



81 East Street • Vernon, Connecticut
 www.naturesgrocervernon.com
 860.870.0020

Monday - Friday ~ 9 am - 7 pm
 Saturday ~ 9 am - 4 pm
 Sunday ~ 10 am - 4 pm

Kitchen closes 1 hour before closing time!

Sandwiches or Wraps or create your own

Turkey	\$4.59
Ham	\$4.59
Genoa Salami	\$4.59
Chicken Salad	\$4.59
Curry Chicken Salad Special <i>(when available)</i>	\$4.59
The "Mark" chicken salad and hummus	\$4.59
Tuna Salad	\$3.99
Egg Salad	\$3.99
Hummus	\$3.99
Goat Cheese & Veggie Wrap	\$4.59
Garden Veggie Wrap	\$3.99

Please choose from the following fixings:

Lettuce, tomatoes, cheese, roasted red peppers, mayo or mustard.

Panini's or create your own

Turkey cheddar and wasabi mayo	\$5.25
Tuna Melt <i>choice of cheddar, muenster, provolone, or swiss</i>	
Ham or Genoa Salami <i>with choice of cheese</i>	
Sliced apple, cheddar cheese and honey mustard	
The "Chelsini" pesto, provolone, and tomato	
The "Sean" genoa salami, roasted red peppers, pesto & provolone cheese	
"Bob's full of Baloney"	
<i>turkey baloney, swiss cheese, chipolte relish, spicy mustard</i>	

Please choose from the following fixings:

Roasted red peppers, tomatoes, onions and condiments.

Salads/Soups

Green Salad	\$4.25
Chef Salad	\$5.25
Green Salad with a Scoop	\$5.75
<i>Choose one: Chicken, Egg, or Tuna Salad</i>	
Soup of the Day	\$3.50
Take-out quart size of Soup	\$8.50

Bakery

Baguettes	\$1.25
Loaf Breads	\$6.50
Muffins/Scones	\$1.75
Cookies (4 pack)	\$3.99
Bagels	\$1.50

Pizza & Calzones Fridays only

Pizza slices and calzones available during lunch on Friday.

Pizza orders can be picked up until 5pm on Fridays.

Cheese Pizza with red sauce <i>(mozzarella and parmesan cheese)</i>	\$18.00
Vegetable Pizza with red sauce	\$18.00
Pesto Pizza with cheese	\$18.00
Goat Cheese with spinach, capers & garlic	\$18.00
Sausage w/ Cheese & any veggies of your choice	\$20.00
Calzones	small \$4.00 large \$7.00

Toppings include: Roasted red peppers, spinach, caramelized onions, olives, rice cheese, soy cheese, daiya cheese, mushrooms, olives, parmesan cheese, and mozzarella cheese.

Breakfast Gluten Free

Saturdays 9:00 - 12:00

Sundays 10:00 - 1:00

Waffles with local maple syrup	\$5.25
Pancakes <i>(plain or chocolate chip)</i> with local maple syrup	\$5.25
French Toast with local maple syrup	\$5.25
Omelets made to order with toast	\$5.25
<i>(can add cheddar or goat cheese, roasted peppers, onions, salsa)</i>	
Eggs scrambled or fried with toast	\$4.50
Breakfast Wraps <i>scrambled eggs & your choice of veggies & cheese</i>	\$4.50
Omelet wrap with ham and cheese	\$5.25
<i>(can also add goat cheese, roasted peppers, onions, salsa)</i>	
Bagel and Cream cheese	\$2.25
Bagel, Salmon and cream cheese	\$5.25
Egg sandwich on a bagel with or without cheese	\$5.00
<i>with bacon add \$1.00</i>	
Bob's Kicked Up Oatmeal <i>walnuts, cacao nibs, raisins and agave</i>	\$5.00

Add ons:

Home fries	\$1.50
Bacon <i>(when available)</i>	\$1.50
Chicken sausage <i>(when available)</i>	\$1.50

Bakery items:

Slice of Coffee cake	\$2.50
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Special Orders Available

Cupcakes, cookies, or cakes are available upon special request. Call today to reserve. Birthday cakes are priced at \$25.00 and sheet cakes are \$40.00.

Prices subject to change

Nature's Grocer products are created for our customer's good health and special dietary needs. Nature's Grocer has a dedicated wheat-free, gluten-free kitchen and bakery. Many of the baked goods are alternatively sweetened with agave and are vegan.