



Extractions

Add any fruit or vegetable ~ \$0.99

- 47. **Ginger Bay** ~ \$ 6.39
Apple, Ginger, Carrot
- 48. **Ginger Beet** ~ \$ 6.39
Beet, Ginger, Carrot
- 49. **Cold Fighter** ~ \$ 9.75
Wheatgrass Juice, Ginger, Apple, Cold & Sinus Blaster
- 50. **Vitamin C Boost** ~ \$ 7.49
Orange Juice, Lemon Juice
- 51. **Iron-Rich Drink** ~ \$ 6.99
Beet, Apple, Carrot
- 52. **Liver Boost** ~ \$ 9.75
Wheatgrass Juice, Celery, Kale, Green Apple, Ginger
- 53. **Fresh Orange Juice** ~ \$ 7.49
- 54. **Fresh Apple Juice** ~ \$ 8.49
- 55. **Fresh Carrot Juice** ~ \$ 6.39
- 56. **Organic Wheatgrass Juice fresh and frozen (1oz. / 2oz.)** ~ \$ 2.99 / \$ 5.98
- One tray of Wheatgrass ~ \$19.99

Make Your Own Juice ~ \$9.49



More Add-On Goodies

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



And more ~
For more information, please visit www.7948888.com



Specialty Blends

Add any fruit or vegetable ~ \$0.99

- 57. **Avocado Shake** ~ \$ 6.49
Avocado, Banana, Organic Soy/Almond Milk
- 58. **Strawberry-Banana Shake** ~ \$ 6.49
Strawberries, Banana, Organic Soy/Almond Milk
- 59. **Blueberry-Banana Shake** ~ \$ 6.49
Blueberries, Banana, Organic Soy/Almond Milk
- 60. **Summer Dream** ~ \$ 7.49
Pineapple, Blueberry, Banana, Apple
- 61. **Autumn Twist** ~ \$ 7.49
Cranberries, Apple, Kiwi, Pineapple
- 62. **Fruit & Veggie Blend** ~ \$ 8.95
Kale, Carrot, Celery, Strawberries, Orange Juice
- 63. **Extra Green** ~ \$ 8.45
Green Apple, Celery, Green Pepper, Kale, Chlorophyll
- 64. **Energy Boost** ~ \$ 7.49
Superfood, Vitamin B12, Apple, Kiwi
- 65. **The Booster** ~ \$ 7.89
Wheatgrass Juice, Pineapple, Cranberries
- 66. **Protein Boost** ~ \$ 6.45
Protein Booster, Banana, Apple
- 67. **Cleansing Tonic** ~ \$ 7.49
Avocado, Apple, Kale, Beet
- 68. **Mr. Green** ~ \$ 7.45
Green Apple, Celery Cucumber, Green Peppers
- 69. **Beauty Drink** ~ \$ 6.45
Kiwi, Avocado, Apple
- 70. **Liver Tonic** ~ \$ 7.45
Celery, Kiwi, Kale, Cranberries
- 71. **Mango-Banana Shake** ~ \$ 7.89
Mango, Banana, Kiwi, Organic Soy/Almond Milk

Hot Drinks

- 72. **Organic Green Tea** (12oz / 16oz)
~ Jasmine \$1.89 / \$2.79
~ Oolong
- 73. **Organic Ginger Tea** \$2.99 / \$3.99
- 74. **Homemade Ginger Tea** \$4.99
Organic Goji, Organic Red Date, Ginger Molasses
- 75. **Organic Goji Fenugreek Tea** \$1.99 / \$2.99
- 76. **Organic Coffee** \$1.99 / \$2.50
- 77. **Organic Breakfast Blend Black Tea** \$1.99 / \$2.99
- 78. **Organic White Tea** \$1.99 / \$2.99
- 79. **Black Tea Chai Spice** \$1.99 / \$2.99
- 80. **Chamomile (Caffeine Free)** \$1.99 / \$2.99
- 81. **Peppermint (Caffeine Free)** \$1.99 / \$2.99
- 82. **Fruit Tea (Caffeine Free)** \$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 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



Store Hours:
Monday - Saturday
8:00 am - 8:00 pm
Close on Sunday




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.


