

## Appetizers

**NATURAL SOUPS** cup \$3.00 bowl \$3.95  
Made fresh in our kitchen every morning.  
Served with 9-grain bread.

**NACHOS GRANDE** \$6.95  
Blue corn chips topped with black beans, rice, olives, red onions, cheese, salsa, guacamole, sour cream.

**NACHOS CHIQUITOS** \$5.50  
Blue corn chips topped with cheese, sour cream, salsa, guacamole.

**CHIPS AND SALSA** \$3.25

**KILLER QUESADILLAS** \$5.50  
Whole wheat chapati stuffed with jack and cheddar cheese, sour cream, guacamole, salsa.

**VEGETARIAN CHILI**  
cup \$3.50 bowl \$4.75  
Topped with cheese & onions with a side of corn bread & honey butter.

**HUMMUS W/PITA** \$4.95  
Garbanzo tahini puree with wedges of whole wheat pita bread.

**GUACAMOLE WITH CHIPS** \$5.50  
Avocado dip with blue corn chips & salsa.

## Kids Menu

Served with blue corn chips and salsa

**KIDDIE QUESADILLA** \$3.50  
Whole wheat chapati, stuffed with jack and cheddar cheese.

**KIDDIE GRILLED CHEESE** \$3.50  
On crustless 9-grain bread with jack and cheddar cheese.

**PEANUT BUTTER & HONEY SANDWICH** \$3.50  
On crustless 9-grain bread with crunchy peanut butter and honey.

**CHIQUITO TACO** \$3.50  
Chicken in a mild red sauce on a corn tortilla with cheese.

**KIDDIE WRAP** \$3.50  
Whole wheat chapati folded over pinto beans and cheddar cheese.

**KIDDIE PASTA** \$3.50  
Pasta of the day tossed with butter and parmesan cheese.

## Salads

Served with lemon herb, tofu dill, italian, ranch or tahini

**NATURAL SALAD** \$6.75  
Red leaf, green leaf and romaine lettuce served with carrots, red onions, jicama, red cabbage, tomato and sprouts.  
Half Salad \$3.95

**BOTANICAL GARDEN SALAD** \$6.75  
Variety of baby-leaf lettuce with carrots, red onions, jicama, tomato and sprouts.  
Half Salad \$3.95

**OLD TOWN SALAD** \$7.25  
Mixed greens topped with short grain brown rice, carrots, feta cheese, tomato and guacamole.  
Half Salad \$4.50

**SPIRITUAL SPINACH SALAD** \$7.25  
Topped with carrots, olives, artichoke hearts, feta cheese, veggie-bacon bits and sprouts.  
Half Salad \$4.50

**NATURAL CAESAR** \$7.25  
Mixed greens with tomato, avocado, croutons, parmesan cheese and caesar dressing.  
Half Salad \$4.75  
With Grilled Chicken \$9.25

**"THE RANCH SALAD"** \$8.50  
Chicken breast lightly marinated and grilled, served over a bed of baby-leaf greens with carrot, tomato, jicama, and feta cheese.

**NATURAL COBB SALAD** \$8.50  
A variety of chopped greens topped with feta cheese, veggie-bacon bits, turkey, tomatoes, avocado and sprouts.

**TOSTADA SALAD** \$7.75  
Baked chapati topped with black beans, rice, mixed greens, carrots, sprouts, jicama, salsa, sour cream and guacamole.

**ALBACORE SALAD** \$7.75  
The Natural Salad topped with chunk white albacore, mixed with mayo, pickle relish and onions.

**EAST BEACH SALAD** \$8.50  
Seasonal veggies lightly marinated and grilled, served over a bed of baby-leaf greens with carrot, tomato and jicama.

