



Flatbread Sandwiches

Warm flatbreads made with organic unbleached and unbromated flour with germ, honey, sea salt, olive oil and yeast.

Specialty Sandwiches

- Chicken & Roots** naturally raised chicken with pesto, brie and root veggies \$7.10
- Chicken TMB** naturally raised chicken tossed in a balsamic vinaigrette with tomatoes, mozzarella and basil \$6.60
- Buffalo Chicken** naturally raised chicken in a classic buffalo sauce with blue cheese, lettuce and tomato \$6.35
- Alaskan** chilled wild alaskan salmon prepared in pan asian marinade with root veggies, brie, lettuce and tomato \$7.60
- Wild West** wild prairie raised bison meatloaf, roasted red peppers, cheddar and mustard \$7.35
- Wrangler** free range and grass fed organic roast beef, rosemary onions, swiss, horseradish mayo, lettuce and tomato \$6.85
- Mediterranean** organic hummus, lettuce, red onions, roasted red peppers and swiss \$6.85
- Rustic** fresh mozzarella with basil leaves, tomatoes, balsamic soy "chicken" and lettuce \$7.60
- Goat Cheese** artisan garlic and herb goat cheese, roasted red peppers, carrots, cukes, sprouts \$6.85

Build Your Own Sandwich

- Step 1: Pick One Filling**
- | | | |
|-------------------------|----------------------------------|--------|
| pesto chicken | } organic hummus
root veggies | \$5.85 |
| tuscan chicken | | |
| chicken salad | | |
| tomato/mozzarella/basil | | |
| sliced turkey | } goat cheese | \$6.35 |
| organic roast beef | | |
| bison meatloaf | } asian salmon | \$6.85 |
| balsamic soy "chicken" | | |

- Step 2: Add Toppings** 50¢ each
- roasted red peppers
 - rosemary onions
 - salad items
 - blue, brie, cheddar, feta or swiss cheese

- Step 3: Select Free Additions**
- organic mustard, mayo, soy mayo, lettuce, tomato & red onion

Sides

- Fruit Salad** (in season) \$3.50
- Small Batch Potato Chips** as marked
- Stonyfield Farm® Yogurt Cups** \$1.40

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness.



Tossed Salads

All salads served with a 1/2 slice of flatbread. Choose one of our specialty salads or build your own.

- Caesar** organic romaine, flatbread croutons, grated parmesan tossed with vegan caesar dressing
- Balsamic-Blue** organic mixed greens, crumbled blue cheese, raisins, walnuts, flatbread croutons with balsamic vinaigrette
- Spicy Peanut** organic mixed greens, scallions, carrots, alfalfa sprouts, cucumbers, mushrooms, cilantro with spicy peanut dressing
- Greek** organic romaine, feta cheese, grape tomatoes, kalamata olives, cucumbers, red onions, oregano with greek dressing
- Sesame Spinach** spinach, mushrooms, scallions, carrots, flatbread croutons, sprouts with sesame dressing

Side/Meal \$4.85/\$5.85

Build Your Own Salad

- Step 1: Pick Your Greens** **Side/Meal**
- organic romaine, organic mixed greens or spinach \$4.85/\$5.85

- Step 2: Choose Up to Five Free Items**
- | | | |
|--------------------|------------------------------|-----------------|
| alfalfa sprouts | grape tomatoes | raisins |
| carrots | kalamata olives | red onions |
| cilantro | mushrooms | scallions |
| cucumbers | oregano | sunflower seeds |
| flatbread croutons | 50¢ for each additional item | |

- Step 3: Add Specialty Items**
- walnuts, parmesan, feta or blue cheese 50¢ each
 - chicken or organic smoked tofu \$2.00 each
 - organic beef, wild salmon, goat cheese or sandwich fillings \$2.25 each

- Step 4: Choose Your Dressing**
- vegan caesar, balsamic vinaigrette, greek, sesame, organic ranch, spicy peanut



Asian Noodles

- Chap Chae** Korea \$5.85
sweet-soy glass noodles with spinach, mushrooms, onions and carrots
- Five Spice** China \$5.85
savory-spicy udon noodles w/ snow peas, zucchini and other vegetables
- Teriyaki** Japan \$5.85
hearty udon noodles and vegetables in a traditional teriyaki sauce
- chicken or organic smoked tofu** \$2.00
- organic beef or wild salmon** \$2.25



Soups

All soups served with a 1/2 slice of flatbread.

