

Organic* Cafe

Breakfast Food (served all day)

breakfast burrito

whole wheat tortilla filled w/ scrambled eggs, tomato salsa & monterey jack. **8.95**

scrambled tofu wrap

whole wheat tortilla filled w/ scrambled tofu, scallions, carrots & turmeric. **7.50**

eggs jambalaya

whole wheat tortilla filled w/ scrambled eggs, spiced rice & veggie sausage. **8.25**

scrambled eggs

w/ multi-grain toast. **6.95**

turkey bacon **4.75**

veggie sausage **3.50**

Soups & Salads

soup of the day (see special board)

5.25 small **6.25** medium **10.95** large

black bean chili

w/ sour cream or tofu sour cream.

5.50 small **6.50** medium **11.50** large

house salad

mixed greens w/ grated beets, carrots & sprouts.

4.95 small **7.25** large

goat cheese salad

mixed greens w/ avocado, tomato, kalamata olives & sprouts w/ green herb dressing. **12.95**

grilled tofu salad

mixed greens w/ grilled tofu, tomato, beets, carrots & daikon. **11.50**

grilled chicken salad

mixed greens w/ grilled free-range chicken, tomato, sprouts, grated beets & carrots. **13.95**

We use organic ingredients whenever possible.
We do not cook eggs to order.

Wraps, Burritos, etc.

quesadilla

w/ cheddar, monterey jack, guacamole, corn salsa & tomato salsa **10.75**

w/ chicken. **13.95**

east/west wrap

whole wheat tortilla filled w/ grilled tofu, scallions, carrots, daikon, cucumber & brown rice w/ wasabi & miso dressing. **9.50**

avocado goat cheese wrap

spinach tortilla filled w/ avocado, goat cheese, red onion, mixed greens & green herb vinaigrette. **10.50**

tuna salad wrap

sun-dried tomato tortilla filled w/ tuna, vegenaise, red onion, celery & mixed greens. **10.50**

grilled chicken wrap

chili tortilla filled w/ marinated free-range chicken, mixed greens & tomato w/ green herb dressing. **13.25**

black bean burrito

whole wheat tortilla filled w/ brown rice, black bean chili & monterey jack or soy cheese. served w/ guacamole, tomato salsa & sour cream or tofu sour cream. **10.50**

chicken burrito

whole wheat tortilla filled w/ marinated free-range chicken, black bean chili & monterey jack or soy cheese, served w/ guacamole, tomato salsa & sour cream or tofu sour cream. **13.75**

turkey tacos

Seasoned free-range turkey w/ salsa & cheese. **9.95**

baby buddah

combination bowl of brown rice, beans, sea vegetables steamed greens & root vegetables. served w/ your choice of tahini or green herb dressing. **12.50**

vegetable stirfry

served over brown rice w/ tamari, sesame oil, garlic & ginger. w/ tofu or tempeh. **12.50** w/ chicken. **13.95**

Sandwiches

grilled vegetable sandwich

w/ herb pesto & mozzarella. **10.50**

avocado cheddar melt

w/ grated carrots on multi-grain bread. **10.50**

boca burger

on a sprouted grain bun. **6.75** w/ cheese add **1.95**

chicken hot dog

w/ sauerkraut. **4.95**

tempeh reuben

grilled tempeh w/ melted soy cheese, sauerkraut, carrots & non-dairy russian dressing. **9.75**

tuna melt

tuna, red onion, vegenaise & celery w/ cheddar on multi-grain bread. **10.95**

turkey burger

ground free-range turkey on a sprouted grain bun. **9.50** w/ cheese add. **1.95**

Sides and Combos

rice **3.95** tofu **4.95** tempeh **4.95** beans **4.25**

broccoli **5.25**

steamed greens **5.75**

root vegetables **4.50**

sea vegetables **4.50**

two sides **7.95** three sides **9.75**

rice & beans **6.50**

green herb dressing **1.95**

tahini dressing **1.95**

maple syrup **2.75**

Children's Menu

quesadilla **6.95**

peanut butter & jelly **4.95**

grilled cheese sandwich **5.75**

chicken hot dog **4.75**

Smoothies

vanilla lightning

vanilla rice dream, banana & vanilla spiru-tein. 6.75

chocolate thunder

chocolate rice dream, banana & chocolate spiru-tein. 6.75

strawberry swirl

vanilla rice dream, strawberries, vanilla yogurt, strawberry spiru-tein. 6.95

piña colada

pineapple coconut juice, rice dream, banana & vanilla spiru-tein. 6.75

whey cool smoothie

apple juice, rice dream, strawberries, banana & vanilla whey. 6.95

green vibrance

apple juice, rice dream, green vibrance, banana & vanilla spiru-tein. 7.50

frozen fruit smoothies

see special board for daily selection.

Fresh Juices

w/ ginger or lemon add .75 ea.

	small	large
carrot	3.95	5.75
orange	4.75	6.50
grapefruit	5.25	6.95
carrot/orange	4.95	6.75
carrot/apple	4.25	5.95
mixed vegetable	4.95	6.95
gorilla	7.50	9.50
apple, orange, lemon & ginger		
green juice	5.50	7.50
celery, cucumber, parsley, kale & chard		

Provisions

Natural Foods Market & Organic Cafe

organic foods
groceries, dairy, bulk foods, macrobiotic products,
baked goods, frozen foods, coffee, tea, chocolate & more

organic produce

vitamins & supplements
garden of life, rainbow light, herb pharm, solgar, country life,
nature's plus, boiron, bach flower remedies & more

personal care & cosmetics

kiss my face, dr. hauschka, zia, aubrey, avalon,
dr. bronner's & more

aromatherapy

aura cacia oils, diffusers & candles

baby products

organic baby food & snacks, diapers, personal care & more

pet food & supplies

wellness, wysong, solid gold, pet guard, treats,
vitamins & supplements & personal care

earth-friendly cleaning products

seventh generation, ecover, bio-kleen & more

gifts & accessories

candles, incense, massage tools, yoga mats,
eye & neck pillows, putumayo cds, bags & more

books & magazines

health, earth & socially conscious reading material

organic clothing

yoga, exercise, socks, t-shirts & underwear

visa, mastercard & american express accepted

Provisions

Natural Foods Market & Organic Cafe



eat in or
take out

Open 7 Days Year-round

Corner of Bay
& Division Streets
Sag Harbor

631-725-3636

provisionsnaturalfoods.com