

# Breakfast Menu

- Scrambled Eggs & Toast**...\$5.99  
 Omega 3 Eggs & Multi Grain Toast
- Muesli**.....\$6.99      **Granola & Toast**  
 Served with Multi Grain Toast      Fruit & Nut Granola served with  
 Organic Oatmeal, Organic grated Apple,      Multi Grain Toast  
 Organic Pecans, Raw Honey, (Organic Fresh  
 Strawberries, Organic Fresh Peaches in  
 Season), Organic Bananas, Yogurt & Organic  
 Milk
- Muffins**.....\$1.19  
 Choose from Breakfast Delite,  
 Zucchini, Carrot, Upside  
 Down Bran, Pumpkin
- Organic Fresh Squeezed Orange or Apple Juice**  
 6oz.....\$2.25      12oz.....\$4.99      16oz.....\$5.99

## Soups

- Sunday.....Potato  
 Monday.....Chicken Barley  
 Tuesday.....Broccoli  
 Wednesday.....Chicken Noodle  
 Thursday.....Tomato Basil  
 Friday.....Minestrone

### Served Every Day

- Vegetable Soup**.....A delicious blend of Organic  
 vegetables.  
**Vegetarian Chili**.....All Vegetarian (Chili containing no  
 Meat with Beans and Textured Vegetable Protein)  
**Black Bean Soup**.....Made with Roy's Special Recipe  
 Cup.....\$2.75  
 Bowl.....\$4.50

## Soup Sandwich Combo

1/2 Sandwich plus a Cup of Soup served with any of the  
 Following Sandwiches: Avocado, Egg & Olive, Peanut Butter  
 & Jelly, Pimento Cheese, Tuna, Turkey and Roast Beef.

**\$5.99**  
 Served with chips or Veggies.

All Sandwiches are served with Chips or Veggies on Health Bread, Walnut Scallion,  
 Rye or Whole Grain Bun.

## Sandwiches

- Avocado Sandwich**.....\$5.99  
 Delicious with the goodness of  
 Avocado, Sprouts, Tomato, Lettuce,  
 on a whole grain bun.  
**Avocado Supreme**.....\$6.75  
 Grilled with cheese, Onion, Mushrooms,  
 Tomato, Lettuce and Sprouts on  
 Whole Grain Bread.  
**Roy's Veggieburger**.....\$5.99  
 A grilled sandwich with Cheese,  
 Soyburger, Tomato, Lettuce, Sprouts,  
 and Onion on a Whole Grain Bun.  
**Egg & Olive Sandwich**.....\$5.99  
 Organic Eggs, Black Olives, and  
 Lettuce on Whole Grain Bread.  
**Meltd Cheese**.....\$5.99  
 Alta Dena Cheddar Cheese melted  
 On Whole Grain Bread.  
**Garden Burger**.....\$5.99  
 A delicious blend of Soy Protein,  
 Wheat Gluten and Seasonings,  
 On a Bun with Lettuce, Onion,  
 Tomato and Sprouts.  
**Meltd Veggie**.....\$6.99  
 Sauteed Organic Veggies with Meltd  
 Cheese, Tomato, Lettuce and Sprouts  
 on Whole Grain Bread.  
**Boce Burger**.....\$5.99  
 A Meatless Burger, no fat and no  
 Cholesterol. All Vegan on a Whole  
 Grain Bun.  
**Roast Beef Sandwich**.....\$5.99  
 Served with Lettuce and Tomato on  
 Whole Grain Bread.  
**Fish Sandwich**.....\$6.75  
 Wild caught Mahi Mahi served with  
 Lettuce, Tomato, & Sprouts on Whole  
 Grain Bun.
- Peanut Butter & Jelly Sandwich**.....\$4.99  
 A child's favorite of unhydrogenated peanut  
 butter and fruit-sweetened jelly  
 On Whole Grain Bread.  
**Pimento Cheese**.....\$5.99  
 Neutral Cheddar Cheese, Lettuce, Pimento  
 on Whole Grain Bread.  
**Pocket Sandwich**.....\$5.99  
 Pita bread filled with salad, (Tuna, Chicken,  
 Egg, or Pimento) Avocado, Tomato and  
 and Sprouts.  
**Salmon Burger**.....\$6.75  
 Grilled Wild caught Salmon Medallion on  
 a bun with Lettuce, Onion, Tomato and  
 Sprouts.  
**Soy Chicken**.....\$5.99  
 Soy Chicken Salad with Lettuce & Tomato  
 On Whole Grain Bread.  
**Tuna Sandwich**.....\$5.99  
 Light Tuna Salad with Lettuce & Tomato  
 on Whole Grain Bread.  
**Tuna Meltd**.....\$6.99  
 Light Tuna Salad with Onion, Mushrooms  
 & Meltd Cheese, Tomato, & Lettuce  
 on Whole Grain Bread.  
**Hamburger**.....\$5.99  
 Grass fed Beef, (no hormones or  
 Antibiotics) with Lettuce, Onion, Tomato  
 and Sprouts on a Whole Grain Bun.  
**Chicken Delite**.....\$5.99  
 Grain Fed Chicken, (No Growth Hormones  
 Or Antibiotics) with Safflower Mayonnaise  
 Pineapple and Cabbage.  
**Turkey Sandwich**.....\$5.99  
 Served with Lettuce and Tomato on  
 Whole Grain Bread.

