



Nature's Cafe Lunch & Dinner

Made with quality free range organic meats, organic breads, grains & pastas
natural cheeses, organic coconut oil & organically grown produce.

- * Grilled Pacific Halibut served with a mango salsa or cream sauce \$18.95
add 4 seared prawns \$20.95
- * Grilled Pacific Salmon served with a mango salsa or cream sauce \$18.95
- * Scampi - Medium prawns served in a butter garlic sauce
6 prawns \$13.95 8 prawns \$15.95
- * Breast of Smoked Turkey sliced with mushroom cream sauce on top \$14.95
- * Ham Dinner \$13.95

Above Entrees served with choice of soup or salad,
basmati brown rice, grilled vegetable & garlic toast.

Pasta

- * Fettucini Alfredo \$13.95 add grilled chicken \$15.95 or 8 prawns \$16.50
- * Pasta Primavera - linguine pasta with sauteéd vegetables and alfredo sauce \$14.50
add grilled chicken \$15.50 or 8 prawns \$17.50
- * Portofino Olio - linguine, kalamata olives, sundried tomatoes, mushrooms, onions, peppers,
herbs with olive oil and shredded parmesan cheese \$14.95

Above Entrees served with choice of soup or salad & garlic toast.

Ala Carte

- * Crab Salad - carrots, egg, tomato, onion & cucumber small \$14.95 large \$17.95
- * Portabello Burger - large round mushroom pattie with grilled veggies, grated carrots,
grilled onions, lettuce & tomato with olive cucumber spread \$10.95
- * Grilled Halibut sandwich served with cheese, lettuce, tomato, onion & French fries
on a whole wheat bun \$12.95

add .75 for Sprouted bun or add \$1.00 Gluten free bun

add \$2.50 to Ala Carte dinner daily specials
served with cup of soup, salad or deli salads

Market drinks, Beer & Wine available

See Daily Specials Menu

Lasagne • Enchiladas • Vegan Dishes • Quiche
Stroganoff • Crab Cakes • Cioppiono