

Sides

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| GRILLED VEGETABLES \$4.95 | CHAPATI \$.95 |
| STEAMED VEGETABLES bowl \$3.75 cup \$2.75 | PITA BREAD \$.95 |
| BLACK BEANS bowl \$2.50 cup \$1.75 | GUACAMOLE cup \$3.50 |
| PINTO BEANS bowl \$2.50 cup \$1.75 | HUMUS cup \$2.95 |
| BROWN RICE bowl \$2.75 cup \$1.95 | TUNA cup \$2.75 |
| BAKED POTATO \$3.25 | TURKEY cup \$2.75 |
| CORN BREAD \$1.50 | CHICKEN RANCHERO cup \$2.75 |
| WHOLE WHEAT BREAD \$.60 | CHICKEN grilled \$2.95 |
| GARLIC BREAD \$1.50 | TOFU steamed \$2.50 sauteed \$2.95 |
| CHIPS & SALSA \$2.75 | TAHINI-GINGER SAUCE \$.50 |
| CORN TORTILLAS \$.50 | TEMPEH RANCHERO \$2.95 |
| SALSA bowl \$2.50 cup \$1.50 | AVOCADO Market Price |
| CHEESE \$.50 | |

Beverages

small \$2.75 large \$3.25

FRESH JUICES

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| Carrot |
| Veggie with carrot, beet & celery |
| Fresh Orange Juice |
| Wheat grass \$1.50 |

NATURAL BOTTLED JUICES

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|-------------------|
| Apple |
| Peach |
| Pineapple-Coconut |
| Papaya |

Coffee

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|-----------------------------|-----------------------------------|
| ORGANIC FRENCH ROAST \$1.50 | ORGANIC FREE TRADE HOT TEA \$1.75 |
| FRENCH ROAST DECAF \$1.50 | *WITH SOY MILK ADD \$.50 |
| | PASSION FRUIT ICED TEA \$1.50 |



*Please check the cooler for other assorted beverages, including beer and wine.

Shakes

Soy ice cream Add \$1.00

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| VANILLA \$3.25 Vanilla extract, honey vanilla ice cream, milk. | BLUEBERRIES \$3.50 Blueberries, honey vanilla ice cream, milk. |
| CHOCOLATE \$3.25 Chocolate syrup, honey vanilla ice cream, milk. | CARROT \$3.50 Carrot juice, honey vanilla ice cream, cinnamon and nutmeg. |
| PINEAPPLE-COCONUT \$3.50 Pineapples, honey vanilla ice cream, pineapple-coconut juice. | PEANUT BUTTER \$3.50 Peanut butter, honey vanilla ice cream, milk. |
| ORANGE \$3.50 Orange juice, honey vanilla ice cream, milk. | ESPRESSO \$3.75 Espresso, coffee ice cream, milk. |

Smoothies

A refreshing frozen blended drink made with fruit and fruit juice. \$3.50

HAVE A SUPPLEMENT add each \$.25

protein powder bee pollen brewers yeast vitamin C

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| STRAWBERRY FIELDS Strawberry, Banana, Apple juice | MICHELLE MY BELLE Peach, Pineapple, Pineapple-Coconut juice |
| PEACH-O-RAMA Peach, Banana, Peach juice | CRYSTAL BLUE PERSUASION Blueberry, Banana, Papaya juice |
| BLU'S BROTHER Blueberry, Banana, Apple juice | VERY VERY BERRY Strawberry, Blueberry, Apple juice |
| ALOHA BRA Pineapple, Banana, Pineapple-Coconut Juice | SCREAMING BLUE MEANY Peach, Blueberry, Apple Juice |
| MAUI MAMA Pineapple, Banana, Papaya juice | DR. DAYBREAK Peach, Banana, Orange juice |
| S.B. SPECIAL Strawberry, Peach, Banana, Peach juice | THE LISA FELLINI Strawberry, Pineapple, Orange juice |

Desserts

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|---------------------------------|-----------------------------|--------------------------------|
| VANILLA ICE CREAM cup \$2.25 | SOY ICE CREAM cup \$3.75 | COFFEE ICE CREAM cup \$3.25 |
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We have a wonderful selection of fresh-baked creations.
Please check the dessert case or ask the cashier.