## Salads

- Avocado Plate**.....\$5.99  
 Half Avocado filled with dip of  
 Salad (Tuna, Chicken, Egg, Pimento  
 Cheese), Tomato, Sprouts and  
 dressing, all on a bed of Salad.  
**Haystack**.....\$4.99  
 Tortilla chips topped with Chilli,  
 Cheese, Salad, Tomato and Sprouts.  
**Soft Taco**.....\$4.99  
 One Soft Tortilla with Black Beans  
 Or Chilli, Meltd Cheese topped  
 With salad, Tomato, Avocado and  
 Sprouts.  
**Tuna, Soy Chicken or Egg Salad**  
 1 dip filling served on a bed of Salad with Dressing and Crackers.
- Deli Sampler**.....\$5.99  
 Your choice of any three dips of Salad  
 from the Deli Case on a Bed of Lettuce,  
 topped with Sprouts and served with  
 Crackers.  
**Protein Plate**.....\$5.99  
 1 dip Cottage Cheese  
 1 dip Egg Salad  
 1 dip Tuna or Soy Chicken on a bed  
 of Salad, served with Crackers.  
**Organic Salad Bar**.....\$7.99  
**Organic Salad Bar**.....\$4.99  
 (One trip) includes Bread  
 \$3.99

## Entrees

- Lasagna**.....\$7.99  
 A blend of Spinach, Cottage Cheese,  
 Mushrooms, and Herbs makes this  
 Vegetarian Lasagna extra delicious  
 Served with Salad and Bread.  
**Sir Fry Vegetables**.....\$7.99  
 A blend of Carrots, Cauliflower,  
 Broccoli, Zucchini Squash, Yellow  
 Squash, White Cabbage, Red Cabbage  
 And Tofu, served on a bed of steamed  
 Rice with Salad and Bread.  
**Larry North Plate**.....\$7.99  
 4 oz Chicken Breast—2/3 Cup Organic Veggies  
 And 1 Cup Brown Rice  
 Or  
 6 oz Chicken Breast and 1 Cup Organic Veggies
- Steamed Vegetables**.....\$3.99  
 A bowl of Sir Fry Organic Vegetables  
 steamed in water or Soy Sauce.  
**Enchiladas**.....\$6.99  
 Roy's special recipe for Yogurt and Soy  
 Chicken filled Enchiladas served with  
 Chilli, Brown Rice, Salad and Bread.  
**Strganoff**.....\$6.99  
 An all Vegetarian blend of Soy Prime  
 Steak, Mushrooms, Onions, Yogurt, and  
 Spices. Served on Brown Rice with a  
 small Salad and Bread.

## Baked Potato And Brown Rice Entrees

- Roy's Basic Baker**.....\$4.25  
 Organic Baked Potato served with  
 Cheese, Butter and Sour Cream.  
**Baked Potato Special**.....\$6.99  
 Organic baked potato served with  
 Sour Cream and Butter topped with  
 Vegetarian Chili, served with Salad  
 And Bread.  
**Black Beans & Brown Rice**.....\$6.99  
 Steamed Organic Brown Rice topped  
 With Black Beans and Sour Cream.  
 Served with Salad and Bread.
- Baked Sweet Potato**.....\$4.75  
 Organic Baked Sweet Potato  
 Served with Butter.  
**Brown Rice**.....\$2.75  
 Steamed Organic Short Grain Brown  
 Rice.  
**Brown Rice & Chilli**.....\$6.99  
 Steamed Organic Short Grain Brown Rice  
 topped with Chilli and Cheese. Served  
 with Salad and Bread.