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shiitake
Appetizers



01. Steam Egg ~ \$5.75 
Organic egg steamed with shiitake mushroom, mixed vegetables and vegetarian shrimp

02. Rice Vegetable Sushi Roll ~ \$9.45  
Avocado, cucumber, romaine lettuce, onion, red pepper and brown rice wrapped in a layer of organic seaweed

03. Veggie Chicken Nugget (5 pc.) ~ \$ 5.95  
Serve with store-made sauce


04. Steam Veggie Dumplings (6 pc.) ~ \$ 6.95 
Kale, bok choy and organic tofu wrapped in organic store-made dumpling wrapper and served with house special ginger sauce


05. Veggie Chicken Rice Dumplings (4 pc.) ~ \$ 5.99 
Vegetarian chicken, shiitake mushroom, brown rice and sweet rice wrapped in wonton wrapper and served with house special ginger sauce



06. Golden Tofu Veggie Chicken Dumplings (4 pc.) ~ \$ 5.99  
Vegetarian chicken, shiitake mushroom, brown rice and sweet rice wrapped in golden tofu and served with house special ginger sauce














Rice Vegetable Sushi Roll

07. Edamame Rice Dumplings (4pc.) ~ \$5.99 
Edamame and assorted vegetables mixed with sweet rice and organic coconut oil wrapped in wonton wrapper and served with house special ginger sauce

08. Pineapple Shrimp Rice Dumplings (4pc.) ~ \$5.99 
Vegetarian shrimp, pineapple, brown rice and sweet rice wrapped in wonton wrapper and served with house special ginger sauce

09. Pineapple Shrimp Golden Tofu Rice Dumplings (4pc.) ~ \$5.99  
Vegetarian shrimp, pineapple, brown rice and sweet rice wrapped in golden tofu and served with house special ginger sauce

Soups

- Hot & Sour Soup    \$ 5.49 / \$ 7.85
- Goji Miso Soup   \$ 3.99 / \$ 5.45
- Veggie Wonton Soup  \$ 4.99 / \$ 6.75
- Homemade Egg Drop  \$ 4.99 / \$ 6.75
- Vegetable & Tofu Soup   \$ 3.99 / \$ 6.25
- Pumpkin Soup   \$ 5.49 / \$ 7.85






Hot & Sour Soup


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





Veggie Chicken Nugget


Wraps

**** Add an Organic egg crepe ~ \$1.50 
**** Add Organic Vegan Cheese ~ \$1.25  

10. Citrus Chicken Wrap ~ \$ 7.75 
Our exclusive vegetarian citrus chicken, romaine lettuce, avocado, onion, tomato and red pepper wrapped in a whole-wheat wrap

11. Teriyaki Chicken Wrap ~ \$7.75 
Vegetarian chicken sautéed with teriyaki sauce, romaine lettuce, avocado, onion, tomato and red pepper wrapped in a whole-wheat wrap

12. Asian Roasted Chicken Wrap ~ \$ 7.75 
Vegetarian chicken sautéed with Asian Roasted sauce, romaine lettuce, avocado, onion, tomato and red pepper wrapped in a whole-wheat wrap



13. Veggie Lover Wrap ~ \$ 6.99 
Romaine lettuce, avocado, onion, red pepper and tomato wrapped in whole-wheat wrap






Citrus Chicken Wrap

Signature Salads



Served with store-made ginger salad dressing



Mountain & Sea Salad ~ \$ 9.49  
A bed of healthy romaine lettuce topped with seaweed, wood ear and sliced shiitake mushroom





Your Choice of Teriyaki, Ginger, Asian Roasted or Citrus Chicken Salad ~ \$ 8.49  
A bed of healthy romaine lettuce and mixed vegetables topped with vegetarian chicken

Sea Garden Vegan Shrimp Salad ~ \$ 8.49  
A bed of healthy romaine lettuce topped with vegetarian shrimp

Sides

Organic Multigrain Brown Rice ~ (12 oz. / 16 oz) \$ 4.50 / \$ 5.99  



Vegetarian Chicken ~ (Single / Double) \$ 4.49 / \$ 8.49  
(Citrus, Teriyaki, Asian Roasted or Ginger)
Frozen only available in double

