

## Organic Beverages

**Coffee** 12oz- \$3.00 • 16oz- \$3.50 • 20oz- \$4.00

Add Mushroom \$8.95

**Herbal Coffee** 16oz- \$3.50

Add Mushroom \$8.95

**Chai Latte** 16oz - \$5.49 • Dirty \$6.49

Creamy chai tea with an optional coffee kick

**Matcha Latte** 16oz- \$6.95

A rich and creamy serving of this ceremonial drink

**Teas** 12oz- \$2.50 • 16oz- \$3.00 • 20oz-\$3.50

★ Assam Black ★ Classic Chai ★ Hibiscus  
Mango ★ Jasmine Green ★ Joyful Orange ★  
Lavender ★House Blends

**Golden Milk** 12oz- \$5.95 • Dirty \$6.49

Rich turmeric and ginger infused coconut milk

**Immune Elixir** 12oz- \$5.95

Creamy broth that detoxifies and boosts immunity

**House Kombucha** 12oz- \$5.95

Fermented black tea full of probiotics

## Organic Smoothies

9oz- \$5.25 • 16oz- \$8.50

★ **Berry-licious:** strawberries, banana, coconut milk, dates, vanilla extract

★ **Chai Green Latte:** almonds, kale, cashews, banana, dates, ginger, cinnamon, cardamom

★ **Choco-lot:** hemp seed, banana, avocado, dates, cocoa powder, vanilla extract

★ **Graham Cracker:** almonds, GF oats, dates, chia seeds, cacao nibs, vanilla, cinnamon

★ **Greena-Colada:** coconut water, greens, mango, pineapple, lime, ginger, coconut flakes

★ **Green Goddess:** almonds, kale, banana, dates, flax meal, maca powder

★ **Sunshiny Day:** kale, orange, coconut water, lemon, ginger, basil, dates, cayenne

★ **Raspberry Lemonade:** raspberries, banana, lemon, coconut milk, dates, vanilla extract

★ADD A PROBIOTIC SHOT TO YOUR SMOOTHIE FOR \$1★

★ BOOST YOUR SMOOTHIE FOR \$1★

- Elderberry Syrup • Maca • Chlorella • Spirulina • Camu • Acai Berry • Pomegranate • Kratom • Energy Blend • Protein Blend • Super green blend • Immune Blend • Beet Powder
- Cranberry Powder • Spinach Powder
- Mushrooms • And More!
- Boost with a CBD dose for \$2

## HOURS

M,W,Th,: 9:00-6:00 T: 9:00-5:00

Fri: 9:00-7:00 Saturday: 9:00- 6:00

# Natural Living

# Organic Vegan Cafe

100%-Gluten Free 100%-Vegan 100%-Soy Free

**Free delivery within a half mile radius.**

219 N. Michigan Ave.

League City TX, 77573

(832) 632-2937

sales@shopnaturalliving.com

Insta:@shopnaturalliving  
facebook.com/shopnaturalliving

## Why raw?

We specialize in **allergen-free foods**. By making meals that are raw and Vegan- we're able to **avoid gluten, dairy, soy, sugar, animal products, and preservatives**. Removing the traditional heat process preserves living enzymes, making it more nutrient dense.

## Organic Smoothie Bowls

Choose your base: \$9.95

★ Berry-licious ★ Choco-lat ★ Tropical Green

Choose up to three toppings:

Toppings: Fresh Fruit ★ Dried Mango, Figs, Cranberries, Apricot, Raisins, Apples, or Prunes  
★ Nuts and Seeds ★ Superfoods (like spirulina, chlorella, camu, and reishi) ★ Local Granola ★ Protein Blend ★ Immune Blend ★ Energy Blend★

## Organic Salads

### Taco Salad \$11.95

Mixed greens, with a serving of our taco "meat", our salsa, avocado, and sour cream

### Yummy Tummy Salad \$11.95

Mixed greens, topped with our house made ginger citrus sauerkraut, avocado, fresh berries, and a mango ginger sesame dressing

### Raw Greek Falafel Salad \$11.95

Mixed greens, topped with olives, bell pepper, cucumber, tomatoes, and our raw vegan falafel. Served with your choice of greek or lemon tahini dressing.

## Organic Snacks

### Gluten-Free Biscuits x2 \$7.95

Choice of sun-butter, almond-butter, cashew-butter, fruit spread, & choice of bagel

### Apple Slices with Nut/Seed Butter \$5.95

### Raw Veggie Sticks OR Crackers \$6.95

Choose your dipping sauce:

- Nut/Seed Butter • Pesto • Pizza Cheese • Sour Cream • And More!

## Raw Plates

### "Love your Liver" Tex Mex Burger \$14.95

Gluten-free bun with black bean burger made with milk thistle & dandelion greens

\*Side included

### Raw Vegan Tacos \$12.95

Raw nut and seed based taco "meat" with a cabbage leaf shell, fresh salsa and avocado

### Raw Vegan Pasta \$11.49

Raw veggie noodles served with our pesto or raw marinara and cashew parmesan

### Raw Vegan Enchiladas \$12.49

Two of our best selling raw enchiladas featuring our in house made pecan meat. Served with sour cream and salsa.

### Avocado Bowl \$9.95

One full avocado, open face over a bed of mixed greens. Your choice of flavor:

- Tex Mex (sour cream, salsa, taco meat)
- Italian (Pesto OR Marinara, olives, cashew parmesan)
- Kraut (sauerkraut, sour cream, sprouts)
- Pizza (pizza cheese, marinara, sprouts, cashew parmesan)
- BBQ (pulled pork, sour cream, onions)
- Chicken Salad (chicken salad, sour cream,, tomato, onion)

## GF Sandwiches

### Pizza Slider \$10.95

Open faced gluten-free bun layered with cashew pizza cheese, marinara sauce, sprouts, fresh veggies, and cashew parmesan

### BBQ Pork Sandwich \$10.95

Gluten-free bun with cashew mayo, lettuce, "pulled pork" (jackfruit) and onions.

\*Side included

### BLT Avocado \$10.95

Classic sandwich with cashew mayo, lettuce, tomato, avocado, and dehydrated zucchini bacon. \*Side included

### Chicken Patty Sandwich \$10.95

Our famous chickpea patty on a bed of lettuce, tomatoes, and our cashew sour cream. \*Side included

### Chicken Salad Sandwich \$10.95

Chicken-y jackfruit tossed with vegan mayo, apples, pecans, cranberries, and celery. Served with tomatoes and lettuce.

\*Side included

**\*Side options:** raw veggie crackers, veggie stix, zucchini chips, fermented radish, sauerkraut (+\$1), fruit bowl (+\$1), & onion rings (+\$2)

## Organic Soups

### Soup of the day- Cup \$6.95 Bowl \$8.95

Served hot with gluten free bread sticks or Grain-free raw veggie crackers

### Soup and Salad \$13.95

Soup of the day served with a House Salad and choice of dressing with gluten free bread sticks or raw veggie crackers

### Soup and Sandwich \$13.95

Choose our BLT Avocado or Chicken Salad Sandwich with a half serving of our soup of the day

### Beans n' Greens Bowl \$6.95

Simple and classic, filling pinto beans and local collards simmered with onion and garlic for a flavorful soup.