

ORGANIC ESPRESSO

ESPRESSO regular or decaf - 2 oz. double shot	\$2.25	
	12 OZ.	16 OZ.
AMERICANO espresso & hot water	\$2.35	\$2.75
CAPPUCCINO	\$3.15	\$3.85
CAFE LATTE	\$3.15	\$3.85
CAFE MOCHA	\$3.55	\$4.35
BLENDED MOCHA	\$3.65	\$4.55
AFFOGATO 2 shots espresso over vanilla ice cream		\$4.95
EXTRA SHOT		\$.50
FLAVORED SYRUP		\$.50
SUBSTITUTE Soy, Oat, Coconut, Rice, or Almond milk	\$.50	

BREWED ORGANIC COFFEE

	12 OZ.	16 OZ.
BREWED ORGANIC COFFEE	\$1.95	\$2.45
COLD BREW COFFEE	\$1.95	\$2.45
KETO COFFEE coffee with ghee & coconut oil	\$2.55	\$2.95
RED EYE brewed coffee with espresso shot	\$2.95	\$3.75
HOT CHOCOLATE	\$2.75	\$3.25

TEA & LEMONADE

	12 OZ.	16 OZ.
HOT TEA black, green or herbal	\$2.15	\$2.55
ICED TEA black, green, or mango	\$2.15	\$2.55
ARNOLD PALMER iced tea & lemonade	\$2.45	\$2.95
LEMONADE homestyle or lavender	\$2.45	\$2.95
CHAI LATTE	\$3.25	\$3.95

CONSCIOUS KOMBUCHA

	12 OZ.	16 OZ.
KOMBUCHA	\$3.99	\$4.99
	32 OZ.	REFILL
KOMBUCHA GROWLERS	\$14.99	\$9.99



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 salad bar, hot food bar, fresh sushi, build-your-own stir fry, fresh pizza, baked goods, and salads & sandwiches in our grab-n-go case.

FRESH JUICE 100% CERTIFIED ORGANIC

	12 OZ.	16 OZ.
CARROT JUICE	\$5.55	\$5.95
CARROT + THREE Choose three: apple, beet, celery, cucumber, garlic, ginger, lemon, parsley, spinach, kale	\$6.45	\$6.95
JAKE'S KNOCKOUT PUNCH Carrot, celery, beet, ginger, garlic, lemon	\$5.95	\$6.95
NATURAL FRONTIER Carrot, celery, beet, cucumber, garlic, parsley	\$5.95	\$6.95
PERFECT BLEND Carrot, celery, apple, beet, lemon, ginger	\$5.95	\$6.95
RED BLAST Beet, apple, carrot, orange, kale, ginger	\$5.95	\$6.95
GREEN DRINK Spinach, cucumber, celery and parsley	\$6.95	\$7.95
CELERY JUICE	\$5.95	\$6.95
CELERY + 3 Choose three: apple, beet, carrot, cucumber, garlic, ginger, lemon, parsley, spinach, kale	\$6.95	\$7.95
GINGER SQUEEZE Apple juice with fresh lemon and ginger	\$5.35	\$6.25
WELLNESS SHOT 2 oz. Apple, lemon, ginger, turmeric, garlic, oregano oil, cayenne	\$4.95	
SHOT: Wheatgrass (2 oz.) or Ginger 1-2 oz.)	\$1.95	\$3.75

SMOOTHIES 16 OZ. \$5.55 20 OZ. \$6.95

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	
ADD (EACH) protein powder, New Frontiers Greens Superfood, bee pollen, nutritional yeast, ground flax seed, chia	\$1.25
SAMBAZON ACAI BOWL Sambazon Acai blended with juice & banana, with your choice of toppings	\$7.99

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	Ham	Bacon (add \$1.50)
Roast Turkey	Guacamole	Extra Meat (add \$1.50)
Tuna	Veggie Burger (GF/Vegan)	

Veggies (CHOOSE UP TO 5 OR 3 ON HALF)

Lettuce	Red Onion	Grilled Veggies (+ \$1.50)
Tomatoes	Sprouts	
Cucumbers	Roasted Red Pepper	
Carrots	Guacamole (+ \$1.50)	

Spreads (CHOOSE 2)

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

Cheese (CHOOSE 1)

Cheddar	Swiss	Jack Cheese
Provolone	Soy cheese	Feta
		Extra Cheese (+ \$1.50)

Bread (CHOOSE 1)

Sourdough	Whole Wheat	Hoagie Roll
Cracked Wheat	Focaccia	Rye
Sourdough	Ciabatta	Gluten Free

CLASSIC FAVORITES

SEE BREAD CHOICES ABOVE

Mom's Tuna

Dolphin-safe tuna salad, lettuce, tomato.

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, mayonnaise, mustard.

Figueroa

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

Black Forest Ham

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

Melts:

Ham, Roast Beef, Tuna

with your choice of cheese, mayonnaise, mustard.

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, Italian dressing, mayonnaise, mustard, pepperoncini on a hoagie roll.

Roasted Veggie

Roasted eggplant, zucchini, bell peppers, onion, provolone, pesto mayo.

Grilled Tri Tip

Freshly grilled tri tip, avocado, queso fresco, cilantro mayo, pico de gallo, on a hoagie roll.

Niman Ranch Hot Dog

\$4.99

Niman Ranch Fearless Frank beef and pork hot dog with your choice of ketchup, mustard, relish, and onions, on a toasted whole wheat bun.

WHOLE PIZZA

8" \$8.99 • 14" \$18.99

GLUTEN FREE:

12" \$18.99

BLT

Nitrate-free bacon, lettuce, tomato and mayonnaise.

Vegetarian Reuben

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

Sun Tacos

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

Veggie Burger

House made veggie burger (vegan & GF), tomato, sprouts, onion, Vegenaise, mustard, GF bread.

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.

\$3.99

Bowl
16 OZ.

\$5.99

Quart
32 OZ.

\$9.99