Nature's Grill is dedicated to health.

We turn good health into good taste and good taste into good health.

This is a small planet and we must preserve its resources. We recycle our glass, cans and paper and encourage our guests to do the same. We can help promote a greener planet. As Chief Seattle stated so eloquently over 100 years ago... "We are one with the Earth. What we do to Mother Earth, we do to ourselves." Let's take care of both.

Thank you,
Nature's Grill

www.naturesgrillventura.com

NATURE'S GRILL

& Juice Bar

566 E. Main Street
Ventura, CA 93001
805 643-7855

Hours
11 am - 9 pm Daily

www.naturesgrillventura.com

Appetizers

HOMEMADE SOUPS

cup \$2.95 bowl \$3.50
Made fresh in our kitchen every morning.
Served with whole wheat bread.

NACHOS GRANDE \$6.25

Blue corn chips topped with black beans, rice, olives, red onions, cheese, salsa, guacamole, sour cream.

NACHOS CHIQUITOS \$5.25

Blue corn chips topped with cheese, sour cream, salsa, guacamole.

CHIPS AND SALSA \$2.95

KILLER QUESADILLAS \$4.95

Whole wheat chapati stuffed with jack and cheddar cheese, sour cream, guacamole, salsa.

VEGETARIAN CHILI

cup \$3.25 bowl \$3.95
Topped with cheese & onions with a side of corn bread.

HUMUS W/PITA \$4.95

Garbanzo tahini puree with wedges of whole wheat pita bread.

GUACAMOLE WITH CHIPS \$4.50

Avocado dip with blue corn chips & salsa.

Kid's Menu

Served with blue corn chips and salsa

QUESADILLA \$3.95

Whole wheat chapati, stuffed with jack and cheddar cheese.

KIDDIE GRILLED CHEESE \$3.95

On nine grain bread with jack and cheddar cheese.

PEANUT BUTTER & HONEY SANDWICH \$3.95

On nine grain bread with organic crunchy peanut butter and honey.

CHIQUITO TACO \$3.95

Chicken in a mild red sauce on a corn tortilla with cheese.

KIDDIE BURRITO \$3.95

nine grain chapati stuffed with pinto beans and cheddar cheese.

KIDDIE PASTA \$3.95

Pasta of the day tossed with butter and parmesan cheese.

Salads

Homemade dressings: lemon herb, tofu dill, Italian, natural ranch, tahini

ADD-ONS TO ANY SALAD

Grilled Chicken \$2.75 Sautéed Tofu \$2.75 chicken ranchero \$2.25 Chunk Albacore \$2.25
Wedge of Whole Wheat Squaw Bread \$.60

NATURE'S SALAD \$5.95

Red leaf, green leaf and romaine lettuce served with carrots, red onions, jicama, red cabbage, tomato and sprouts.

Dinner size \$4.25

BOTANICAL GARDEN SALAD \$5.95

Variety of baby-leaf lettuce with carrots, red onions, jicama, tomato and sprouts.

Dinner size \$4.25

OLD TOWN SALAD \$6.95

Mixed greens topped with short grain brown rice, carrots, feta cheese, tomato and guacamole.

Dinner size \$4.95

SPINACH SALAD \$6.95

Topped with carrots, olives, artichoke hearts, feta cheese, veggie-bacon bits and sprouts.

Dinner size \$4.95

NATURE'S CAESAR \$6.95

Mixed greens with tomato, avocado, croutons, parmesan cheese and caesar dressing.

Dinner size \$4.95

GRILLED CHICKEN CAESAR \$7.95

Nature's Caesar topped with grilled chicken tenders in a light marinade.

"THE RANCH SALAD" \$7.95

Chicken breast lightly marinated and grilled, served over a bed of baby-leaf greens with carrot, tomato, jicama, and feta cheese.

"C STREET" COBB SALAD \$7.95

A variety of chopped greens topped with feta cheese, vegetarian baco-bits, turkey, tomatoes, avocado and sprouts.

TOSTADA SALAD \$6.95

Baked chapati topped with black beans, rice, mixed greens, carrots, sprouts, jicama, salsa, sour cream and guacamole.

