

Organic Breakfast Burritos \$7.99

Spinach, Sundried Tomato or GF wraps
(add \$1.00 for GF)

TOMATO & GOAT CHEESE

Organic Eggs, Organic Tomatoes, Organic Spinach
& Organic Potato with Vermont Goat Cheese

SOUTH WESTERN

Organic Eggs, Organic Corn, Organic Onions, Pepper
Jack Cheese, Organic Potato, Organic Black Beans &
Organic Cilantro

VEGAN SAUSAGE

Contains Wheat

Organic Potato, Organic Black Beans, Organic Onions,
Organic Corn, Organic Cilantro,
Organic Spinach, Organic Broccoli & Vegan Cheese

BACON & EGG

Organic Eggs, Crisp NH Bacon, Organic Potatoes,
Organic Spinach with Cheddar Cheese

*Add Ham, Add Bacon, Add Turkey Sausage,
Extra Cheese or Extra Organic Egg for an extra cost.

Organic Breakfast Sandwich \$6.99

BRIE & BACON

2 Organic Eggs Fried, Crisp NH Bacon, Local Brie,
Spinach, on a croissant

KALE PESTO

2 Organic Eggs Fried, House Made Kale Pesto, Tomato
& Mozzarella on a Croissant

WESTERN

2 Organic Eggs Fried, Ham, Pepper Jack Cheese, on a
Croissant

CLASSIC

2 Organic Eggs, Cheddar Cheese, on a Croissant

Breakfast Served

Monday-Saturday 9am-6pm
Sunday 10am-6pm

Organic Fruit Smoothies

Made with dairy or non-dairy milk

All Ingredients Used Certified Organic!

Strawberry Banana \$6.99

Strawberry, Banana

Tropical Vacation \$6.99

Mango, Pineapple, Banana

Antioxidant Blend \$6.99

Blueberry, Banana

Mixed Berry \$6.99

Raspberry, Blueberry, Strawberry

Chai Banana \$6.99

Banana, Mango, Chai

Pineapple Mango Beet \$7.99

Pineapple, Mango, Beet, Kale, Orange Juice

Chunky Monkey \$6.99

Banana, Peanut Butter, Cacao Nib

Kick Start \$8.99

Banana, Peanut Butter, Espresso, Choc Protein Powder

Swamp Thing \$8.99

Apple, Cucumber & Kale blended with
Banana & Green Super Powder

Organic Fresh Juice Bar \$7.99

All Ingredients Used Certified Organic!

Nature's Cocktail

Celery, Cucumber & Lemon

Gin & Tonic

Apple, Cucumber, Orange & Ginger

Sweets & Beets

Sweet Potato, Beets, Carrots & Apple

Immune Booster

Carrots, Beet, Apple, Lemon, Garlic & Ginger
with Echinacea



Café Menu

*Delighting Your Taste
Buds, Organically!*

Handcrafted Sandwiches Soups & Salads

374 Union Street
In the Union Mill
Peterborough, NH 03458

603-924-2233, ext. 1

www.NaturesGreenGrocer.com
info@NaturesGreenGrocer.com

Serving:

**9am to 6pm Mon-Sat
10am to 6pm Sunday**

Store open 'til 7pm daily!

Org. Handcrafted Sandwiches...\$8.99

Served on your choice of Local Sourdough Breads

All ingredients organic and/or local

CHIPOTLE CHICKEN

Chipotle Aioli, Oven Roasted Chicken,
Pepper Jack Cheese, Roasted Red Onions,
Tomato & Lettuce

HERB ROASTED TURKEY

Pesto Aioli, Herb Roasted Turkey,
Provolone Cheese, Tomato & Lettuce

REAL ROAST BEEF

Caper Aioli, Roast Beef, Cheddar Cheese,
Roasted Red Peppers,
Roasted Red Onions & Lettuce

