

Juice It Bar

Extractions

47. **Ginger Bay** ~ \$ 5.60
Apple, Ginger, Carrot

48. **Ginger Beet** ~ \$ 5.60
Beet, Ginger, Carrot

49. **Cold Fighter** ~ \$ 7.99
Wheatgrass Juice, Ginger, Apple, Cold & Sinus Blaster

50. **Vitamin C Boost** ~ \$ 5.89
Orange Juice, Lemon Juice

51. **Iron-Rich Drink** ~ \$ 6.25
Beet, Apple, Carrot

52. **Liver Boost** ~ \$ 7.99 ☆
Wheatgrass Juice, Celery, Kale, Green Apple, Ginger

53. **Fresh Orange Juice** ~ \$ 5.89

54. **Fresh Apple Juice** ~ \$ 7.99

55. **Fresh Carrot Juice** ~ \$ 5.89

56. **Organic Wheatgrass Juice**
(1oz. / 2oz.) \$ 2.50 / \$ 5.00

More Add-On Goodies

- 78. Fruit & Vegetable Fiber ~ \$ 1.50
- 79. Protein Booster ~ \$ 1.50
- 80. Superfood ~ \$ 1.50
- 81. Green Tea Powder ~ \$ 1.50
- 82. Chlorophyll ~ \$ 1.50
- 83. Cold & Sinus Blaster ~ \$ 1.50
- 84. Liver Detox ~ \$ 1.50
- 85. Vitamin B12 ~ \$ 1.50
- 86. Vitamin B Complex ~ \$ 1.50
- 87. Dong Quai ~ \$ 1.50
- 88. Men-Silver ~ \$ 1.50
- 89. Astragalus ~ \$ 1.50
- 90. Oregano Oil ~ \$ 2.00



☆ ~ 100 % Fresh

Juice It Bar

Specialty Blends

57. **Avocado Shake**~ \$ 5.99
Avocado, Banana, Organic Soy Milk

58. **Strawberry-Banana Shake** ~ \$ 5.45
Strawberries, Banana, Organic Soy Milk

59. **Blueberry-Banana Shake** ~ \$ 5.95
Blueberries, Banana, Organic Soy Milk

60. **Summer Dream** ~ \$ 6.25
Pineapple, Blueberry, Banana, Apple

61. **Autumn Twist** ~ 5.75
Cranberries, Apple, Kiwi, Pineapple

62. **Fruit & Veggie Blend** ~ \$ 7.95
Kale, Carrot, Celery, Strawberries, Orange Juice

63. **Extra Green** ~ \$ 7.95
Green Apple, Celery, Green Pepper, Kale, Chlorophyll

64. **Energy Boost** ~ \$ 6.25
Superfood, Vitamin B12, Apple, Kiwi

65. **The Booster** ~ \$ 5.95
Wheatgrass Juice, Pineapple, Cranberries

66. **Protein Boost** ~ \$ 5.95
Protein Booster, Banana, Apple

67. **Cleansing Tonic** ~ \$ 5.95
Avocado, Apple, Kale, Beet, Super Fiber

68. **Mr. Green** ~ \$ 5.95
Green Apple, Celery Cucumber, Green Peppers

69. **Beauty Drink** ~ \$ 5.95
Kiwi, Avocado, Apple

70. **Liver Tonic** ~ \$ 5.95
Celery, Kiwi, Kale, Cranberries

Hot Drinks

- | | |
|---|-----------------|
| 71. Green Tea | (12oz / 16oz) |
| 72. Ginger Tea | \$1.49 / \$1.99 |
| 73. Super Diet Tea | \$1.99 / \$2.99 |
| 74. Homemade Ginger Tea | \$3.25 |
| Organic Goji, Red Date, Ginger Molasses | |
| 75. Goji Fenugreek Tea | \$1.99 / \$2.99 |
| 76. Organic Coffee | \$1.49 / \$1.99 |

- | | |
|---------------------------------------|---------------|
| Herbal Tea | |
| 77. Black Tea Chai Spice | \$1.99 / 2.99 |
| 78. Organic Breakfast Blend Black Tea | \$1.99 / 2.99 |
| 79. Chamomile Caffeine Free | \$1.99 / 2.99 |
| 80. Peppermint Caffeine Free | \$1.99 / 2.99 |
| 81. Organic Lavender Tulsi | \$1.99 / 2.99 |



A place to eat and shop for a healthier life!

We believe that eating healthy doesn't mean eating tasteless food. In fact, we care about the taste so much, that we have chosen every ingredient in its best quality available. From the heat-safe **Grape Seed Oil** that we cook, the rich mineral **PanGu Salt** that we add, the cleaner **Reverse Osmosis Water** that we boil, to the **all-natural** or **organic** food that we use, we make our food much healthier and taste great!

