

for the health of it

# Natures *Kitchen*

**Kitchen Hours: Mon – Sat 10:00 am -3:00 pm**

**2909 N. White Sands Blvd**

**Alamogordo, NM 88310**

**575-437-3037**

**Closed Sunday**

**Call-ins Welcomed**

Orders may be picked up after the kitchen  
Is closed but must be placed during kitchen hours

**Local and organic ingredients used when available**



[MyNaturesPantry.com](http://MyNaturesPantry.com)





## Sandwiches or Wraps

Sandwiches served with a choice of Ciabatta, Ezekiel 4:9 sprouted wheat, Seed & Grain, Spinach wrap, or Gluten Free bread - served with carrot or celery sticks

<b>Southwest Chicken</b> .....	<b>8.15</b>
Chicken breast w/melted pepper jack cheese, avocado, red pepper & jalapenos w/cilantro-lime drizzle	
<b>New Mexico</b> .....	<b>8.15</b>
Green chili cream cheese, tomato, lettuce and avocado with choice of turkey or ham	
<b>Chicken or Egg Salad</b> .....	<b>6.45</b>
Chicken Salad: Chicken breast w/Vegenaise*, flax seeds, chopped carrots, celery, lettuce and tomato	
Egg Salad: Eggs w/Vegenaise*, flax seeds, celery, lettuce and tomato	
<b>Tuna Salad</b> .....	<b>6.45</b>
Tuna w/Vegenaise* flax seeds, celery, lettuce, tomato	
<b>Hummy</b> .....	<b>7.15</b>
Hummus, roasted red peppers, cucumbers, spinach, tomato and red onion	
<b>Turkey</b> .....	<b>7.15</b>
Sliced turkey breast, w/Vegenaise*, lettuce, tomato	
<b>Veggie Special</b> .....	<b>7.15</b>
Grilled veggies - spinach, roasted red peppers, cabbage, cucumber, carrots and tomato	

\*Vegenaise is a vegan, gluten-free dressing and sandwich spread.

## SANDWICH - SALAD ENHANCEMENTS

Add a scoop of chicken or tuna salad and/or avocado to sandwich or salad:

<b>Chicken or Tuna salad</b>	scoop..... <b>3.10</b>	<b>Chicken Breast</b>	..... <b>3.10</b>
<b>Avocado</b>	scoop..... <b>2.05</b>	<b>Ham or Turkey</b>	..... <b>3.10</b>
<b>Hummus</b>	scoop..... <b>2.30</b>	<b>Pepper Jack Cheese</b>	..... <b>1.50</b>
<b>Other enhancements:</b> Tomato, Cucumber, Carrots, Sunflower Seeds, Onion			..... <b>1.00</b>

## SALADS

**Mixed salad**.....**Regular**..... **5.40** .....**Large**..... **6.70**  
 Mixed greens, cucumbers, tomatoes, red cabbage, carrot curls

**\*\*\*Dressing Choices: Cilantro-Lime Vinaigrette, Poppy Seed, extra virgin olive oil, apple cider vinegar, balsamic vinegar, liquid amino\*\*\***

**Southwest Salad** ..... **6.90**  
 Mixed greens w/jalapenos, black beans, corn, onions, roasted red peppers, pepper jack cheese, avocado w/cilantro-lime vinaigrette

with grilled chicken ..... **9.95**

**Berry Salad** ..... **7.70**  
 Mixed greens topped w/fresh berries, feta cheese, candied pecans, avocado w/poppy seed dressing



## SOUP

### Soup du jour

Made in house -- see board for daily offering:

8 oz..... **4.05**

12 oz..... **5.00**

16 oz..... **5.90**

**Ciabatta .....** \$1.00

**CHECK OUT OUR GRAB 'N GO COOLER FOR A QUICK LUNCH OR DINNER**

## BEVERAGES

	<u>12 oz</u>	<u>16 oz</u>	<u>20 oz</u>
<b>Cucumber Lemonade .....</b>	2.55	3.10	3.60

### ADDITIONAL DRINKS IN COOLER

<b>Americano.....</b>	<b>2.30</b>	<b>2.80</b>
<b>Espresso.....</b>	single <b>2.60</b>	double <b>4.60</b>



Coffee served is by Equal Exchange which is organic and fair trade. This is whole bean Ethiopian with a Full City Roast



## SMOOTHIES

12 oz  
5.10

16 oz  
6.10

20 oz  
7.10

### Strawberry Blueberry\*

Organic apple juice, strawberries, blueberries

### Strawberry Banana\*

Organic apple juice, strawberries and banana

### Espresso Freeze

Shot of fresh ground coffee and vanilla yogurt blended with fresh coffee grounds

\*Yogurt added .50 - 12 oz .75 - 16 oz \$1.00 - 20 oz



12 oz  
5.75

16 oz  
7.15

20 oz  
8.35

### Almond smoothie

Milk, fresh ground almond butter, almond pieces, Irish cream, vanilla yogurt

Extra Fruit ..... 1.80

Protein ..... 1.30

Spinach ..... 1.30

Flavor Shot ... 1.05



## FROZEN YOGURT

Cone ... 2.00

Whimpy ... 1.40

8 oz ... 3.75

**Nature's Pantry** has been operating as the largest health food store in Alamogordo for the last sixteen years. It is our desire to educate the local community on health and nutrition as well as provide the best source for quality vitamins, minerals, herbs and grocery products available on the market today.

**Nature's Pantry** carries nationally known quality brands such as Garden of Life, Nutraceutical, Now, Twinlabs and Nature's Plus. We search to find the safest, highest quality products and make them available in our store. Literature, including books, on diet, herbology, homeopathy and conquering disease naturally are available. There are many products to choose from to assist those with allergy, gluten, diabetes and weight challenges.

## **Get these discounts all year long!**

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**WOODEN NICKEL THURSDAYS:** When you spend \$25 or more on a Thursday, we'll give you a 25% discount on any single item purchased.

**MILITARY TUESDAYS:** On Tuesdays, those currently serving our country are given a 10% discount. You must show an active military identification.

**WISDOM DISCOUNT:** At all times, seniors (55+) are given a 10% discount on vitamins and supplements.

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