### ADD-ONS TO ANY SALAD

Grilled Chicken Chicken ranchero  
Chunk Albacore Sautéed Tofu

Wedge of 9-Grain Bread \$.75

## Sandwiches

Served with blue corn chips and salsa  
Add a small side salad to any entrée \$2.00

**NATURAL BURGER** \$6.50  
A seasoned, textured soy patty served on a whole wheat bun with lettuce, tomato, sprouts, grilled red onions and 1,000 Island dressing.  
add cheese \$ .50

**GOOD KARMA BURGER** \$6.50  
Tempeh veggie patty served on a whole wheat bun with lettuce, tomato, sprouts and garlic mayo.  
add cheese \$ .50

**ZEN BURGER** \$6.50  
Unique blend of whole grain and vegetable patty served on a whole wheat bun with lettuce, tomato, sprouts and garlic mayo.  
add cheese \$ .50

**GOBBLER BURGER** \$6.50  
Ground turkey patty char-broiled, topped with grilled red onion, lettuce, tomato, sprouts, served on a whole wheat bun with 1,000 Island dressing.  
add cheese \$ .50

**FALAFEL PITA** \$6.50  
Falafel balls with hummus, tomato, sprouts and shredded carrots with tahini - ginger sauce in a whole wheat pita.

**GRILLED CHICKEN PITA** \$6.75  
Fresh natural chicken tenders in a light marinade with lettuce, tomato, sprouts, and red onion in a whole wheat pita with dijon mustard.

**GRILLED VEGGIE SANDWICH** \$6.75  
Fresh seasonal veggies lightly grilled, served on 9-grain bread with lettuce, sprouts, tomato and garlic mayonnaise.

## Combo Plates

**SOUP BOWL AND SALAD** \$6.50  
with Natural Salad.

**1/2 SANDWICH & SOUP BOWL** \$6.95  
1/2 Sandwich with your choice of avocado or turkey or albacore tuna.

**1/2 SANDWICH AND SALAD** \$6.95  
1/2 Sandwich with your choice of avocado or turkey or albacore tuna.  
With Natural Salad.



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**GRILLED EGGPLANT** \$6.75  
Char-broiled eggplant and red peppers, with feta cheese, pesto and sprouts on 9-grain bread.

**PORTOBELLA MUSHROOM** \$6.95  
Marinated, grilled portobella mushroom with jack cheese, grilled onions, tomato, sprouts, pesto and garlic mayo, on 9-grain bread.

**DALAI DOG** \$4.50  
A tofu hot dog served on a whole wheat bun with your choice of mustard, onions, ketchup and relish.

**ZOG DOG** \$5.75  
A tofu hot dog served on whole wheat bun topped with vegetarian chili, cheese and onions.

**GRILLED CHEESE** \$5.50  
The classic with jack & cheddar cheese and tomatoes on 9-grain bread.

**THE LOCAL FAVORITE** \$6.25  
Avocado with lettuce, sprouts, tomato, red onion on 9-grain bread with garlic mayo.

**ROASTED TURKEY** \$6.25  
Fresh turkey breast with lettuce, sprouts, tomato, red onion on 9-grain bread with dijon mustard and garlic mayo.

**ALBACORE** \$6.25  
Chunk albacore tuna mixed with mayo, pickle relish and onions with lettuce, sprouts, tomato on 9-grain bread with dijon mustard.  
Melt with cheese \$ .50

## Pasta

**PRIMO PESTO** \$8.25  
Pasta of the day tossed with fresh homemade pesto sauce and feta cheese, served with a salad garnish and garlic bread.

**MIGHTY MARINARA** \$8.25  
Pasta of the day tossed with fresh homemade marinara sauce and parmesan cheese, served with a salad garnish and garlic bread.

**VEGGIE LASAGNA** \$7.95  
Spinach pasta covered with ricotta cheese, fresh vegetables and marinara sauce with garlic bread.

**PASTA SPECIAL, AFTER 5 P.M.**  
Market Price  
Chefs choice of pasta with homemade sauce served with a salad garnish and garlic bread.

