



Specialty Juices

Green Goodness..... \$6.00

Kale, Cucumber, Spinach, Parsley,
Celery, Lemon

Tigers Own \$5.50

Beet, Carrot, Orange Juice, Ginger,
Cayenne

Sweet Green \$5.50

Cucumber, Kale, Apple, Lemon

Chlorophylling \$6.00

Cucumber, Spirulina, Spinach, Parsley,
Romaine, Lemon

Beginners Luck..... \$5.50

Cucumber, Apple, Romaine, Lemon

Detox..... \$5.50

Lemon, Cayenne, Kale, Apple

Apalachee Parkway: 8am - 10pm
Bannerman Crossings: 8am - 9pm
www.NewLeafMarket.coop



Build Your Own Juice \$5.50

Choose

One Base:

Carrot

Apple

Orange

Beet

Celery

Cucumber

Pick Two:

Kale

Lemon

Ginger

Pineapple

Parsley

Spinach

Garlic

Extra Items \$0.75 each Item





Specialty Smoothies

Ray of Sunshine..... \$4.75

Orange Juice, Strawberries, Bananas

Coconut Almond \$5.75

Coconut Water, Almond Butter, Raw Cacao, Coconut Oil, Bananas

Mango Kale Berry \$5.75

Apple Juice, Mango, Strawberry, Kale

Peanut Butter & Jelly \$4.75


Apple Juice, Strawberry, Banana, Raspberry, Peanut Butter

Green Light..... \$5.75

Coconut Water, Spinach, Kale, Almond Butter, Banana

Body Cleanse \$5.75

Pomegranate, Banana, Blueberries, Mango, Pineapple, Greens Powder



Build Your Own Smoothie..... \$5.50

Choose One

Base:

Apple Juice
Coconut Water
Orange Juice
Whole Milk
2% Milk
Soy Milk
Almond Milk

Pick Two:

Banana
Blueberry
Mango
Pineapple
Raspberry
Kale
Spinach
Ginger

Extra Items \$0.75 each Item

Add for \$1.00:

Spirulina
Protein
Whey
Soy
Super food

Add for \$0.50:

Almond Butter
Peanut Butter
Ginger
Coconut Oil
Raw Cacao

Signature Sandwiches

Turkey Avocado Club \$7.99

Smoked Turkey, Bacon, Gouda, Avocado, Tomato, Lettuce, Wheat Bread

The Italian American \$7.99

Salami, Ham, Smoked Turkey, Provolone, Tomato, Lettuce, NLMC Sub Roll

BBQ Tempeh \$7.99

BBQ Tempeh, Cole Slaw, Red Onions, NLMC Sub Roll

Black Bean Burger* \$4.99

Black Bean Burger, Pico de Gallo, Tomato, Lettuce, Rustic Bread

Veggie Delicious \$4.99

Hummus, Carrots, Roasted Red Peppers, Spinach, Red Onion, Tomato, Soy Mozzarella, Cucumber, NLMC Sub Roll

Chicken or Tempeh Pesto.. \$7.99

Sliced Chicken or Tempeh, Kale Pesto (contains walnuts), Provolone, Red Onion, Tomato, NLMC Sub Roll

**Served hot, please allow additional time for heated sandwich preparation.*



Rustic Portobello* \$6.99

Portobello, Roasted Red Peppers, Red Onion, Spinach, Balsamic Vinaigrette, Rustic Bread

Nut Butter & Jelly \$3.99

Peanut or almond butter with grape jelly or strawberry jam.

**Served hot, please allow additional time for heated sandwich preparation.*





Build Your Own Sandwich

Half \$4.99 | Whole \$7.99

Veggie

Half \$3.99 | Whole \$6.99

Breads:

NLMC Sub Roll

Rustic

Rudi's Organic Bakery

Multigrain Oat

100% Wheat

Sourdough

Gluten-free Multigrain

Condiments:

Mayonnaise

Vegenaise

Grainy Mustard

Yellow Mustard

Proteins (choose one):

Ham

Roasted Chicken

Smoked Turkey

Salami

Bacon

Tuna Salad

Marinated Tempeh

NLMC Black Bean Burger





Cheeses (choose one):

- Cheddar
- Provolone
- Swiss
- Smoked Gouda
- Soy Mozzarella

Vegetables:

- Bell Peppers
- Black Olives
- Cucumber
- Red Onion
- Roasted Red Pepper
- Shredded Carrot
- Tomato
- Spinach
- Lettuce

Extras:

- Balsamic Vinaigrette
- Olive Oil
- Red Wine Vinegar

Additions:

- Extra Protein (2oz).....\$1.99
- Extra Cheese (2oz).....\$0.99
- Hummus.....\$0.99
- Avocado\$0.99
- Kale Pesto *contains walnuts*.....\$0.99

*Made to order sandwiches available only at
Apalachee Parkway location.*

