted eggplant, Jack cheese, tomato, lettuce, vegan pesto mayo on your choice of bread.

The un-Burger

Boca Burger or Garden Burger, tomato, sprouts, onion, Vegenaise, mustard, served on a bun.

Soup of the Day

Cup 8 oz. \$2.99

Bowl 16 oz. \$4.99

Quart 32 oz. \$7.29

Local Favorites

half \$ 5.99 whole \$8.49

Bacon, Goat Cheese, & Date

Nitrate-free bacon, goat cheese, dates, arugula, and balsamic glaze on ciabatta.

BLT

Nitrate-free bacon, lettuce, tomato and Vegenaise on bread of your choice.

Blackened Chicken

Three varieties available on your choice of bread:

1. Blackened chicken, lettuce, tomato, sprouts, carrots, cucumbers, vegan pesto mayo.
2. Blackened chicken, Jack cheese, green chilies, tomato, red onion, lettuce and cilantro mayo.
3. Blackened chicken, house-made BBQ sauce, tomato, cucumber, lettuce and mayo.

Build Your Own

half \$4.99 whole \$7.99 half & cup of soup \$7.49

Choose your Base

(Choose 1)

Roast Beef
Roast Turkey
Tuna
Ham
Boca Burger
Garden Burger
Guacamole
Grilled Veggies

Extra Meat (\$1.50 extra)

Veggies

(Choose up to 5 or 3 on half)

Lettuce
Tomatoes
Cucumbers
Carrots
Red Onion
Sprouts
Roasted Red Pepper
Grilled Veggies
Guacamole (\$1.00 extra)

Spreads

(Choose 2)

Mayonnaise
Yellow Mustard
Dijon Mustard
Pesto Aioli (vegan)
Vegenaise®
Cilantro Mayo (vegan)
Horseradish
Olive Tapenade
Hummus

Cheese

(Choose 1)

Cheddar
Provolone
Swiss
Soy cheese
Jack Cheese

Extra Cheese (\$1.00 extra)

Bread

(Choose 1)

Whole Wheat
Cracked Wheat Sourdough
Sourdough • Rye
Rosemary • Baguette
Sprouted Ezekiel
Focaccia • Ciabatta
Gluten Free

served with tortilla chips or carrots & celery.