Vegan Patty ~ \$3.99  
2 oz hot sauce ~ \$0.50  



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




Featured Vegetarian Entrées



All served with **12 oz organic multigrain brown rice**



20. Pineapple Chicken or Shrimp ~ \$ 8.85  
Vegetarian chicken or shrimp sautéed with pineapple and mixed vegetables in store-made sauce

21. Chef's Combo Chicken ~ \$ 8.85  
Vegetarian chicken sautéed with store-made ginger sauce served over mixed vegetables



22. Signature Beef ~ \$ 8.49  
Vegetarian beef sautéed with ginger teriyaki sauce served over mixed vegetables



23. Crazy Mushroom ~ \$ 8.49   
A delicious mix of three different mushrooms and vegetables sautéed with our unique spicy sauce

24. Goji Tofu ~ \$ 8.49  
Goji berries and sautéed vegetarian chicken served over mixed vegetables

25. Veggie Heaven ~ \$ 7.25  
Bok choy and white mushrooms sautéed with cilantro and store-made sauce

26. Organic Kale ~ \$ 8.95  
Organic kale sautéed with ginger and store-made sauce

27. Sea Garden Fish Fillet or Shrimp ~ \$ 8.85  
Vegetarian fish fillet (vegan) or shrimp sautéed with mixed vegetables in special store-made sauce



28. Your Choice of Teriyaki, Ginger, Asian Roasted, or Citrus Chicken over Vegetable ~ \$ 8.85  
Our exclusive vegetarian chicken served over mixed vegetables





Chef's Combo Chicken

29. Spicy Beef ~ \$ 8.85   
Vegetarian beef served over onion and mixed vegetables in spicy sauce

30. Curry Beef or Chicken ~ \$ 8.85   
Vegetarian beef or chicken with organic potato, carrot and mixed vegetables simmer in curry sauce






31. Spicy Mapo Tofu ~ \$ 8.49   
Sautéed diced organic tofu with thick spicy sauce over mixed vegetables, shiitake mushroom and white mushroom

32. Double Vegetable & White Mushroom ~ \$ 7.25  
Mixed vegetables and white mushrooms sautéed with store-made sauce


 = Vegan  = Gluten Free  = Spicy


Sandwiches

Gluten Free available


**** Add Organic Vegan Cheese ~ \$1.25  
**** Add an Organic egg crepe ~ \$1.50 
**** Gluten Free bread ~ \$2.50  

33. Café Sandwich ~ \$ 7.95
A triple-decker of whole-wheat breads coated with Vegenaïse and filled with romaine lettuce, onion, cucumber, tomato, vegetarian chicken and organic egg

34. Teriyaki Chicken Sandwich ~ \$7.49 
Vegetarian chicken sautéed with teriyaki sauce, romaine lettuce, onion, cucumber and tomato, between triple-decker of whole-wheat breads coated with Vegenaïse

35. Veggie Burger ~ \$ 7.49 
Whole-wheat breads filled with vegetarian patty, romaine lettuce, onion, cucumber and tomato

36. Mama's Sandwich ~ \$ 8.89
Vegetarian patty, romaine lettuce, onion, cucumber and tomato with our signature organic egg crepe in whole-wheat breads



37. Tuna Fish Sandwich ~ \$ 7.25 
Whole-wheat breads filled with vegetarian tuna fish, romaine lettuce, onion, cucumber and tomato







Veggie Burger



Homemade Special

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

40. Vegetable Fried Rice ~ \$ 8.75  
Mixed vegetables with multigrain brown rice

41. Chicken Fried Rice ~ \$ 8.99  
Mixed vegetables with multigrain brown rice topped with citrus chicken

42. Shrimp Fried Rice ~ \$ 10.39  
Mixed vegetables with multigrain brown rice topped with vegetarian shrimp

43. Citrus Chicken Rice Noodle ~ \$ 8.99  
Sautéed mix vegetables with rice noodle topped with citrus chicken



Chicken Fried Rice