

ESPRESSO Coffee & Tea

All coffee is 100% organic

	12 oz.	16 oz.
Espresso regular or decaf	single \$1.75	dbl \$2.25
Americano espresso & hot water	\$1.95	\$2.45
Cappuccino	\$2.75	\$3.25
Cafe Latte	\$2.75	\$3.50
Cafe Mocha	\$3.25	\$3.95
Caramel Macchiato	\$3.75	\$4.50
Salted Caramel Mocha	\$3.75	\$4.50
Teeccino herbal cappuccino or latte	\$2.75	\$3.50
Tea Latte tea & steamed milk	\$2.95	\$3.50
Chai Latte	\$2.95	\$3.50
Hot Tea black, green or herbal	\$1.95	
Brewed Organic Coffee	\$1.75	\$2.00
Hot Chocolate	\$2.50	\$3.00
Substitute Soy, Rice, or Almond milk		\$.50

COOL & Refreshing

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

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805.693.1746

New Frontiers Natural Marketplace
1984 Old Mission Dr. STE A10, Solvang, CA
NewFrontiersMarket.com

NEW FRONTIERS

Take Out Menu

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



FRESH JUICE

All juices are 100% organic

Organic Carrot Juice 12 oz. \$4.99 16 oz. \$5.49

Carrot Juice Plus Three \$5.99 \$6.99

choose three: apple, beet, celery, cucumber, garlic, ginger, lemon, parsley, spinach, kale

More than three .50 ea.

Jake's Knockout Punch carrot, celery, beet, ginger, garlic, lemon \$5.49 \$6.49

Natural Frontier carrot, celery, beet, cucumber, garlic, parsley \$5.49 \$6.49

Ginger Squeeze apple juice with fresh lemon and ginger. \$4.99 \$5.99

Perfect Blend carrot, celery, apple, beet, lemon, ginger. \$5.49 \$6.49

Red Blast beet, apple, carrot, orange, kale, ginger. \$5.49 \$6.49

Green Drink spinach, cucumber, celery and parsley. \$5.99 \$7.49

Organic Wheatgrass 1 oz. \$1.99 2 oz. \$3.49

Wellness Shot 2 oz. \$4.99
apple, lemon, ginger, tumeric, garlic, oregano oil, cayenne.

SMOOTHIES 16 oz. \$4.99

Strawberry Patch strawberries, banana, apple juice.

Tropical Sunrise mango, banana, pineapple, pineapple-coconut juice, orange juice.

Red Dragon strawberries, lime Juice, pineapple juice.

Monsoon Freeze protein rich shake with banana, strawberries, apple juice, papaya juice, dates, oat bran, wheat germ, protein powder.

Mix & Match Fruit Patch choose from blueberry, raspberrry, peach, banana, boysenberry, strawberry and mango (some fruits seasonal).

Chocolate Peanut Butter Cup peanut butter, banana, chocolate, milk of your choice.

Green Smoothie organic kale, banana, mango, coconut milk.

Add (each) protein powder, New Frontiers Greens Superfood, bee pollen, nutritional yeast, ground flax seed, chia. \$1.00

Classic FAVORITES

HALF \$5.99 WHOLE \$8.99 HALF AND CUP OF SOUP \$8.99

Served with tortilla chips and salsa, or carrot and celery sticks.

All sandwiches served on your choice of Sourdough, Whole Wheat, Rye, Rosemary, Cracked Wheat Sourdough, Sprouted Ezekiel, Ciabatta, Focaccia, Baguette or Gluten Free.

Mom's Tuna

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

Avocado Delight

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

Turkey Galore

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

Figueroa

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

Black Forest Ham

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

BLT

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

Grilled Portobello

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

Vegetarian Reuben

Sauerkraut, Swiss cheese, tomato, sprouts, onions, mustard, Vegenaïse 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 un-Burger

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

Soup OF THE DAY

Cup 8 oz. **\$2.99**

Bowl 16 oz. **\$4.99**

Quart 32 oz. **\$8.99**

FOR Kids OF ALL AGES

PB&J **\$4.99**

Grilled Cheese **\$5.99**

Local FAVORITES

HALF \$6.99 WHOLE \$9.99

Bacon, Goat Cheese, & Date

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

Blackened Chicken

Blackened chicken, lettuce, tomato, sprouts, carrots, cucumbers, vegan pesto mayo.

Southwest Blackened Chicken

Blackened chicken, Jack cheese, green chilies, tomato, red onion, lettuce and cilantro mayo.

BBQ Blackened Chicken

Blackened chicken, house-made BBQ sauce, tomato, cucumber, lettuce and mayo.

BUILD YOUR OWN

HALF \$5.99 WHOLE \$8.99 HALF AND CUP OF SOUP \$8.99

Served with tortilla chips and salsa, or carrot and celery sticks.

Choose Your Base (CHOOSE 1)

Roast Beef	Boca Burger
Roast Turkey	Garden Burger
Tuna	Guacamole
Ham	Grilled Veggies
Bacon	Extra Meat (\$1.50 extra)

Veggies (CHOOSE UP TO 5 OR 3 ON HALF)

Lettuce	Sprouts
Tomatoes	Roasted Red Pepper
Cucumbers	Grilled Veggies
Carrots	Guacamole (\$1 extra)
Red Onion	

Spreads (CHOOSE 2)

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

Cheese (CHOOSE 1)

Cheddar	Jack Cheese
Provolone	Feta
Swiss	Extra Cheese (\$1.00 extra)
Soy cheese	

Bread (CHOOSE 1)

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