

We also offer a variety of choices in our Grab 'N' Go cooler, all products are not listed.

Don't have time to wait? Call ahead and we will have your order ready for you!

Organic and all natural products are always used when available.

When we find something different and tasty, we add it! Stop in or call to see if there is anything new!



*Rutabaga's
Natural Food Market*

*Rutabaga's Café
352-419-8953*

Café Menu

*"The body is not enough, there must be
healthy food for a healthy soul."*

Café Hours:

Mon-Fri: Seating 9:00-6:00

Soup 11:00-4:00

Deli, Juices and Smoothies 9:00-5:30

Sat: Seating 9:00-5:00

Soup 11:00-3:00

Deli, Juices and Smoothies 9:00-4:30

Fresh Drinks

	<u>Juice Bar</u>	12oz	16oz
Carrot		\$3.29	\$4.29
Carrot & Apple		\$3.79	\$4.79
Pick-Me-Up:		\$4.49	\$5.49
Carrot, celery, beet, parsley			
Ginger Zinger:		\$4.49	\$5.49
Carrot, apple, lemon, ginger			
Rejuvenator:		\$5.39	\$6.39
Carrot, celery, apple, beet, spinach, ginger			
Green Goodness:		\$6.99	\$7.99
Parsley, celery, kale, cucumber, spinach, apple			
The Detoxifier:		\$6.99	\$7.99
Cucumber, green apple, celery, kale, lemon, ginger			

Rutabaga's Favorite Smoothies

	16oz
Green Smoothie:	\$6.99
Cucumber, spinach, apple, lemon, pineapple, Berry Greens Pak	
Peanut Butter Banana:	\$5.99
Banana, almond milk, peanut butter, local honey, cinnamon	
Berry Blast:	\$6.99
Banana, water, mixed berries, local honey	
Chocolate Chiller:	\$6.99
Banana, almond milk, almond butter, Chocolate Greens Pak	
Mint Chocolate Chip:	\$6.99
Almond Milk, banana, spinach, chocolate chips, RAW vanilla protein, peppermint oil	
Pina Colada Smoothie:	\$5.99
Pineapple, banana, coconut milk, local honey, coconut, coconut stevia	
Sunrise Smoothie:	\$6.99
Mango, peach, banana, local honey, mango puree, water	
Sunset Smoothie:	\$6.99
Strawberries, blueberries, pineapple, shredded coconut, ginger, beet juice, water	
Strawberry Banana:	\$6.99
Banana, strawberry, almond milk, local honey	
Protein or Probiotic Addition:	\$1.99
MCT Oil	\$0.50
Any Additional Produce:	\$0.75

Organic Coffee and Tea

Coffee	Regular or decaf	\$2.19
Tea	Variety of choices	\$1.69

Create Something Amazing!

Create your own Smoothie \$5.99

Choose one liquid, one base, and any one of the other options

Create your own Deluxe Smoothie \$6.99

Choose one liquid, one base, and any three of the other options

Liquid

- Almond milk
- Coconut Milk
- Water

Base

- Banana
- Mixed Berries
- Apple
- Tropical Fruit

Other Options

- Kale
- Spinach
- Beets
- Ginger
- Carrot
- Celery
- Cucumber
- Banana
- Mango
- Apple
- Strawberries
- Blueberries
- Pineapple
- Coconut
- Honey
- Stevia
- Mint Flavor
- Chia Seeds
- Turmeric
- Coconut Oil
- Peanut Butter

Grab 'N' Go Products

Wraps

- Cranberry Almond Chicken Salad
- Chipotle Chicken Salad
- Turkey and Provolone
- Chicken and Spinach Pesto
- Curry Chicken Salad
- Mock Chicken Salad
- Turkey Tomato Basil

Vegan and Gluten Friendly Options

- Kale and Quinoa
- Krunchy Kale
- Mock Chicken Salad
- Coleslaw
- Cranberry Almond Quinoa
- Jerry's Delight
- Potato Salad
- Grandma Mary's Sweet Potatoes

Other Gluten Friendly Options

- Cranberry Almond Chicken Salad
- Chipotle Chicken Salad
- Peanut Butter
- Curry Chicken Salad
- Horiatiki Salad (cucumber salad)
- Almond Butter

Desserts (Vegan and Gluten Friendly)

- Coconut Bars
- Carrot Cookies
- Peanut Butter Balls
- Tahini Balls
- Almond Joy Bars