

NEW FRONTIERS MARKET

TAKE OUT MENU

We also offer hot entrees, fresh sushi, soups, Buddha bowls, fresh pizza, baked goods, and salads & sandwiches in our grab-n-go case.

ORGANIC ESPRESSO

ESPRESSO regular or decaf - 2 oz. double shot	\$2.55	
	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
CARAMEL MACCHIATO	\$3.55	\$4.35
BREVE LATTE	\$3.55	\$4.35
BLENDED MOCHA	\$3.65	\$4.55
EXTRA SHOT		\$.75
FLAVORED SYRUP		\$.75
MILK OPTIONS Whole, 2%, Nonfat, Soy, Oat, Coconut, Almond		

BREWED ORGANIC COFFEE

	12 OZ.	16 OZ.
BREWED ORGANIC COFFEE	\$1.95	\$2.45
COLD BREW COFFEE	\$1.95	\$2.45
KETO COFFE 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
MATCHA LATTE	\$3.95	\$4.55
ARNOLD PALMER iced tea & lemonade	\$2.45	\$2.95
LEMONADE homestyle or lavender	\$2.45	\$2.95
CHAI LATTE	\$3.25	\$3.95
DIRTY CHAI	\$3.65	\$4.35
HOT TODDY	\$3.95	
fresh apple, lemon, ginger, honey, garlic, with hot water		

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
ADD ITEM	\$.75	\$.75
GINGER SQUEEZE Apple juice with fresh lemon and ginger	\$5.35	\$6.25
WELLNESS SHOT 2 oz. Apple, lemon, ginger, tumeric, garlic, oregano oil, cayenne	\$4.95	
GINGER SHOT	\$1.95 1 oz	\$3.75 2 oz

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, 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
SMOOTHIE BOWL Any smoothie topped with house made granola, banana, blueberries, ground flax seeds.	\$8.99



805.693.1746
 New Frontiers Natural Marketplace
 1984 Old Mission Dr, Solvang, CA
 NewFrontiersMarket.com - order online!

ALL SANDWICHES:

HALF \$7.49 WHOLE \$10.99 HALF AND CUP OF SOUP \$10.99

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

BUILD YOUR OWN

Bread

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

Spreads

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	Tri Tip	Extra Meat (+ \$2.50)
Roast Turkey	Tuna	Add Bacon (+ \$2.50)
Ham	Guacamole	

Cheese (CHOOSE 1)

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

Veggies

Lettuce	Red Onion
Tomatoes	Sprouts
Cucumbers	Guacamole or
Carrots	Sliced Avo (+ \$2.50)
Dill Pickles	Pepperoncini (+.50)

WHOLE PIZZA

8" \$8.99

14" \$18.99

GLUTEN FREE AVAILABLE

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.

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, tomato, sprouts, lettuce, carrots, onion, lemon herb dressing.

Avocado Bacon Toast

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

Avocado Egg Toast

Avocado, boiled egg, Vegenaise, salt, pepper.

LOCAL FAVORITES

Bacon, Goat Cheese, & Date

Bacon, goat cheese, dates, arugula, and balsamic glaze, 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, ciabatta.

Italian Sub

Ham, salami, pepperoni, provolone cheese, tomato, red onion, lettuce, Italian dressing, mayo, mustard, pepperoncini, hoagie roll.

Grilled Tri Tip

Tri tip, avocado, queso fresco, cilantro mayo, pico de gallo, hoagie.

Niman Ranch Hot Dog

\$5.99

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

BURGERS BEEF OR VEGAN

Lettuce, tomato, pickles, red onion, and our secret sauce.

Hamburger or Beyond Burger \$9.49

Cheeseburger or Beyond Burger \$9.99

Hamburger or Beyond Burger \$11.99
with Fries

Cheeseburger or Beyond Burger \$12.99
with Fries

Add Bacon or Avo +\$2.50

Side of Fries with Secret Sauce \$3.49

SOUP OF THE DAY

Cup

8 OZ.

\$3.99

Bowl

16 OZ.

\$5.99

Quart

32 OZ.

\$9.99