



3217358411

<http://www.winsfoodtaxi.com>

# Nature's Table

## Fruit Smoothies

### **100% Fruit Juice, Real Fruit and Yogurt!**

- Kale & Spinach Smoothie (Sm) \$4.99  
*100% Fruit Juice, Kale, Spinach, Pineapple & Mango*
- Kale & Spinach Smoothie (Lg) \$6.29  
*100% Fruit Juice, Kale, Spinach, Pineapple & Mango*
- Hawaiian Crush Smoothie (Sm) \$4.99  
*100% Fruit Juice, Pineapple, Coconut & Banana*
- Hawaiian Crush Smoothie (Lg) \$6.29  
*100% Fruit Juice, Pineapple, Coconut & Banana*
- Siesta Cooler Smoothie (Sm) \$4.99  
*100% Fruit Juice, Strawberries & Banana*
- Siesta Cooler Smoothie (Lg) \$6.29  
*100% Fruit Juice, Strawberries & Banana*
- Pom Beach Smoothie (Sm) \$4.99  
*100% Fruit Juice, Pomegranate, Blueberries & Strawberries*
- Pom Beach Smoothie (Lg) \$6.29  
*100% Fruit Juice, Pomegranate, Blueberries & Strawberries*
- Mango Fusion Smoothie (Sm) \$4.99  
*100% Fruit Juice, Mango, Strawberries, Banana & Passion Fruit*
- Mango Fusion Smoothie (Lg) \$6.29  
*100% Fruit Juice, Mango, Strawberries, Banana & Passion Fruit*

## Yogurt Smoothies

### **100% Fruit Juice, Real Fruit and Yogurt!**

- Survival Kit Smoothie (Sm) \$4.99  
*Fat Free Yogurt, Strawberries, Bananas & 2 Boosters*
- Survival Kit Smoothie (Lg) \$6.29  
*Fat Free Yogurt, Strawberries, Bananas & 2 Boosters*
- Cocolada Smoothie (Sm) \$4.99  
*Fat Free Yogurt, Pineapple, Coconut & Banana*
- Cocolada Smoothie (Lg) \$6.29  
*Fat Free Yogurt, Pineapple, Coconut & Banana*
- Peanut Butter Cup Smoothie (Sm) \$4.99  
*Fat Free Yogurt, Peanut Butter & Chocolate*
- Peanut Butter Cup Smoothie (Lg) \$6.29  
*Fat Free Yogurt, Peanut Butter & Chocolate*
- Berry Passion Smoothie (Sm) \$4.99  
*Fat Free Yogurt, Pomegranate, Blueberries & Strawberries*
- Berry Passion Smoothie (Lg) \$6.29  
*Fat Free Yogurt, Pomegranate, Blueberries & Strawberries*
- PB & Berries Smoothie (Sm) \$4.99  
*Fat Free Yogurt, Peanut Butter, Strawberries & Raspberries*

## Signature Salads

- Fiesta Chicken Salad \$8.29  
*Romaine, chicken, corn salsa, tomato, avocado, tortilla strips, fiesta dressing.*
- Fandangled Salad \$8.29  
*All natural chicken breast, romaine lettuce, baby kale, baby spinach, feta cheese, seasonal fruit or berries and sliced almonds with our house made blueberry pomegranate vinaigrette. Gluten Free.*
- Cobb Salad \$22.18
- Mediterranean Chicken Salad \$8.29  
*Romaine lettuce, grilled chicken breast, tomato, cucumber, black olives, red onion, feta cheese, pepperoncini peppers and greek dressing.*
- Southwest Taco Salad \$8.29  
*Our famous vegetarian chili over romaine lettuce and tri colored tortilla chips topped with tomato, black olives, Monterey Jack cheddar cheese, sour cream, salsa and avocado.*
- Chicken Caesar Salad \$8.29  
*Romaine lettuce, grilled chicken breast, homemade croutons, grated parmesan and creamy Caesar dressing.*
- NT Pasta Salad \$3.29
- NT Pasta Salad Large \$4.39
- Fresh Fruit Salad \$3.29
- Fresh Fruit Salad Large \$4.39

## Soup

- Tomato Basil Soup (Cup) \$3.29
- Tomato Basil Soup (Bowl) \$4.39
- Vegetarian Chili Soup (Cup) \$3.29
- Vegetarian Chili Soup (Bowl) \$4.39
- Daily Chicken Soup (Cup) \$3.29
- Daily Chicken Soup (Bowl) \$4.39

## Wraps

- Sesame Thai Wrap \$6.99  
*Grilled chicken breast, jasmine rice, napa cabbage, green onions, carrots, and sesame thai aioli.*
- Texas Club \$6.99  
*Turkey, pepper jack, turkey bacon, romaine, tomato, Texas petal sauce.*
- Spicy Buffalo Wrap \$6.99  
*Grilled chicken breast, romaine lettuce, tomato, Monterey Jack cheddar cheese and spicy buffalo sauce.*
- Chipotle Chicken Wrap \$6.99  
*Grilled chicken breast, black beans, jasmine rice, Monterey Jack cheddar cheese, tomato and Chipotle Aioli.*
- Mediterranean Chicken Wrap \$6.99  
*Grilled chicken breast, romaine lettuce, tomato, black olives, red onion, cucumber, feta cheese and greek dressing. page 1*

