

Starters

- Soup of the Day** Cup 4.49 Bowl 5.49
Served with crackers or toast
- Angie's Original Guacamole** 4.79
Served with rice chips
- Fresh Fruit** 4.99
Seasonal fruits with goat milk yogurt

De'light'ful Meals

- Fruit Cup with ½ Sandwich** 6.99
- Soup Cup with Salad** 7.49
- Soup Cup with Fruit** 7.49
- Side Salad with ½ Sandwich** 7.99
- Soup Cup with ½ Sandwich** 8.49
Choice of Tuna, Turkey, Reuben, or Chicken Salad Sandwich

Scoop Salads

- Served on mixed greens with a scoop topping of your choice
- Tuna Salad** 7.99
- Guacamole Salad** 7.99
Served with rice chips
- Curried Chicken Salad** 9.99

Desserts

- Ice Cream** 2.99
Chocolate, mint, or gluten free cookie dough
- Banana Sundae** 3.99
Bananas whipped with Heavenshire cream served with chocolate syrup, walnuts, and topped with strawberries
- My Cousin's Walnut Bread Slice** 4.59
Add Heavenshire cream or fruit 1.00
- Pumpkin Bread Slice** 4.99
Add Heavenshire cream or fruit 1.00

Organic Fruit & Veggie Salads

- Fruit Salad** 5.99
Seasonal fresh fruit sprinkled with currants
- Garden Patch Salad** 7.99
Mixed greens with carrots, cucumbers, purple cabbage, red onions, and tomatoes
- Salad Surprise** 9.99
Intense vegetable and fruit salad created by our Chef, served on mixed greens
- Specialty Salad** 9.99
Mixed greens with mushrooms, tomatoes, walnuts, cranberries, with your choice of vinaigrette
- Spinach Salad** 9.99
Mushrooms, tomatoes, walnuts, hard-boiled eggs served on spinach leaves with raspberry vinaigrette
- Herb Salad** 10.99
Fresh herbs with avocado, tomatoes, celery, mushrooms, carrots, served on mixed greens and garnished with sunflower seeds
- Ugly Salad** 10.99
Super veggie slaw served on mixed greens with hard-boiled eggs, avocados, and garnished with fruit

Dinner Salads

- Served on your choice of specialty, spinach or herb salad
- Tuna Salad** 13.99
- Chicken Salad** 18.99
Organic, free range grilled chicken breast or curried chicken salad
- Rib-eye Steak Salad** 19.99
Organic, grass-fed Rib-eye

Our Dressings Are Made Fresh

- House Dressing:** Our original, handmade Ginger Sesame Vinaigrette
- Vinaigrettes:** Balsamic, Apple Cider, Raspberry, Italian
- Creamy:** Herb Italian, Keifer, Ranch, Chipotle Ranch

Sandwiches

Served on your choice of bread with handmade mayonnaise, lettuce and tomato and either a side salad, fruit or chips.

Rudi's Organic Breads: Honey Wheat, Whole Wheat, Country White, Multi-Grain Oat, Jewish Rye

Gluten Free: Brown, Honey Brown, Multi-Grain, White

- Tuna Salad** 7.99
- Ham & Swiss** 8.99
- Curried Chicken Salad** 9.99
- Roast Turkey with Swiss Cheese** 8.99
- Roast Beef with Swiss Cheese** 9.99
- Grilled Chicken** 9.99
- Reuben** 9.99
Turkey Pastrami, Swiss Cheese and Bavarian slaw with Russian dressing
- Club Sandwich** 10.99
Turkey, Ham and Roast Beef with Swiss Cheese
- Italian Man** 10.99
Ham, Genoa Salami and Provolone Cheese with Italian dressing, served with a pickle wedge
- All American** 6.49
Kosher hot dog on gluten free tapioca rice bun

Meatless Sandwiches

- AB&J** 4.99
Almond Butter and Organic Jelly
- Grilled Three Cheese Combo** 5.99
Swiss, Provolone, and Cheddar cheese with *optional* lettuce and tomato
- Mushroom** 6.99
Grilled Portobello with lettuce, tomato, red onions, sprouts, and *optional* Swiss cheese
- Avocado Classic** 6.99
Avocado & egg salad with red onions and sprouts
- Veggie Delight** 6.99
Avocado, red onion, sprouts, lettuce and tomato

Wraps

- Lettuce Wraps** 6.99
Guacamole, Vegetable, or Tuna Salad
- Tortilla Wraps** Vegetable 6.99 Meat 9.99

Juices

Single Organic Juices (8oz)

- Apple 3.99
- Carrot 3.99
- Orange 4.49
- Carrot with Ginger 4.49

Blended Juices (8oz)

- Vegetable Blend 4.99
- Customer's Choice Blend 6.49

Blended Slushie Juices (12oz)

Organic Juices with chilled fruit

- Apple Berry 3.99
- Apple Peach 3.99
- Apple Mango 3.99
- Orange Banana 4.49
- Orange Pineapple 4.49

Wheatgrass Shot (2oz) 2.49

A powerful shot of fresh wheatgrass juice

Add Ginger .50

Teas (Hot or Iced) 1.99

Organic: Green, White, House Bliss, Earl Grey
Natural: Black Currant

Coffee Small 1.99 Large 2.99

Organic Regular or Decaffeinated Roast
Add Organic Vanilla, Caramel, or Hazelnut Flavoring
.99

Soft Drinks 1.99

Assorted Natural Soft Drinks or Ginger Brew

Milks (8oz)

Almond or Rice Milk 1.99
Hemp Milk 2.79

Life Ionizer Purified Alkaline Water 1.79

Smoothies

House Smoothies Juice or Yogurt base

Small (12oz) 4.49 Large (16oz) 5.69

- Berry
- Islander
- Just Peachy
- Muy Mango
- Purple Purple

Special Smoothies (16oz)

- Chocolate Dessert 5.99
- Butter Pear 6.99
- Tropical Treat 6.69

Meal Replacement Smoothies (16oz)

- **The Original** 6.69

Almond or rice drink, green food, lecithin, flax seed oil, protein powder, one choice of fruit (optional)

- **Blueberry Bliss** 6.69

Hemp milk, blueberries, cashews, flax seed oil, protein powder

- **The Enhanced** 7.89

Same as The Original with blueberries, strawberries, banana, raw egg (optional)

- **Ultrameal™ Smoothie** 7.89

Ultrameal Powder, protein powder, flax seed oil, choice of either blueberries, strawberries, or peaches

- **Standard Process™ Smoothie** 7.89

Standard Process powder, protein powder, flax seed oil, choice of either blueberries, strawberries, or peaches

Free Add-ins (Choose One): Vitamin C crystals, Bee Pollen, Honey, Stevia

Add-ins (.99 with Smoothie): Green Food, Protein Powder (20gm), Organic 4-in-1 Juice, Pomegranate Juice, Chocolate Chips



*"Your Friendswood Neighborhood
Natural"*

*Organic, Natural, or Kosher
Ingredients*

Dine In or Carry Out

400 W. Parkwood Ave, Ste 112

(Corner of 528 & Sunset)

Friendswood, TX 77546

Phone: (281) 996-9596

E-mail: Natures.Garden@sbcglobal.net

Website: www.nagamaca.com

Monday - Thursday 9:00 A.M. – 9:00 P.M.

Friday - Saturday 9:00 A.M. – 10:00 P.M.

Sunday 12:00 P.M. – 6:00 P.M.