

TOASTS & BAGELS

TOASTED BAGEL \$2.99

Locally baked bagel (Plain, Everything, or Rosemary) topped with your choice of cream cheese, butter, peanut butter

PIZZA BAGEL \$5.99

Locally baked plain bagel with *DeMassimo's Pizza Sauce, mozzarella cheese, and basil

FRUIT BAGEL \$5.99

Locally baked plain bagel topped with cream cheese, fresh strawberries, fresh blueberries, drizzle of raspberry puree

AVOCADO TOAST \$6.99

Locally baked sourdough topped with avocado, tomato, and a sprinkle of salt and pepper (add egg whites \$1.50)

ENERGY BOOSTING TOAST \$6.99

Locally baked wheat bread with housemade peanut butter, sliced bananas, toasted almonds, and *Honeyrun Honey

HUMMUS TOAST \$6.99

Locally baked Tuscan Herb bread topped with hummus, tomatoes, cucumber, balsamic glaze drizzle, and a sprinkle of salt and pepper



MENU

LAKWOOD:
15613 DETROIT AVE.
LAKEWOOD, OH 44107
216-505-5333

VAN AKEN:
3385 TUTTLE ROAD
SHAKER HEIGHTS, OH 44122
216-965-0323

HOURS: 8AM-6PM DAILY HOURS: 7AM-7PM DAILY



www.naturesoasisstores.com

[f](#) [i](#) [NaturesOasisLakewood](#)

[f](#) [i](#) [NaturesOasis_VanAken](#)

ALL DAY BREAKFAST SANDWICHES

CLASSIC BREAKFAST SAMMY \$5.99

Bacon, Egg Whites, Cheddar on a Locally Baked Fresh Bagel or English Muffin (add avocado +75¢)

B.E.A.S.T. SAMMY \$6.99

Bacon, Egg whites, Avocado, Spinach, and Tomato, Locally Baked Fresh Bagel or English Muffin, (add cheese +50¢)

BREAKFAST BURRITO \$6.99

Bacon, egg whites, avocado, black beans, cheddar cheese, spinach, tomatoes

VEGAN BREAKFAST SAMMY \$7.99

Beyond Breakfast Sausage, Vegan Just Egg Patty, and Plant-Based Cheddar Locally Baked Fresh Bagel or English Muffin (add avocado +75¢)

VEGAN B.E.A.S.T. SAMMY \$8.99

Beyond Breakfast Sausage, Vegan Just Egg Patty, Avocado, Spinach, and Tomato, Locally Baked Fresh Bagel or English Muffin, (add vegan cheese +50¢)

VEGAN BREAKFAST BURRITO \$8.99

Beyond Breakfast Sausage, Vegan Just Egg Patty, avocado, black beans, Follow Your Heart vegan cheddar, spinach, tomatoes

BREAD OPTIONS

Sourdough, Italian, Multi-Grain, Tuscan Herb, Gluten-Free Wheat, Whole Wheat Tortilla Wrap, Gluten-Free Tortilla Wrap

BAGEL OPTIONS

Plain, Everything, Rosemary, G/F Plain, G/F Everything, English Muffin

WAFFLES

BELGIAN WAFFLE BYO \$7.99

You choose 2:

- Strawberries
- Blueberries
- Blackberries
- Bananas
- Maple syrup
- Butter
- Peanut butter
- Honey
- Chocolate drizzle
- Whipped cream

(Add more than two toppings for +\$.50 each)

PUMPKIN MAPLE CREME WAFFLE \$9.99

Fresh baked Belgian waffle with a house-made pumpkin maple creme sauce, walnuts, and vegan whipped cream.

S'MORES WAFFLE \$9.99

Fresh baked Belgian waffle topped with graham crackers, chocolate sauce, and breuleed marshmallows!



POWER BOWLS



OATMEAL BOWL \$4.99

Rolled oats topped with brown sugar, blueberries, strawberries, toasted almonds, and *Honeyrun Honey

YOGURT BOWL \$5.99

Yogurt topped with Strawberry, Blueberry, Granola, and Blueberry Puree. (make it vegan +\$2)

CHORIZO BREAKFAST BOWL \$10.99

Roasted sweet potatoes, vegan chorizo crumbles, vegan egg, grilled onion, fresh tomato, and a southwest aioli on a bed of spinach

ROASTED VEGGIE BOWL \$10.99

Adobo brown rice topped with a perfectly seasoned blend of roasted vegetables, including cauliflower, broccoli, carrots, sweet potatoes, beets, *roasted red pepper sauce and a dollop of hummus (substitute ancient grains +\$2)

PESTO PROTEIN BOWL \$10.99

Seasoned brown rice topped with grilled chicken or tempeh, lemon basil pesto sauce, fresh tomatoes, kale, feta (substitute ancient grains +\$2)

SANDWICHES & WRAPS

CHICKEN BACON RANCH WRAP \$9.99

Grilled chicken, crispy bacon, and ranch dressing wrapped up with green leaf lettuce, tomato, and cheddar cheese.