BLACK FOREST HAM & ROASTED APPLE

Dijon Aioli, Black Forest Ham,
Swiss Cheese, Roasted Apples,
Roasted Red Onions & Lettuce

HOT PRESSED TURKEY REUBEN

Thousand Island Dressing,
Oven-Roasted Turkey,
Swiss Cheese & Fermented Sauerkraut

GRILLED CUBANO

European Smoked Ham, Swiss Cheese, Fermented
Pickles, Dijon Mustard on a Brioche Roll

HUMMUS & VEGGIE WRAP

Tahini Hummus, Red Cabbage, Carrots,
Tomatoes, Cucumbers, Roasted Red Onions,
Pea Sprouts & Lettuce

LOCAL BLACK BEAN BURGER

Regular or Vegan Mayonnaise, Spinach,
Regular or Vegan Cheddar Cheese,
Black Bean Burger & Fresh Avocado

CHICKEN SALAD SANDWICH

Our daily Chicken Salad as a sandwich with
Lettuce, Tomato & your choice of Cheese.

TUSCAN KALE PESTO

Oven Roasted Chicken, Raw Kale Pesto (Vegan,
contains cashews), Roasted Red Onions,
Tomato & Mozzarella Cheese

Plainville Farm Meats & Andrew Everett Cheeses

Free of Nitrates, Antibiotics
and Hormones, & Gluten

Substitute in any Sandwich for no charge:
- Org Grilled Tofu - Vegan Cheese - Vegan Mayonnaise

Add for extra charge:

- Organic Avocado - Organic Pea Sprouts
- Extra Org Grilled Tofu - Extra Meat - Extra Cheese

Put it on a GF Wrap for an additional \$1.00

Organic Quiche Du Jour...\$5.99/slice

Homemade Spelt Crust Quiche freshly
made with Organic Ingredients

Organic Handcrafted Soups Du Jour

Offered as Daily Special, call for details

Small \$4.99 Medium \$6.49
Large \$7.99 Quart \$13.99

Pick Two...\$8.99

Pick your favorite combination!

Choose two of the following:

- Small soup
- ½ Salad
- Quiche slice
- ½ Sandwich

Organic Fresh Salads...\$8.99

All salads are served on mixed green leaf

Ingredients Used Certified Organic!

FARMHOUSE APPLE

Roasted Apple Slices*, Candied Walnuts*, Celery*
& Blue Cheese w/ Balsamic Vinaigrette

SOUTH AMERICAN ENSALADA

Roasted Red Onions*, Shredded Carrots*, Tomato*,
Blue Corn Chips*, Black Bean*, Corn* & Cilantro* Salsa
& Fresh Avocado* with Roasted Red Pepper Dressing*
(contains dairy – can substitute other dressing)

NATURE'S GREEN GARDEN

Tomato*, Shredded Carrots*, Cucumber* & Red
Cabbage* with Goddess Dressing* (contains wheat –
can substitute other dressing)

ALL "KALE" CAESAR

Kale*, Shredded Parmesan, Roasted Cashews*, w/
Vegan Caesar Dressing*
– Add Chicken or Tofu* extra charge
Put it in a wrap too!

TOASTED GOAT

Shredded Carrots*, Turkish Apricots*,
Toasted Spiced Almonds* & Crumbled Goat Cheese
with Raspberry Vinaigrette* (contains egg – can
substitute other dressing)

GREEK SALAD

Kalamata Olives, Tomato*, Cucumbers*, Roasted
Red Onions*, Feta Cheese with Red Wine &
Olive Oil Vinaigrette

Add for extra charge:

- Organic Avocado- Organic Pea Sprouts- Org Grilled
Tofu - Roasted Chicken - Chicken Salad Du Jour

We make Organic Espresso Drinks!!

Espresso, Lattes, Cappuccinos & Chai Lattes hot or iced
are just a few of our beverage menu items.

We also offer a variety of Hot Teas.

Tea varieties listed in store,
please call or visit for menu items.