## Coffee & Tea

- Organic Fresh Ground Coffee**...\$1.25  
**Herb Tea, Caffeine free**...\$3.89  
 #1-Almond Sunset  
 #2-Chamomile  
 #3-Cinnamon Apple  
 #4-Country Peach  
 #5-Celestial Caffeine Free  
 #6-Lemon Zinger  
 #7-Green Tea  
 #8-Peppermint  
 #9-Raspberry Patch  
 #10-Red Zinger  
 #11-Sunburst C

## Organic Juices

**Organic Lemonade**.....\$4.99  
 16oz (Honey Sweetened)

**Organic Juices Made to Order**  
 6oz.....\$2.25  
 12oz.....\$4.99  
 16 oz.....\$5.99  
 Quart.....\$11.79

Choose your fruit/vegetable: Apple, Grapefruit, Orange, Carrot, Celery, Cucumber, Mixed Green, Parsley.

**Organic Wheat Grass Juice**.....\$1.99

Made to order 1 oz  
 A wonderful source of vitamins A,B,C,E and minerals.  
 It is a potent detoxifier and aids in metabolizing Nutrients.

## Frozen Desserts

SM-\$1.89 Med-\$3.79 LG-\$4.99 XLG-\$9.99

### Frozen Yogurt

Ingredients: Skim Milk, Fructose, Honey, Vanilla, Gelatin, Guar Gum, Carob Bean Gum, Lecithin, Salt.

Calories: 6oz approx 180

### Carbolite

Ingredients: Whey, Maltodextrin, Dutch Proc. Cocoa (Choc Only), Sorbitol, Nat Gums & Stabilizers, Nat & Art Flavors, Sucralose.

Calories: 8 oz approx 32

## Blender Drinks

- (1) **Energizer**.....\$5.99  
 Energy blend of Milk, Apple, Pineapple, Papaya, Or Carrot Juice, Yogurt, Wheat Germ Oil, Honey, Protein Powder, Brewer's Yeast, Lecithin and Banana.  
**Tutti Frutti**.....\$5.99  
 Blend of Pineapple, Papaya, Strawberries, Peaches, Protein Powder and ice.

## Smoothies

- (4) **Boyz-N-Berries**: Blueberry, Raspberry, Blackberry, Rasp. Juice.  
 (5) **California Colada**: Banana, Coconut Milk, Pineapple Juice.  
 (6) **Citrus Sundown**: Orange, Pineapple Juice, Banana.  
 (7) **Cloud 9**: Peach, Banana, Pineapple, Passionfruit-Mango Juice.  
 (8) **Cranberry Cruise**: Cranberry Juice, Strawberry, Blueberry, Raspberry.  
 (9) **Papaya Paradise**: Papaya Juice, Mango, Pineapple.  
 (10) **Passion Paradise**: Passion-Fruit-Mango Juice, Peaches, Strawberries, Pineapple.

16oz.....\$4.50  
 (For more Nutrition add a Smoothie Extra)

## Smoothie Extras

- (14) All-One.....\$1.20  
 (15) Bee Pollen.....\$1.20  
 (16) Calcium Citrate.....\$.60  
 (17) Chinese Ginseng.....\$1.20  
 (18) Colloidal Minerals.....\$1.20  
 (19) Echinacea.....\$1.20  
 (20) Fat Burner.....\$1.20  
 (21) Flaxseed Oil.....\$.60  
 (22) Ginko Biloba.....\$.60  
 (23) Green Magma.....\$.60  
 (24) Lecithin.....\$.60  
 (25) Protein Powder.....\$1.20  
 (26) Spirulina.....\$.60  
 (27) Vitamin C.....\$.60  
 (28) Wheat Germ.....\$.60  
 (29) Power Surge.....\$1.60

## Roy's Natural Market

### Menu



**Deli & Bakery Menu**  
 Operating Since 1968  
 38th Anniversary

### Deli Hours

Sunday-Thursday 9:00-8:00  
 Friday 9:00-4:30 Winter Hours

Friday 9:00-6:00 Summer

Closed Saturday

To order, contact

Phone: 214-987-0213