## Vegetarian Entrees

Add a small side salad to any entrée \$2.00

**SANTA BARBARA VEGGIE GRILL** \$7.95  
Fresh seasonal vegetables grilled w/balsamic vinaigrette marinade served over short grain brown rice.  
add sauteed tofu \$9.75  
add grilled chicken \$9.95

**MR. NATURAL** \$7.95  
Fresh seasonal vegetables steamed, served over short grain brown rice.  
add cheese \$8.45  
add tahini-ginger sauce \$8.45  
add sauteed tofu \$9.75  
add grilled chicken \$9.95

**VEGGIE STUFFED SPUD** \$7.95  
Baked potato topped with steamed vegetables, herb butter and cheddar cheese or tahini-ginger sauce.

**SUPER-NATURAL PLATTER** \$7.95  
Corn bread topped with pinto beans, rice, steamed vegetables, butter and cheddar cheese.

**NATURAL TAMALE** \$7.95  
Corn, green chiles, pinto beans, ground peanut and garlic wrapped in corn masa topped with ranchero sauce and sour cream with rice and black beans.  
With salad garnish.

**YOGI SPECIAL** \$7.50  
Tofu sauteed in ginger-soy sauce, served with brown rice.  
With salad garnish.

**VEGGIE STIR FRY** \$8.25  
Fresh seasonal veggies stir fried in a ginger-soy sauce served over steamed brown rice.  
add sauteed tofu \$9.95

**BUDDHA BURRITO** \$8.50  
Sauteed 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** \$8.50  
Corn tortillas stuffed with black beans, rice and cheese, topped with mild enchilada sauce, sour cream and guacamole.  
With salad garnish.

**STUFFED VEGGIE QUESADILLA** \$8.25  
Whole wheat chapati stuffed with sauteed veggies 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 lettuce and sprouts.  
W/chips & salsa.  
sub. beans and rice \$1.50

**VORACIOUS VEGGIE TACOS** \$6.95  
Sauteed veggies, on corn tortillas with cheese topped with shredded lettuce and sprouts. W/chips & salsa.  
sub. beans and rice \$1.50

## Chicken & Fish Entrees

Add a small side salad to any entrée \$2.00

**CHICKEN-STUFFED SPUD** \$8.25  
Baked potato stuffed with chicken in a ranchero sauce topped with, sour cream and guacamole. **With salad garnish.**

**CHICKEN ENCHILADAS** \$8.75  
Corn tortillas stuffed with ranchero chicken, black beans, rice and cheese topped with mild enchilada sauce, sour cream and guacamole. **With salad garnish.**

**RANCHERO CHICKEN QUESADILLA** \$8.75  
Whole wheat chapati stuffed with ranchero chicken and cheese, topped with salsa, sour cream and guacamole. **With salad garnish.**

**BAJA BURRITO** \$8.75  
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.**

**FISH SPECIAL, AFTER 5 P.M.**  
Market Price  
Fresh catch of the day with short grain brown rice and vegetables.

**CHICKEN TACOS** \$7.25  
Chicken in a mild taco sauce on corn tortillas with cheese, topped with shredded lettuce and sprouts.  
W/chips & salsa.  
sub. beans & rice \$1.50

**CABO FISH TACOS** \$8.25  
Fish fillet sauteed in chunky salsa on corn tortillas with cheese, topped with shredded carrot, cabbage and lime.  
W/chips & salsa.  
sub. beans & rice \$1.50

**MT. FUJI STIR FRY** \$9.95  
Grilled chicken, stir fried with fresh seasonal vegetables in a ginger-soy sauce served over steamed brown rice.



