



THE KITCHEN MENU

AT NATURE'S OWN MARKET

BREAKFAST

- Buttermilk Pancakes** \$7.95
Choice of Almonds, Blueberries or Chocolate Chips, Side of Bacon, Maple Syrup
- Kitchen Omelet** \$9.95
Spinach, Roasted Red Peppers, Pepperoncini, Jalapeno Peppers,
Local Paradox Farm Goat Cheese, Cheddar cheese, Avocado, Salsa, Bacon
- Market Frittata** \$9.95
Local Farm Eggs, Local Seasonal Produce, Paradox Cheese Louise,
Roasted Red Peppers, Spinach, House-Dressed Arugula Salad
- Nature's Own Breakfast Sandwich** \$7.95
Local Farm Egg, Cheddar Cheese, Sweet Potato Wedges
Choice of: Tempeh, Bacon, Avocado, Spinach, Tomato, Local Goat Cheese
(\$.50 per additional item)

SALADS

- Roasted Beet Salad** \$7.95
Citrus, Rosemary, Fresh Kale, Quinoa Salad, Lemon Tahini Dressing
- Greek Salad** \$10.95
Marinated artichokes, Chickpeas, Kalamata Olives, Cucumber,
Red Pepper, Red Onion, Cherry Tomatoes, Pepperoncini, Crumbled Feta,
Lemon Garlic Greek Dressing, Toasted Prairie Bread with Hummus
- Kale Salad** \$9.95
Roasted Red Peppers, Broccoli, Artichokes, Prairie Bread Croutons,
House-Made Lemon Vinaigrette Served over Hummus
- Kitchen Salad** \$8.95
Shredded Kale, Romaine, Parmesan, Apples, Raisins, Organic Quinoa,
Toasted Almonds, Lemon Parmesan Vinaigrette

SANDWICHES (Choice of Sweet Potato Wedges or Salad)

- *Pulled Chicken Panini** \$11.95
Pulled Chicken, Bacon, Guacamole, Pimento Cheese, Spinach,
Roasted Red Peppers, Mustard, Mayo, Sprouted Sourdough Bread
- The Kitchen B.P.T.** \$8.95
House-made Pimento Cheese, Bacon, Tomato, Sprouted Sour Dough
- *Baja Chicken Sandwich** \$11.95
Pulled Chicken, Black Bean Corn Salsa, Guacamole, Cheddar Cheese
on Prairie Bread
- *Croque Monsieur** \$10.95
Pulled Chicken, Dijon Mustard, Spinach, Local Farm Fried Egg,
Sprouted Sour Dough
- California Open Face** \$8.95
Avocado, Spinach, Mushrooms, Tomatoes, Cheddar, House-Made Herb
Aioli on Spelt English Muffin
- Tempeh Rueben** \$9.95
Organic Tempeh, Russian Dressing, Dill Pickles, Sauerkraut, Cheddar,
Sour Dough
- Vegetarian Dream** \$9.95
Avocado, Black Bean Corn Salsa, Spinach, Tomatoes, Roasted Red Peppers,
Cheddar Cheese & Tempeh on Sourdough

ENTREES

- *Grilled Chicken Quesadilla** \$11.95
Pulled Chicken, Pumpkin Seed Puree, Rice, Avocado, Cheddar Cheese,
Jalapeno, Sour Cream, Black Bean Salsa, Mixed Green salad, Balsamic Vinaigrette
- Verlasso Salmon Cake** \$9.95
House-made Salmon Cake, Cucumber Relish, House-made Aioli,
Mixed Green Salad, Balsamic Vinaigrette
- *NC Bison Burger** \$12.95
Local Carolina Bison, Cheddar Cheese, Coleslaw, Mayonnaise, Mustard,
Ketchup, Spelt English Muffin
- Indian Sambhar** \$8.95
Organic Red Lentils, Chickpeas, Carrots, Spinach, Tomatoes,
Organic Brown Basmati Rice, Garlic Naan
- Greek Platter** \$9.95
House-made Falafel, Pita, Hummus, Greek Salad, Tzatziki, Lemon Tahini,
Pepperoncini

*Hormone & Antibiotic Free

Gluten Free or Vegan Available upon Request

Consuming raw or undercooked meats may increase your risk of food borne illness

910.692.3811 • MONDAY THRU FRIDAY 9:00 AM TO 5:00 PM
SATURDAY 9:00 AM TO 2:00 PM