ALBACORE SALAD \$6.95

Nature's Salad topped with chunk white albacore, mixed with mayo, pickle relish and onions.

EAST BEACH SALAD \$7.95

Seasonal veggies lightly marinated and grilled, served over a bed of baby-leaf greens with carrot, tomato and jicama.

Sandwiches

Served with blue corn chips and salsa

Add cheese \$.50

NATURAL BURGER \$5.95

A seasoned, textured soy patty served on a whole wheat bun with lettuce, tomato, sprouts, grilled red onions and 1000 island dressing.

GOOD KARMA BURGER \$5.95

Tempeh veggie patty served on a whole wheat bun with lettuce, tomato, sprouts and garlic mayo.

ZEN BURGER \$5.95

Unique blend of whole grain and vegetable patty served on a whole wheat bun with lettuce, tomato, sprouts and garlic mayo.

CHAR-BROILED TURKEY BURGER \$5.95

Ground turkey patty topped with grilled red onion, lettuce, tomato, sprouts, served on a whole wheat bun with 1,000 Island dressing.

FALAFEL PITA \$6.25

Falafel patty with humus, tomato, sprouts and shredded carrots with tahini - ginger sauce in a whole wheat pita.

GRILLED CHICKEN PITA \$6.95

Fresh natural chicken breast in a light marinade with lettuce, tomato, sprouts, and red onion in a whole wheat pita with dijon mustard

GRILLED VEGGIE SANDWICH \$6.95

Fresh seasonal veggies lightly grilled, served on nine grain bread with lettuce, sprouts, tomato and garlic mayonnaise.

GRILLED EGGPLANT \$6.95

Char-broiled eggplant and red peppers, with feta cheese, pesto and sprouts on nine grain bread.

Combo Plates

SOUP AND SALAD w/cup \$5.95

with Natural Salad. w/bowl \$6.75

1/2 SANDWICH & CUP SOUP w/bowl \$6.95

w/cup \$5.95
1/2 Sandwich with your choice of avocado, turkey or tuna please.

1/2 SANDWICH AND SALAD \$5.95

1/2 Sandwich with your choice of avocado, turkey or tuna please. With Natural Salad.

PORTOBELLA MUSHROOM \$6.95

Marinated, grilled portobella mushroom with jack cheese, grilled onions, tomato, sprouts and pesto aioli, on nine grain bread.

VEGETABLE WRAP \$5.95

Sautéed vegetables, lettuce, tomato, sprouts, carrots and tahini - ginger sauce, in a whole wheat chapati.

MACRO WRAP \$5.95

Brown rice, black beans, lettuce, tomato, sprouts, carrots and tahini - ginger sauce, wrapped in a whole wheat chapati.

MEXI WRAP \$5.95

Brown rice, pinto beans, cheddar cheese, lettuce, onion, jicama, and sprouts. Topped with salsa, wrapped in a whole wheat chapati.

DALAI DOG \$4.75

A no cholesterol high protein tofu hot dog served on a whole wheat bun with your choice of mustard, onions, ketchup and relish.

ZOG DOG \$5.95

A tofu hot dog served on whole wheat bun topped with vegetarian chili and cheese.

GRILLED CHEESE \$4.95

The classic with two cheeses and tomatoes on nine grain bread.

THE LOCAL FAVORITE \$5.95

Avocado with lettuce, sprouts, tomato, red onion on nine grain bread with garlic mayo.

ROASTED TURKEY \$5.95

Fresh turkey breast with lettuce, sprouts, tomato, red onion on nine grain bread with spicy brown mustard and garlic mayo.

ALBACORE \$5.95

Chunk albacore tuna mixed with mayo, pickle relish and onions with lettuce, sprouts, tomato on nine grain bread with spicy brown mustard.

Melt with cheese \$.50

Pasta

PRIMO PESTO \$7.95

Pasta of the day tossed with fresh homemade pesto sauce and feta cheese, served with a salad garnish and garlic bread.

MIGHTY MARINARA \$7.95

Pasta of the day tossed with fresh homemade marinara sauce and parmesan cheese, served with a salad garnish and garlic bread.

