

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 |
| 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 | | \$.75 |

OUR COFFEE IS
TRIPLE CERTIFIED:



Cool & REFRESHING

| | 12 oz. | 16 oz. |
|--|--------|--------|
| Blended Mocha | \$3.25 | \$3.95 |
| Cold Brew Coffee | | \$1.99 |
| 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 | | \$.75 |
| Substitute soy, rice or almond milk | | \$.75 |



805.693.1746

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

NEW FRONTIERS MARKET 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% certified organic

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

Carrot Juice Plus Three 12 oz. \$5.99 16 oz. \$6.99

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

Jake's Knockout Punch 12 oz. \$5.49 16 oz. \$6.49
Carrot, celery, beet, ginger, garlic, lemon

Natural Frontier 12 oz. \$5.49 16 oz. \$6.49
Carrot, celery, beet, cucumber, garlic, parsley

Ginger Squeeze 12 oz. \$4.99 16 oz. \$5.99
Apple juice with fresh lemon and ginger.

Perfect Blend 12 oz. \$5.49 16 oz. \$6.49
Carrot, celery, apple, beet, lemon, ginger.

Red Blast 12 oz. \$5.49 16 oz. \$6.49
Beet, apple, carrot, orange, kale, ginger.

Green Drink 12 oz. \$5.99 16 oz. \$7.49
Spinach, cucumber, celery and parsley.

Shot: Wheatgrass or Ginger 1 oz. \$1.99 2 oz. \$3.49

Wellness Shot 2 oz. \$4.99
Apple, lemon, ginger, turmeric, 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.

Blueberry Blast blueberries, banana, apple juice.

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

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

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

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

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

ALL SANDWICHES:**HALF \$6.99 WHOLE \$9.99 HALF AND CUP OF SOUP \$9.99**

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

BUILD YOUR OWN**Choose Your Base** (CHOOSE 1)

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

Veggies (CHOOSE UP TO 5 OR 3 ON HALF)

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

Spreads (CHOOSE 2)

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

Cheese (CHOOSE 1)

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

Bread (CHOOSE 1)

| | | |
|---------------|-----------|-------------|
| Whole Wheat | Sourdough | Baguette |
| Cracked Wheat | Rye | Ciabatta |
| Sourdough | Focaccia | Gluten Free |

Local FAVORITES**Bacon, Goat Cheese, & Date**

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

Southwest Blackened Chicken

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

Cowboy Melt

Blackened chicken, roasted tomato, caramelized onion, bacon, cheddar, mozzarella, aioli, on ciabatta.

Italian Sub

Ham, salami, pepperoni, provolone cheese, tomato, red onion, lettuce, Greek dressing (red onion, garlic, red wine vinegar, balsamic vinegar, dried basil, salt, olive oil) mayonnaise, mustard, pepperoncini on demi-baguette

Grilled Chicken

Chicken, secret sauce (mayonnaise, garlic, Worcestershire sauce, hot sauce, ketchup, sweet pickle relish, pepper, lemon juice) blackening spice, cheddar cheese, pickled red onion, tomato, lettuce on ciabatta.

Grilled Italian Turkey Sausage

Italian turkey sausage, Greek dressing (red onion, garlic, red wine vinegar, Balsamic vinegar, Italian seasoning, dried basil, salt, olive oil), red and green bell peppers, onions, pickled red onion on a demi-baguette.

Grilled Steak

Top round, secret sauce (mayonnaise, garlic, Worcestershire sauce, hot sauce, ketchup, sweet pickle relish, pepper, lemon juice), pickled red onion, tomato and lettuce on ciabatta.

Classic FAVORITES

SEE BREAD CHOICES ABOVE

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.

Black Forest Ham

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

Egg Salad

Egg salad (eggs, celery, green onion, mayonnaise, Dijon mustard, salt, pepper, hot sauce, chopped parsley), lettuce, tomato, sprouts.

BLT

Nitrate-free bacon, lettuce, tomato and Vegenaise.

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 Un-Burger

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

Avocado Bacon Toast

Avocado, bacon, tomato, Vegenaise, salt, pepper.

Avocado Egg Toast

Avocado, semi-hard boiled egg, Vegenaise, salt, pepper.

SOUP OF THE DAY**Cup**
8 OZ.**\$2.99****Bowl**
16 OZ.**\$4.99****Quart**
32 OZ.**\$8.99**