GRILLED CHEESE \$5.99

Blend of cheddar and mozzarella on sourdough Vegan Available. (Add fresh tomatoes +\$.50)

PB&J 2.0 \$5.99

Fresh Ground Peanut Butter, strawberry preserves, strawberries and sliced bananas on wheat bread.

BLT SANDWICH \$8.99

Green leaf lettuce, tomato, bacon, and mayonnaise on italian bread. Vegan available.

RUST BELT MELT \$7.99

Cheddar cheese with marinated mushroom, sauteed onions, roasted sweet potatoes, kale, local roasted red pepper sauce on Italian or in a wrap. (Make it Vegan \$1)

CRANBERRY ALMOND CHICKEN SALAD \$9.99

Creamy chicken salad made with dried cranberries, almonds, and low-fat greek yogurt with green leaf lettuce in a wrap or on your favorite bread.

BUFFALO CAULIFLOWER WRAP \$8.99

Perfectly roasted cauliflower smothered in buffalo sauce with kale, veggie slaw, brown rice, and vegan ranch dressing

STRAWBERRY BACON CHICKEN WRAP \$9.99

It's back! Our long-time crowd favorite. Fresh strawberries, grilled chicken, bacon, spinach, red onion, and a balsamic glaze

PESTO CHICKEN SANDWICH \$9.99

Grilled chicken, pesto sauce, tomato, and mozzarella on tuscan herb bread

VEGAN PESTO TEMPEH SANDWICH \$8.99

Marinated tempeh, pesto sauce, tomato, and vegan mozzarella on tuscan herb bread

YAMMY YAM BURRITO \$9.99

Roasted sweet potatoes, wrapped up with adobo brown rice, avocado, black beans, kale, tomato, onion, vegan mozz, and our house southwest dressing

SOUTHWEST CHICKEN WRAP \$9.99

Grilled chicken, black beans, mozzarella, avocado, green leaf lettuce, tomato, and red onion

VEGAN SOUTHWEST TEMPEH WRAP \$8.99

Marinated tempeh, black beans, vegan mozz, avocado, green leaf lettuce, tomato, and red onion

ROASTED GARDEN WRAP \$7.99

Hummus, Roasted Cauliflower, Green Leaf Lettuce, Spinach, Tomato, Cucumber, Red Onion, Carrot, Feta cheese, and Balsamic glaze

ROASTED CARROT HOT DOG \$3.99/\$6.99

Our signature dish! Roasted carrot topped with our homemade veggie slaw, ketchup, and mustard (1 or 2 pack)

SOUP & SALADS

VERY BERRY SALAD  **\$8.99**
Strawberries, blueberries, dried cranberries, and feta with balsamic dressing. (Add chicken or tempeh)

VERY VEGGIE SALAD  **\$8.99**
Roasted sweet potatoes, cucumber, roasted carrots, tomato, red onion, and feta with italian dressing. (Add chicken or tempeh +\$3.99)

SIDE SALAD **\$3.99**
Spinach, Kale, and Green Leaf Lettuce with tomato, onion, mozzarella, and italian dressing
Dressings:
Balsamic  Italian  Ranch  Garlic Expressions 

SOUP OF THE DAY **\$4.49/\$7.49**
Changes Daily
Now served with a locally made sourdough roll



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ESPRESSO DRINKS

Hot or Iced available for all drinks Milk Options Include: Whole, Skim, Almond, Soy, Coconut, and Oat. **NO MORE UPCHARGES!**
All drinks can be made vegan

ESPRESSO SHOT **\$2.50**
The base of our espresso drinks, but it tastes great on its own!

AMERICANO **\$2.75**
Espresso with hot water; produces a wonderful, rich flavor

SHOT IN THE DARK **S \$4.00/ M \$4.50 / L \$5.00**
A fresh brewed cup of coffee with an added shot of espresso

CAFE LATTE **S \$3.95 / M \$4.65 / L \$4.95**
Espresso and steamed milk topped with creamy foam. For a sweet addition, try adding one of our natural flavored syrups.

CAPPUCCINO **S \$3.95 / M \$4.65 / L \$4.95**
Double espresso topped with a deep, luxurious layer of foamy milk

MOCHA **S \$4.45 / M \$4.95 / L \$5.45**
Espresso blended with decadent Hartzler's chocolate milk. Top it with whipped cream!


HERBAL RECOVERY **S \$4.45 / M \$4.95 / L \$5.45** 
Our house espresso blended with milk and spiked with lavender and elderberry syrups and rhubarb bitters.

THE SCARLET **S \$4.45 / M \$4.95 / L \$5.45** 
White chocolate syrup is mixed with steamed milk and espresso and a sweet raspberry drizzle. Top it with whipped cream.

BUCKEYE LATTE **S \$4.75 / M \$5.35 / L \$5.75**
Ohio proud! We blend espresso with peanut butter syrup and rich chocolate. Top it with whipped cream!

CARAMEL COMET **S \$4.75 / M \$5.35 / L \$5.75**
Rich caramel syrup is blended with espresso and chocolate milk. Top it with whipped cream!