Guess What?!

All meat, poultry, and seafood items are made from soy protein, wheat gluten and / or vegetable products.

We have many more healthy stuff that can't fit in this menu. Please check out our website for more information:

WWW.NATURALWAYCAFE.COM

Please inform our staff if you have any food allergies or special dietary restrictions. We'll do our best to accomodate.



Cater Anything

We cater anything on the menu. We do Half Tray, Full Tray, Party Combo Box, and other stylish presentation. We served with napkins, forks, and chopsticks. We also provide onsite setup service.

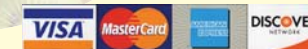


NATURAL WAY CAFE

Vegetarian Health Food

23-25 Broadway, Fair Lawn, NJ 07410

TEL: (201) 791-1717 FAX: (201) 791-0676



WWW.NATURALWAYCAFE.COM

Call or fax ahead. We'll have your order waiting for you.

We use filtered water and ice to create optimal taste without diluting the power of the juices. Prices exclude tax and may vary. Menu subject to change without notice.

Prices exclude tax and may vary. Menu subject to change without notice.

Appetizers

01. **Rice Vegetable Sushi Roll ~ \$6.95** ●▲
Vegetarian Chicken, avocado, spinach, romaine lettuce, alfalfa sprouts, red pepper and brown rice wrapped in a layer of organic seaweed
02. **Asian Egg Wrap ~ \$ 6.95**
Pan-fried homemade organic cilantro pita bread with a layer of our signature egg crêpe mixed with vegetables.



03. **Veggie Chicken Nugget (5 pc.) ~ \$ 5.75** ●▲
(Gluten-Free) Serve with homemade sauce.
04. **Steam Veggie Dumplings (6 pc.) ~ \$ 5.95** ▲
Kale, bok choy and organic tofu wrapped in organic homemade dumpling wrapper and served w/ house special ginger sauce

05. **Veggie Chicken Rice Dumplings (4 pc.) ~ \$ 5.49** ▲
Vegetarian chicken, mushroom, brown rice and sweet rice wrapped in wonton wrapper and served w/ house special ginger sauce
06. **Veggie Chicken Tofu Dumplings (Gluten-Free)(4 pc.) ~ \$ 5.49** ●▲
Vegetarian chicken, mushroom, brown rice and sweet rice wrapped in tofu and served w/ house special ginger sauce
07. **Edamame Rice Dumplings (4pc.) ~ \$5.49** ▲
Edamame and mixed vegetable mixed with sweet rice and organic coconut oil wrapped in wonton wrapper and served with house special ginger sauce
08. **Brown Tofu Stuffed w/ Steamed Potato ~ \$ 4.95** ●▲
Brown tofu skin stuffed w/ steamed potato, carrot and edamame with Vegenaise

09. **Organic Edamame ~ \$6.49** ●▲

Sides

10. **Multi-brown Rice ~ (12 oz. / 16 oz) \$ 4.50 / \$ 5.99**
11. **Chicken (Citrus, Teriyaki, Asian-roasted, Ginger) ~ \$ 7.99**
* Frozen Chicken Available



Wraps

**** Add an Organic egg crepe ~ \$1.50

12. **Citrus Chicken Wrap ~ \$ 6.95** ▲
Our exclusive vegetarian citrus chicken, romaine lettuce, avocado, alfalfa sprouts, tomato and red pepper wrapped in a whole-wheat wrap
13. **Teriyaki Chicken Wrap ~ \$6.95** ▲
Vegetarian chicken sautéed with teriyaki sauce, romaine lettuce, avocado, alfalfa sprouts, tomato and red pepper wrapped in a whole-wheat wrap
14. **Asian-roasted Chicken Wrap ~ \$ 6.95** ▲
Vegetarian chicken sautéed with Asian-roasted sauce, romaine lettuce, avocado, alfalfa sprouts, tomato and red pepper wrapped in a whole-wheat wrap
15. **Teriyaki Tofu Wrap ~ \$ 6.25** ▲
Organic tofu sautéed with teriyaki sauce, avocado, alfalfa sprouts, tomato, red pepper and romaine lettuce wrapped in whole-wheat wrap
16. **Veggie Love Wrap ~ \$ 5.99** ▲
Romaine lettuce, spinach, avocado, alfalfa sprouts, red pepper and tomato wrapped in whole-wheat wrap



Homemade Special

**** Add an Organic egg crepe ~ \$1.50

17. **Vegetable Fried Rice ~ \$ 7.99** ●▲
Mixed vegetable with brown rice
18. **Chicken Fried Rice ~ \$ 8.25** ●▲
Mixed vegetable with brown rice topped with sliced chicken
19. **Citrus Chicken and Rice Noodle ~ \$ 7.99** ●▲
Sauteed mix vegetables with rice noodle topped with citrus chicken



Soups

29. **Goji Miso Soup** ●▲ \$ 3.99 / \$ 5.45
30. **Veggie Wonton Soup** ▲ \$ 4.99 / \$ 6.75
31. **Homemade Egg Drop** ● \$ 4.99 / \$ 6.75
32. **Vegetable & Tofu Soup** ●▲ \$ 3.99 / \$ 6.25

(16 oz. / 32oz.)