## Rice Bowls

- Chill-cado \$5.49  
*Protein Powerhouse: Red quinoa topped with our vegetarian chili, California avocado, and cheddar cheese*
- Chipotle Rice Bowl \$8.29  
*Romaine lettuce, topped with brown rice and red quinoa, Grilled chicken breast, black beans, tomatoes, cheddar cheese and chipotle aioli.*
- Sesame Thai Rice Bowl \$8.29  
*Romaine lettuce and napa cabbage topped with jasmine rice or brown rice and red quinoa, grilled chicken breast, shredded carrots, green onions, chow mein noodles and sesame thai aioli.*
- Carnitas Bowl \$8.29  
*Tender marinated carnitas, baby kale, baby spinach, red quinoa, brown rice, black beans, house made corn salsa, California avocado, salsa and sour cream*
- Latin Citrus Bowl \$8.29  
*All Natural chicken breast, baby kale, baby spinach, red quinoa, brown rice, black beans, house made corn salsa, scallions and tomato with a Latin citrus sauce.*
- Greek Bowl \$8.29  
*Hummus, tzatziki, baby kale, spinach, red quinoa, brown rice, olive tapenade, tomato, English cucumber, onion.*

## Paninis & Melts

- Baja Turkey Jack \$7.49  
*Turkey, pepperjack cheese, tomato and avocado-jalapeno Mayonnaise on grilled ciabatta bread.*
- Chicken Tapenade \$7.49  
*Chicken, spinach, Swiss, olive tapenade, tzatziki.*
- Tuna Melt \$7.49  
*Our signature tuna salad with tomato and cheddar cheese on grilled Panini bread.*
- Club Panini \$7.49  
*Turkey, bacon, cheddar cheese, spinach and tomato on grilled Panini bread.*
- Three Cheese & Tomato Panini \$6.79  
*Cheddar, pepper jack and swiss with tomato on toasted Panini bread.*
- Turkey Cranberry \$7.49  
*All natural oven roasted turkey, swiss cheese and cranberry mayo on toasted Panini bread.*

## Classic Sandwiches

- California Club Sandwich \$6.99  
*1/4 lb. Fresh sliced turkey, bacon, California avocado, lettuce, tomato*
- Tuna Salad Sandwich \$6.79  
*Our famous tuna salad topped with lettuce, tomato*

- PB & Berries Smoothie (Lg) \$6.29  
*Fat Free Yogurt, Peanut Butter, Strawberries & Raspberries*
- Avocado Ginger Snap (Sm) \$4.99  
*Fat free yogurt, avocado, ginger, mango, banana.*
- Avocado Ginger Snap (Lg) \$6.29  
*Fat free yogurt, avocado, ginger, mango, banana.*

- Turkey, Swiss & Slaw \$6.99  
*Turkey, Swiss, slaw, tomaine, 1000 island dressing.*
- Chicken Caesar Wrap \$6.99  
*Grilled chicken breast, romaine lettuce, homemade croutons, grated parmesan and creamy Caesar dressing.*
- Carnitas \$6.99  
*Tender marinated carnitas, black beans, house made corn salsa, California avocado, salsa and sour cream.*

- Chicken Salad Sandwich \$6.49  
*All white meat chicken salad topped with lettuce, tomato.*
- All Natural Turkey Sandwich \$6.09  
*1/4 lb. Fresh sliced turkey topped with lettuce, tomato .*
- Avocado & Cucumber \$6.29
- Sandwich  
*California avocado, cucumber, tomato, lettuce*

**Low Calorie Smoothies**

- Bananaberrie Smoothie (Sm) \$4.99  
*No Sugar Added. 100% Fruit Juice, Banana, Raspberries & Blueberries*
- Bananaberries Smoothie (Lg) \$6.29  
*No Sugar Added. 100% Fruit Juice, Banana, Raspberries & Blueberries*
- Mango Mama Smoothie (Sm) \$4.99  
*No Sugar Added. 100% Fruit Juice, Mango & Pineapple*
- Mango Mama Smoothie (Lg) \$6.29  
*No Sugar Added. 100% Fruit Juice, Mango & Pineapple*
- Tropical Oasis (Sm) \$4.99  
*100% Fruit juice, strawberries, pineapple, banana*
- Tropical Oasis (Lg) \$6.29  
*100% Fruit juice, strawberries, pineapple, banana*

**Acai Energy Smoothies**

- Rain Forest Rhumba Smoothie \$4.99 (Sm)  
*Fat Free Yogurt, Acai, Raspberries & Blueberries*
- Rain Forest Rhumba Smoothie \$6.29 (Lg)  
*Fat Free Yogurt, Acai, Raspberries & Blueberries*
- Pom Bomb Smoothie (Sm) \$4.99  
*100% Fruit Juice, Acai, Pomegranate, Strawberries & Banana*
- Pom Bomb Smoothie (Lg) \$6.29  
*100% Fruit Juice, Acai, Pomegranate, Strawberries & Banana*

**Drinks**

**Soda and Bottled Water are available from our Drinks Menu!**