PUMPKIN SPICE LATTE
S \$4.75 / M \$5.35 / L \$5.75
Our rich & creamy latte infused with the flavors of fall. Topped with whipped cream and cinnamon.

S'MORES LATTE **S \$4.75 / M \$5.35 / L \$5.75** 
Chocolate almond milk blended with toasted marshmallow flavors, topped with bruleed marshmallows

SMOOTHIES

SM \$5.99 / MD \$6.99 / LG \$7.99

THE OASIS 
Banana, Mango, Apple, Spinach, Ginger

ALOHA 
Mango, Pineapple, Banana, Orange, and Coconut Yogurt

RUBY SUNRISE 
Raspberry, Pineapple, Mango, Banana, Carrot and Ginger, topped with shredded coconut

MOCHA BANANA WAKE-UP CALL 
Banana, Cold Brew Coffee, Almond Milk, Mocha Chocolate, Nutmeg

BREAKFAST SMOOTHIE  **\$6.99/\$7.99/\$8.99**
Banana, Blueberry, Oats, Peanut Butter, Almond Milk, Hemp Protein, Agave



SMILEY DAY 
Strawberry, Banana, Choice of Milk

GREEN GOODNESS 
Spinach, Bananas, Skim Milk, *Yogurt, Peanut Butter, (+\$0.50 Sub almond milk & coconut yogurt)

 **OATMEAL RAISIN COOKIE SMOOTHIE** 
\$6.99/\$7.99/\$8.99

Raisin, oatmeal, cinnamon, bananas, almond milk, vanilla pea protein, collagen powder from MyGlow

 **PUMPKIN CHEESECAKE PROTEIN SMOOTHIE** 
\$6.99/\$7.99/\$8.99

Pumpkin puree and pie spices, with banana, almond milk, pea protein, coconut yogurt, and maple syrup

BUILD YOUR OWN
Ask cashier for a Build Your Own Smoothie card (+\$1 more than menu smoothies)

ACAI BOWL  **\$8.99**
Unsweetened Acai Puree, Banana, Coconut Yogurt Topped with Strawberries, Blueberries, and Granola

COLD PRESSED JUICES

VAN AKEN ADE **\$7.99**
Apple, Lemon, Ginger

OASIS GREENS **\$7.99**
Spinach, Kale, Celery, Cucumber, Apple, Orange

O.B.B. **\$7.99**
Apple, Pear, Pineapple, Blue Spirulina

ORANGE DREAM **\$7.99**
Orange, Pineapple, Carrot, Peach



CRAFTED BEVERAGES

CHAI LATTE **S \$4.25 / M \$4.95 / L \$5.25**
Organic black tea infused with cinnamon, clove, and other spices, combined with steamed milk and topped with foam

TURMERIC GINGER LATTE
S \$4.25 / M \$4.95 / L \$5.25

A herbal blend of golden turmeric, ginger, lemongrass, and a hint of black pepper steamed with your favorite milk.

MATCHA GREEN TEA LATTE
S \$4.25 / M \$4.95 / L \$5.25

Matcha green tea combined with steamed or chilled milk

TEAS

See our hot and ice tea menus in store

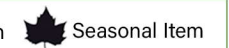
 **AUTUMN CHAI LATTE**
S \$4.55 / M \$5.25 / L \$5.55
Our chai latte, spiced up with pumpkin spice puree

 **HOT APPLE CIDER** 
S \$3.95 / M \$4.45 / L \$4.95
This fall favorite is made with a local apple cider that's infused with oranges, cinnamon, nutmeg, and cloves

THE LAKEWOOD/SHAKER FOG
S \$4.25 / M \$4.95 / L \$5.25

Earl Grey tea blended with steamed milk and lavender syrup

HOT CHOCOLATE **S \$3.25 / M \$3.75 / L \$4.25**
A timeless classic with chocolate milk from Harzler Dairy. Make it a spicy Hot Chocolate for just 25 cents



KIDS MEALS

KIDS MEALS **\$5**
(comes with entree, choice of chips, Annie's Honey Bunny Graham Crackers or a banana, juice box)

- KIDS PB&J
- KIDS GRILLED CHEESE
- KIDS PIZZA BAGEL

SIDES

- BLACK BEANS & RICE
- CHIPS & HUMMUS
- CHIPS & SALSA
- FRUIT SALAD

* See our grab & go for a selection of deli sides

COFFEE DRINKS

DRIP COFFEE **S \$2.50/ M \$3.00 / L \$3.50**
Choose from Medium Roast, Dark Roast or Decaf from local roasters!

CAFE AU LAIT **S \$2.75/ M \$3.25 / L \$3.75**
Locally roasted drip coffee with steamed milk

COLD BREW COFFEE **S \$4.00/ M \$4.50 / L \$5.00**
Cold brewed coffee, toddy, whatever you call it, we call it delicious! Slow brewed for a more smooth taste.

CAVEMAN COFFEE **S \$4.95**
Coffee blended with butter and coconut oil and whipped to a frenzy.