

Starters

Soup of the Day Cup 4.95 Bowl 6.65

Served with crackers or toast

NG Original Guacamole (GF) 7.85

Served with rice chips

De'light'ful Meals

Soup Cup with Salad 7.45

Soup Cup with Fruit 8.95

½ Sandwich with Fruit Cup 9.95

½ Sandwich with Side Salad 7.95

½ Sandwich with Soup Cup 8.95

Your choice of Tuna, Roast Turkey, Reuben, Curry Chicken Salad, Avocado Classic, AB & J, or Veggie Delight Sandwich

Single Scoop Salads

Served on a bed of mixed greens with a scoop topping of your choice

Tuna Salad (GF) 8.75

Curried Chicken Salad (GF) 10.25

Desserts

Ice Cream (GF) 3.55

Ask for Today's Selection

Organic Fruit & Veggie Salads

Garden Patch Salad (GF) 8.95

Mixed greens topped with carrots, cucumbers, red onions, and tomatoes

Salad Surprise (GF) 11.95

Intense vegetable and fruit salad, served on mixed greens

Specialty Salad (GF) 11.95

Mixed greens with mushrooms, tomatoes, walnuts, cranberries, with your choice of vinaigrette

Spinach Salad (GF) 11.95

Mushrooms, tomatoes, walnuts, hard-boiled eggs served on spinach leaves with raspberry vinaigrette

Herb Dressed Salad (GF) 13.95

Avocado, tomatoes, celery, mushrooms, carrots, served on mixed greens and garnished with sunflower seeds with herb dressing

Sea Vegetable Trail Mix Salad (GF) 18.95

Mixed greens topped with avocado, tomatoes, celery, mushrooms, carrots, enhanced with a unique seafood trail mix and garnished with herb dressing

Ugly Salad (GF) 12.55

Super veggie slaw served on mixed greens with hard-boiled eggs, avocados, and garnished with fruit

Add-ons

Avocado 1.99

Grilled Chicken 4.99

Our House Dressings Are Made Fresh and are GF

House Dressing: Original, handmade Ginger Sesame Vinaigrette

Creamy Dressings: Herb Italian, Ranch

Vinaigrettes (GF): Balsamic, Raspberry, Italian, (oil and vinegar available on buffet)

Sandwiches

Your choice of bread with handmade mayonnaise, lettuce and tomato and either a side salad or potato chips. Substitute fruit for \$3.99 or cup of soup, \$1.99.

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

Gluten Free: Multi-Grain, White

All sandwiches can be made Gluten Free by selecting Gluten Free bread above.

Tuna Salad 8.75

Ham & Swiss 10.85

Curried Chicken Salad 10.45

Roast Turkey & Swiss Cheese 11.45

Roast Beef & Swiss Cheese 12.95

Grilled Chicken 10.95

Reuben 11.65

Turkey Pastrami, Swiss Cheese and Bavarian slaw with Russian dressing

Club Sandwich 12.25

Turkey, Ham and Roast Beef with Swiss Cheese

Italian Man 11.95

Ham, Genoa Salami and Provolone Cheese with Italian dressing, served with a pickle wedge

All American 7.45

Kosher hot dog on gluten free tapioca rice bun

Meatless Sandwiches

AB&J 8.45

Almond Butter and Organic Jelly

Grilled Three Cheese Combo 8.45

Swiss, Provolone, and Cheddar cheese with *optional* lettuce and tomato

Mushroom 10.95

Grilled Portobello with lettuce, tomato, red onions, and *optional* Swiss cheese

Avocado Classic 9.95

Avocado & egg mash with red onions

Veggie Delight 9.95

Avocado, red onion, lettuce and tomato

* GF= Gluten Free

Juices

Fresh Organic Vegetable Juices (12oz)

- Red with Beets Vegetable Blend 8.25
- Green Vegetable Blend 5.95
- Carrot 4.95
- Carrot with Ginger 4.95
- Carrot with Ginger and Apple 5.95

Additional vegetables .95 each
16 oz Add 3.00

Blended Slushie Juices (12oz)

Organic Juices with frozen fruit

- Apple Berry 4.25
- Apple Peach 4.25
- Apple Mango 4.25
- Orange Banana 4.95
- Orange Pineapple 4.95

16 oz Add 3.00

Teas (Hot or Iced) 1.95

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

Coffee 1.95

Organic Regular
Decaffeinated Roast

Stevia Sweetened Soft Drinks 1.95

Cherry or Cola Flavored

Kombucha 3.95

Passonberry Bliss, Synergy, Tumeric,
Gingerade, Beet, Lavender, Multi-Green

House Kombucha

8oz 1.99 16oz 3.49

Dairy Free Milks (8oz)

Almond Vanilla Milk 1.95
Hemp Milk 2.75

Smoothies

House Smoothies

Organic Juice & Goat Yogurt base
Small (12oz) 5.95 Large (16oz) 6.95

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

Meal Replacement Smoothies (16oz)

- **Strawberry-Banana**, almond milk, protein powder 6.95
- **The Original** 7.95
Almond milk, green food, lecithin, flax seed oil, protein powder, one choice of fruit (optional)
- **Blueberry Bliss** 6.95
Hemp milk, blueberries, cashews, flax seed oil, protein powder
- **The Enhanced** 8.95
Same as The Original with blueberries, strawberries, banana, raw egg (optional)
- **Vanilla Peach Berry** 7.95
Almond milk, flax seed oil, vanilla extract, raspberries, peaches, protein powder
- **Summer Smoothie (a.k.a. Coco-Almond)** 7.95
Almond milk, coconut milk, bananas, flax seed oil, protein powder, walnuts
- **Serendipitous Sunshine** 6.95
Orange juice, protien powder, strawberry, and mango
- **Ultrameal™ or Standard Process™** 8.95
Ultrameal Powder, protein powder, flax seed oil, choice of either blueberries, strawberries, or peaches

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

Honey .65

Chocolate Chips .95

Add Protein Powder to Smoothie 1.95



*"Your Friendswood Neighborhood
Natural"*

*Organic, Natural, or Kosher
Ingredients*

**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 - Saturday 9:00 A.M. – 8:00 P.M.
Sunday 12:00 P.M. – 5:00 P.M.**