VEGGIE LASAGNA \$8.95

Spinach pasta covered with ricotta cheese, fresh vegetables and marinara sauce with garlic bread.

Vegetarian Entrees

ADD-ONS

add cheese \$.50 tahini-ginger sauce \$.50
steamed tofu \$2.50 sauteed tofu \$2.50 grilled chicken \$2.75

VENTURA VEGGIE GRILL \$7.50

Fresh seasonal vegetables grilled, served over short grain brown rice.

MR. NATURAL \$6.95

Fresh seasonal vegetables, steamed over short grain brown rice.

VEGGIE STUFFED SPUD \$6.95

Baked potato topped with steamed vegetables, herb butter and cheddar cheese or tahini-ginger sauce.

SUPER-NATURAL PLATTER \$7.50

Corn bread topped with pinto beans, rice, steamed vegetables, herb butter and cheddar cheese.

VEGETARIAN TAMALE \$6.95

Pinto beans, organic corn, peanuts, green chiles sea salt and garlic wrapped in corn masa topped with ranchero sauce and sour cream with rice and beans.

YOGI SPECIAL \$6.95

Tofu sauteed in ginger-soy sauce, served with brown rice and dinner salad.

VEGGIE STIR FRY \$7.50

Fresh seasonal veggies stir fried in a ginger-soy sauce served over steaming brown rice.

BUDDHA BURRITO \$7.95

Sautéed veggies, pinto beans and rice wrapped in a whole wheat chapati topped with ranchero sauce, cheese, sour cream and guacamole. With salad garnish.

BLACK BEAN ENCHILADAS \$7.95

Corn tortillas stuffed with black beans, rice and cheese, topped with spicy enchilada sauce, sour cream and guacamole. With salad garnish.

STUFFED VEGGIE QUESADILLA \$7.95

Whole wheat chapati stuffed with sauteed vegetables and cheese topped with guacamole, salsa and sour cream. With salad garnish.

TEMPEH TACOS \$6.95

Ground soy tempeh in a zesty red sauce on corn tortillas with cheese topped with shredded cabbage, tomatoes, onions and avocado.

add beans and rice \$1.00

VEGGIE TACOS \$6.95

Sautéed veggies in soy-ginger sauce on corn tortillas with cheese topped with shredded cabbage, tomatoes, onions and avocado.

add beans and rice \$1.00

Chicken & Fish Entrees

WILD ALASKAN COHO SALMON Market Price

Individually line caught by hand, while still at sea.

Served with rice and steamed vegetables.

CHICKEN-STUFFED SPUD \$7.95

Baked potato stuffed with chicken in a ranchero sauce topped with red onions, sour cream and guacamole. W/Salad garnish.

CHICKEN ENCHILADAS \$7.95

Corn tortillas stuffed with ranchero chicken, black beans, rice and cheese topped with spicy enchilada sauce, sour cream and guacamole. W/Salad garnish.

RANCHERO CHICKEN QUESADILLA \$7.95

Whole wheat chapati stuffed with ranchero chicken and cheese topped with salsa, sour cream and guacamole. W/Salad garnish.

BAJA BURRITO \$7.95

Chicken in a ranchero sauce, pinto beans and rice wrapped in a whole wheat chapati topped with ranchero sauce, cheese, guacamole, and sour cream. W/ Salad garnish.

CHICKEN TACOS \$6.95

Chicken in a spicy taco sauce on corn tortillas with cheese topped with shredded cabbage, tomatoes, onions and avocado.

add beans & rice \$1.00

CABO FISH TACOS \$7.95

Halibut sauteed in chunky salsa on corn tortillas with cheese topped with shredded carrot, cabbage and lime.

add beans & rice \$1.00

M.T. FUJI STIR FRY \$8.95

Marinated chicken stir fried with fresh seasonal vegetables in a ginger-soy sauce served over steamed brown rice.

SEA FOOD STIR FRY \$9.95

Halibut, bay shrimp and fresh seasonal vegetables stir fried in a ginger-soy sauce served over steamed brown rice.

SUBSTITUTION POLICY

We'll do anything we can but we'll probably have to charge you for it!!

