

## ORGANIC ESPRESSO

<b>ESPRESSO</b> regular or decaf - 2 oz. double shot	<b>\$2.55</b>	
		12 OZ. 16 OZ.
<b>AMERICANO</b> espresso & hot water	<b>\$2.35</b>	<b>\$2.75</b>
<b>CAPPUCCINO</b>	<b>\$3.15</b>	<b>\$3.85</b>
<b>CAFE LATTE</b>	<b>\$3.15</b>	<b>\$3.85</b>
<b>CAFE MOCHA</b>	<b>\$3.55</b>	<b>\$4.35</b>
<b>BLENDED MOCHA</b>	<b>\$3.65</b>	<b>\$4.55</b>
<b>AFFOGATO</b> 2 shots espresso over vanilla ice cream	<b>\$4.95</b>	
<b>EXTRA SHOT</b>		<b>\$.50</b>
<b>FLAVORED SYRUP</b>		<b>\$.50</b>
<b>SUBSTITUTE</b> Soy, Oat, Coconut, Rice, or Almond milk	<b>\$.50</b>	

## BREWED ORGANIC COFFEE

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

## TEA & LEMONADE

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

## CONSCIOUS KOMBUCHA

		12 OZ. 16 OZ.
<b>KOMBUCHA</b>	<b>\$3.99</b>	<b>\$4.99</b>
		32 OZ. REFILL
<b>KOMBUCHA GROWLERS</b>	<b>\$14.99</b>	<b>\$9.99</b>



**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.
<b>CARROT JUICE</b>	<b>\$5.55</b>	<b>\$5.95</b>
<b>CARROT + THREE</b>	<b>\$6.45</b>	<b>\$6.95</b>
Choose three: apple, beet, celery, cucumber, garlic, ginger, lemon, parsley, spinach, kale		
<b>JAKE'S KNOCKOUT PUNCH</b>	<b>\$5.95</b>	<b>\$6.95</b>
Carrot, celery, beet, ginger, garlic, lemon		
<b>NATURAL FRONTIER</b>	<b>\$5.95</b>	<b>\$6.95</b>
Carrot, celery, beet, cucumber, garlic, parsley		
<b>PERFECT BLEND</b>	<b>\$5.95</b>	<b>\$6.95</b>
Carrot, celery, apple, beet, lemon, ginger		
<b>RED BLAST</b> Beet, apple, carrot, orange, kale, ginger	<b>\$5.95</b>	<b>\$6.95</b>
<b>GREEN DRINK</b> Spinach, cucumber, celery and parsley	<b>\$6.95</b>	<b>\$7.95</b>
<b>CELERY JUICE</b>	<b>\$5.95</b>	<b>\$6.95</b>
<b>CELERY + 3</b>	<b>\$6.95</b>	<b>\$7.95</b>
Choose three: apple, beet, carrot, cucumber, garlic, ginger, lemon, parsley, spinach, kale		
<b>ADD ITEM</b>	<b>\$.50</b>	<b>\$.50</b>
<b>GINGER SQUEEZE</b> Apple juice with fresh lemon and ginger	<b>\$5.35</b>	<b>\$6.25</b>
<b>WELLNESS SHOT</b> 2 oz.	<b>\$4.95</b>	
Apple, lemon, ginger, tumeric, garlic, oregano oil, cayenne		
<b>SHOT:</b> Wheatgrass (2 oz.) or Ginger 1-2 oz.)	<b>\$1.95</b>	<b>\$3.75</b>

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

<b>STRAWBERRY PATCH</b> strawberries, banana, apple juice	
<b>TROPICAL SUNRISE</b> Mango, banana, pineapple, pineapple-coconut juice, orange juice	
<b>RED DRAGON</b> strawberries, lime juice, pineapple juice.	
<b>BLUEBERRY BLAST</b> blueberries, banana, apple juice.	
<b>MIX &amp; MATCH FRUIT PATCH</b> Choose from blueberry, raspberry, peach, banana, boysenberry, strawberry and mango (some fruits seasonal)	
<b>MONSOON FREEZE</b> protein rich shake with banana, strawberries, apple juice, papaya juice, dates, oat bran, wheat germ, vitamin C, protein powder	
<b>GREEN SMOOTHIE</b> organic kale, banana, mango, coconut milk	
<b>CHOCOLATE PEANUT BUTTER CUP</b> Peanut butter, banana, chocolate, milk	
<b>ADD (EACH)</b> protein powder, New Frontiers Greens Superfood, bee pollen, nutritional yeast, ground flax seed, chia	<b>\$1.25</b>
<b>SAMBAZON ACAI BOWL</b>	<b>\$8.99</b>
Sambazon Acai blended with juice & banana, with your choice of toppings	

## 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

### Bread (CHOOSE 1)

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

### Spreads (CHOOSE 2)

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

### Choose Your Base (CHOOSE 1)

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

### Cheese (CHOOSE 1)

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

### Veggies (CHOOSE UP TO 5 OR 3 ON HALF)

Lettuce	Red Onion	Grilled Veggies
Tomatoes	Sprouts	(+ \$1.50)
Cucumbers	Roasted Red Pepper	Pepperoncini (+.50)
Carrots	Guacamole or	
Dill Pickles	Sliced Avo (+ \$1.50)	

## 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**