## Sides

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|--|------------------------------------|
| GRILLED VEGGIES \$4.95                         | CHAPATI \$.75                      |
| STEAMED VEGGIES<br>bowl \$3.75 cup \$2.75      | PITA BREAD \$.75                   |
| STIR-FRY VEGGIES<br>bowl \$3.95 cup \$2.95     | GUACAMOLE<br>cup \$3.50 side \$.95 |
| BLACK OR PINTO BEANS<br>bowl \$2.95 cup \$2.25 | HUMMUS<br>cup \$2.50 side \$.95    |
| BROWN RICE<br>bowl \$2.95 cup \$2.25           | CHUNK ALBACORE<br>cup \$2.75       |
| BAKED POTATO \$2.95                            | ROASTED TURKEY<br>cup \$2.50       |
| CORN BREAD \$1.75<br>With honey butter         | CHICKEN RANCHERO<br>cup \$2.25     |
| 9-GRAIN BREAD \$.75                            | TEMPEH RANCHERO<br>cup \$2.50      |
| GARLIC BREAD \$1.75                            | CHICKEN <i>grilled</i> \$2.75      |
| CHIPS & SALSA \$3.25                           | SAUTEED TOFU \$2.50                |
| CORN TORTILLAS \$.75                           | TAHINI-GINGER SAUCE \$.50          |
| SALSA bowl \$2.75 cup \$1.75                   | AVOCADO <i>Market Price</i>        |
| CHEESE \$.50                                   |                                    |

## Beverages

small \$2.50 large \$3.25

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|--|-------------------------------|----------|
| <b>FRESH JUICES</b>                            | <b>NATURAL BOTTLED JUICES</b> |          |
| Carrot Juice                                   | Apple                         | Lemonade |
| Veggie Juice<br>Includes carrot, beet & celery | Peach                         | Orange   |
|  | Pineapple-Coconut             | Papaya   |

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

## Coffee & Tea

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|-------------------------------|----------------|
| HOUSE BLEND \$1.50            | HOT TEA \$1.50 |
| PASSION FRUIT ICED TEA \$1.50 |                |

## Shakes

Topped with whipped cream. Soy Shakes upon request. Add \$1.00

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|---|--|
| VANILLA \$2.95<br>Vanilla extract, vanilla ice cream, milk.                         | BLUEBERRY \$3.50<br>Blueberries, vanilla ice cream, milk.              |
| CHOCOLATE \$2.95<br>Chocolate syrup, vanilla ice cream, milk.                       | CARROT \$3.25<br>Carrot juice, vanilla ice cream, cinnamon and nutmeg. |
| PINEAPPLE-COCONUT \$3.50<br>Pineapples, vanilla ice cream, pineapple-coconut juice. | PEANUT BUTTER \$3.25<br>Peanut butter, vanilla ice cream, milk.        |
| ORANGE \$3.25<br>Orange juice, vanilla ice cream.                                   | ESPRESSO \$3.50<br>Espresso, coffee ice cream, milk.                   |

## Smoothies

A refreshing frozen blended drink made with fruit and fruit juice only.  
No ice, sherbet or fillers. \$3.50

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

## Desserts

- |                                 |                                     |                                |
|---------------------------------|-------------------------------------|--------------------------------|
| VANILLA ICE CREAM<br>cup \$2.25 | VANILLA SOY ICE CREAM<br>cup \$2.75 | COFFEE ICE CREAM<br>cup \$2.75 |
|---------------------------------|-------------------------------------|--------------------------------|

We have a wonderful selection of fresh-baked creations.  
Please check the dessert case or ask the cashier.

## LOCATIONS

- |  |                                  |
|--|----------------------------------|
| DOWNTOWN SANTA BARBARA<br>805-962-9494 | WESTLAKE VILLAGE<br>805-449-0099 |
| UPTOWN SANTA BARBARA<br>805-563-1163   | SAN LUIS OBISPO<br>805-546-9200  |
| OLD TOWN GOLETA<br>805-692-2363        | MOORPARK<br>805-523-2016         |
| NEWBURY PARK<br>805-498-0493           | SANTA MARIA<br>805-937-2735      |
| SIMI VALLEY<br>805-527-2272            | BUSINESS OFFICE<br>805-687-3185  |

# The Natural Cafe®



WE TURN GOOD HEALTH INTO GOOD TASTE  
AND GOOD TASTE INTO GOOD HEALTH.™

EST. 1993

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