Featured Vegetarian Entrées

served with multigrain brown rice.

20. **Double Vegetable & White Mushroom ~ \$ 6.95** ●▲
Mixed vegetable and white mushroom water sautéed with homemade sauce
21. **Chef's Combo Chicken ~ \$ 7.99** ●▲
Vegetarian chicken sautéed with homemade ginger sauce served over mixed vegetable
22. **Signature Beef ~ \$ 7.99** ●▲
Vegetarian beef sautéed with ginger teriyaki sauce served over mixed vegetable
23. **Crazy Mushroom ~ \$ 7.75** ●▲
A delicious mix of three different mushrooms and vegetable water sautéed with our unique sweet and spicy sauce
24. **Goji Tofu ~ \$ 7.99** ●▲
Goji berries and sautéed Vegetarian chicken served over mixed vegetable
25. **Veggie Heaven ~ \$ 6.95** ●▲
Bok choy and white mushroom water sautéed with cilantro and homemade sauce
26. **Organic Kale ~ \$ 8.95** ●▲
Organic kale water sautéed with ginger and homemade sauce
27. **Garden Fish Fillet ~ \$ 7.99** ●▲
Fish fillet (made with soy protein) sauteed with mixed vegetable braised with home special sauce
28. **Your Choice of Teriyaki, Ginger, Asian Roasted, or Citrus Chicken over Vegetable ~ \$ 7.99** ●▲
Our exclusive vegetarian chicken served over mixed vegetable
42. **Cashew Shimp ~ \$ 8.99** ●▲
Sautéed vegetarian shimp and cashew nuts served over mixed vegetable
101. **Curry Beef ~ \$ 8.45** ●▲
Vegetarian beef, organic potato, carrat simmer with curry sauce
102. **Spicy Mopo Tofu ~ \$ 7.45** ●▲
Sautéed diced organic tofu with thick spicy sauce.
103. **Sauteed Any Vegetable~ \$ 7.45** ●▲
Sautéed any vegetable (based on availability)



** Extra Chicken (citrus, teriyaki, Asian-roasted, ginger) Or Shimp ~ \$ 3.00

▲ = Vegan ● = Gluten Free

Signature Salads

served with homemade ginger salad dressing.

33. **Mountain & Sea Salad ~ \$ 7.49** ●▲
A bed of healthy romaine lettuce topped with seaweed, wood ear, sliced shiitake mushroom, sautéed organic tofu and alfalfa sprouts
34. **Your Choice of Teriyaki, Ginger, Asian Roasted or Citrus Chicken Salad ~ \$ 7.49** ●▲
A bed of healthy romaine lettuce topped with our homemade citrus chicken.
35. **Asian Salad ~ \$ 6.99** ●▲
A bed of healthy romaine lettuce topped with mix vegetables and alfalfa sprouts

43. **Garden Fruit Salad ~ \$ 7.99** ●▲

A bed of healthy romain lettuce topped with 4 varieties of fresh fruits in season



Sandwiches

**** Add a slice of Organic Vegan Cheese ~ \$1.00
**** Add an Organic egg crepe ~ \$1.50

36. **Café Sandwich ~ \$ 6.95**
A triple-decker of whole-wheat breads coated w/ Vegenaise and filled with romaine lettuce, alfalfa sprouts, tomato, vegetarian chicken and organic egg
37. **Shao Bing Sandwich ~ \$ 6.95**
Shao Bing, a light and fluffy Chinese bread. Here we top it with our signature organic egg crêpe, romaine lettuce, tomato, and alfalfa sprouts
38. **Teriyaki Chicken Sandwich ~ \$6.99** ▲
Vegetarian chicken sautéed with teriyaki sauce, romaine lettuce, alfalfa sprouts and tomato, between triple-decker of whole-wheat breads coated with Vegenaise



39. **Veggie Burger Sandwich ~ \$ 6.25** ▲
Whole-wheat breads filled with vegetarian patty, romaine lettuce, alfalfa sprouts and tomato.
40. **Mama's Sandwich ~ \$ 7.75**
Vegetable patty, romaine lettuce, alfalfa sprouts, tomato, and with our signature organic egg crepe in whole-wheat breads

41. **Tuna Fish Sandwich ~ \$ 6.45** ▲
Whole-wheat breads filled with vegetarian tuna fish (made with soy protein), romaine lettuce, alfalfa sprouts and tomato