Basic Soups*

- | | | |
|---|---|---|
| Mon & Thurs | Tues & Fri | Sun & Wed |
| Carrot Ginger Veggie Lentil | Green Pea Herbs & Lemon Chicken Vegetable | White Beans & Escarole Tomato Vegetable |
| Basic Soup Cup | | |
| \$3.00 | | |
| Basic Soup Bowl | | |
| \$4.75 | | |
| Cup of Basic Soup with Half Sandwich or Side Salad | | |
| \$7.50 | | |

Specialty Soups*

- | | | |
|---|------------------------------------|--|
| Mon & Thurs | Tues & Fri | Sun & Wed |
| Southwestern Chicken Maryland Crab | Cream of Broccoli Vegetarian Chili | NE Clam Chowder Butternut Squash Apple |
| Specialty Soup Cup | | |
| \$4.00 | | |
| Specialty Soup Bowl | | |
| \$5.50 | | |
| Cup of Specialty Soup with Half Sandwich or Side Salad | | |
| \$8.25 | | |

*Saturday Manager's Choice



Pizza for Dinner - after 4 p.m.*

Organic flatbreads loaded with fire roasted tomato sauce and other toppings, in sizes usually suitable for 1, 2 or 3 people.

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|---|--|
| Traditional fire roasted tomato sauce, mozzarella, parmesan and fresh basil | Roasted fire roasted tomato sauce, nitrate and nitrite free sausage, roasted red peppers, rosemary roasted onions and two cheeses |
| 1 \$6.50 2 \$11.00 3 \$16.50 | 1 \$8.00 2 \$15.00 3 \$19.75 |
| Savory Veggie fire roasted tomato sauce, rosemary roasted onions, roasted red peppers, kalamata olives, and cheese | |
| 1 \$7.50 2 \$14.00 3 \$19.25 | |
- *where available



Kids' World

Includes a kids' sized fountain drink, organic apple juice or organic 2% milk.

Step 1: Pick a Meal

- Mac 'n Cheese**
- Mini Turkey Sandwich** sliced turkey, antibiotic and hormone free, on fresh flatbread
- Shells and Tomato Sauce**
- Grilled Cheese Flatbread**

Step 2: Choose a Side

- carrot sticks & organic ranch dip or 1/2 slice of flatbread \$4.00
- Big Kids** double your entrée portion \$2.00



Thirst Quenchers

- Fresh Brewed Iced Tea** \$1.75
- Homemade Lemonade** \$2.00
- Organic 2% Milk** 8oz serving \$1.50
- Stonyfield Farm® Organic Smoothies** as marked
- Assorted Bottled Drinks** as marked
- Hot Tea** \$1.50
- Coffee** \$1.60
- Organic Hot Chocolate, Chai** \$2.50



Beer and Wine

Where Available

- Micro Brewed Beer** \$3.75/draft
- Red and White Wine** \$5.00/glass



Desserts

- Cookies** chocolate chip, peanut butter, oatmeal and other cookies \$2.00
- Brownies** chocolate brownies and blondies \$2.00
- Assorted Pastries** where available

= Vegan Items

www.onaturals.com

Café Menu

Locations

Shops at Falmouth Village

240 US Route One
Falmouth, ME 04105

Phone 207-781-8889
Fax 207-781-4555

Brookside Shops

149 Great Road
Acton, MA 01720

Phone 978-266-0222
Fax 978-266-0103

Downtown Portland

83 Exchange Street
Portland, ME 04101

Phone 207-321-2050
Fax 207-321-2046

Genesis Health Club

1551 North Rock Road
Wichita, KS 67206

Phone 316-634-0222
Fax 316-634-2661



**Free Wi-Fi and
Weekly Community Nights!**

O'Naturals®

Fast food, naturally

KS



10/06

www.onaturals.com

Printed with soy based ink on recycled paper with 100% post-consumer fiber.

At O'Naturals® we believe:

- You are what you eat.
- Organic and natural foods are better for you and the planet too.
- We have a responsibility to prepare and serve food in the most environmentally responsible ways possible.
- We are borrowing the planet from our children.
- Food should be beautiful, delicious and fun.

Naturals® is the culmination of our dream to provide tasty, natural fast food. Gary and his wife Meg grew Stonyfield Farm® from seven cows to a national organic/natural yogurt brand but were frustrated hostages to junk food when out on the road with their kids. Mac agreed—he'd spend his days helping some of America's finest natural foods companies but then couldn't find a quick place to eat on his way home to Portland for lack of a healthy menu.

We created O'Naturals® as a way to provide delicious, quick, natural and organic foods, to keep up with your (and our) busy families, and to provide a comfy getaway from the rat race.

We want O'Naturals® to make your life easier and better:

Our food is delicious because we prepare it throughout the day with the freshest and healthiest ingredients available—free of additives, preservatives and multiple syllable stuff that you find in processed foods. Our meats are more flavorful because they are raised on the range without growth hormones, antibiotics or television. In addition to the great taste, many of our growers' farming practices actually improve the soil and environment.

Everything we make is available for takeout. Call or fax ahead, for a quick, natural pick-up.

We hope you'll love O'Naturals®. Let us hear from you!

Gary Hirshberg
Gary Hirshberg

Mac McCabe
Mac McCabe

