

TOASTS & BAGELS

TOASTED BAGEL

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

PIZZA BAGEL

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

FRUIT BAGEL

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

AVOCADO TOAST

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

CHORIZO HUMMUS TOAST

Locally baked sourdough bread topped with hummus, vegan chorizo crumbles, tomato, southwest aioli



MENU

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

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

HOURS: 7AM-4PM DAILY HOURS: 8AM-6PM M-SAT
HOURS: 9AM-6PM SUN



www.naturesoasisstores.com

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ALL DAY BREAKFAST SANDWICHES

CLASSIC BREAKFAST SAMMY

Bacon, Egg Whites, Cheddar on a Locally Baked Fresh Bagel or English Muffin (add avocado +75¢, Sub turkey sausage patty +\$0.50)

VEGAN BREAKFAST SAMMY

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

B.E.A.S.T. SAMMY

Bacon, Egg whites, Avocado, Spinach, and Tomato, Locally Baked Fresh Bagel or English Muffin, (add cheese +50¢, Sub turkey sausage patty +\$0.50)

VEGAN B.E.A.S.T. SAMMY

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

BREAKFAST BURRITO

Bacon, egg whites, avocado, black beans, cheddar cheese, spinach, tomatoes (Sub turkey sausage patty +\$0.50, Add vegan chorizo +\$2)

VEGAN BREAKFAST BURRITO

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

SUNRISE BURRITO

Egg whites, roasted potatoes, turkey sausage, cheddar cheese, and spinach, with our house-made southwestern sauce. (Make Vegan +\$1)

TURKEY BEAST SAMMY

All-natural turkey slices, all-natural bacon, avocado, spinach, tomato, cheddar cheese, on a Baily's Bagel of your choice



JUMBO HASHBROWNS

A crispy, tender delight crafted with the freshest potatoes, designed to elevate your breakfast sandwich experience with wholesome indulgence.

(Add sour cream +\$0.50, Add applesauce +\$1)



BAGEL OPTIONS

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

POWER BOWLS



OATMEAL BOWL

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

YOGURT BOWL

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

CHORIZO BREAKFAST BOWL

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

ROASTED VEGGIE BOWL

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

PESTO PROTEIN BOWL

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

THE CALI

All-Natural Turkey, All-Natural Bacon, green leaf lettuce, marinated veggie slaw, tomato and avocado wrapped up in a whole wheat tortilla

CRANBERRY ALMOND CHICKEN SALAD

Creamy chicken salad made with dried cranberries, toasted almonds, green leaf lettuce in a wrap or on your favorite bread.

RUST BELT MELT

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)

GRILLED CHEESE

Blend of cheddar and mozzarella on sourdough Vegan Available. (Add fresh tomatoes +\$0.50)

BLT SANDWICH

All-natural bacon, green leaf lettuce, tomato, and mayonnaise on italian bread. Vegan available. (Add turkey +\$3, Add avocado +\$1)

SANDWICHES & WRAPS

PESTO CHICKEN SANDWICH

Grilled chicken, pesto sauce, tomato, and mozzarella on tuscan herb bread (Make vegan for no upcharge)

YAMMY YAM BURRITO

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

BUFFALO CAULIFLOWER WRAP

Perfectly roasted cauliflower smothered in buffalo sauce with kale, brown rice, and vegan ranch dressing (Swap Chicken for Cauliflower for +\$1)

CHICKEN BACON RANCH WRAP

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

SOUTHWEST WRAP

Grilled chicken, black beans, mozzarella, avocado, adobo grown rice, southwestern sauce and red onion (Make vegan for no upcharge)

SAUCES & SIDES

Sides:

Pasta Salad (\$2.50)

Feta Mint Couscous (\$2.50)

Chickpea Salad (\$2.50)

Rice & Black Beans (\$2.50)

Fruit Salad (\$3)

Chips & Salsa (\$2.50)

Chips & Hummus (\$2.50)

Cape Cod Potato Chips (\$1.50)

Apple or Banana (\$1)

House Sauces:

Southwestern Sauce (\$0.50)

Lemon Pesto Aioli (\$0.50)

BREAD OPTIONS

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

SOUP & SALADS

VERY BERRY SALAD

Strawberries, blueberries, dried cranberries, and feta with balsamic dressing. (Add chicken or tempeh)

VERY VEGGIE SALAD

Roasted sweet potatoes, roasted carrots, tomato, red onion, and feta with italian dressing. (Add chicken or tempeh)

CRANBERRY ALMOND CHICKEN SALAD

Our creamy chicken salad on a bed of mixed greens, topped with dried cranberries and toasted almonds. (Add chicken or tempeh)

SIDE SALAD

Spinach, Kale, and Green Leaf Lettuce with tomato, onion, mozzarella, and italian dressing

Dressings:

Balsamic  Italian  Ranch  Garlic Expressions 

SOUP OF THE DAY

Changes Daily

Served with oyster crackers



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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

The base of our espresso drinks, but it tastes great on its own!

AMERICANO

Espresso with hot water; produces a wonderful, rich flavor

SHOT IN THE DARK

A fresh brewed cup of coffee with an added shot of espresso

CAFE LATTE

Espresso and steamed milk topped with creamy foam. For a sweet addition, try adding one of our natural flavored syrups.

CAPPUCCINO

Double espresso topped with a deep, luxurious layer of foamy milk

MOCHA

Espresso blended with decadent Hartzler's chocolate milk. Top it with whipped cream!

HERBAL RECOVERY

Our house espresso blended with milk and spiked with lavender and elderberry syrups and rhubarb bitters.

BUCKEYE LATTE

Ohio proud! We blend espresso with peanut butter syrup and rich chocolate. Top it with whipped cream!

CARAMEL COMET

Rich caramel syrup is blended with espresso and chocolate milk. Top it with whipped cream!

THE SCARLET

White chocolate syrup is mixed with steamed milk and espresso and a sweet raspberry drizzle. Top it with whipped cream.

KIDS MEALS

KIDS MEALS \$6.99

(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

COFFEE DRINKS

DRIP COFFEE

Choose from Medium Roast, Dark Roast or Decaf from local roasters!

CAFE AU LAIT

Locally roasted drip coffee with steamed milk

COLD BREW COFFEE

Cold brewed coffee, toddy, whatever you call it, we call it delicious! Slow brewed for a more smooth taste.

CAVEMAN COFFEE

Coffee blended with butter and coconut oil and whipped to a frenzy.

SMOOTHIES

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

BREAKFAST SMOOTHIE

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)

MOCHA BANANA WAKE-UP CALL

Banana, Cold Brew Coffee, Almond Milk, Mocha Chocolate, Nutmeg

BUILD YOUR OWN

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

ACAI BOWL

Unsweetened Acai Puree, Banana, Coconut Yogurt Topped with Strawberries, Blueberries, and Granola

COLD PRESSED JUICES

VAN AKEN ADE

Apple, Lemon, Ginger

OASIS GREENS

Spinach, Kale, Celery, Cucumber, Apple, Orange

O.B.B.

Apple, Pear, Pineapple, Blue Spirulina

ORANGE DREAM

Orange, Pineapple, Carrot, Peach

* See our grab & go for our current selection



CRAFTED BEVERAGES

CHAI LATTE

Organic black tea infused with cinnamon, clove, and other spices, combined with steamed milk and topped with foam

TURMERIC GINGER LATTE

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

TEAS

See our hot and ice tea menus in store

MATCHA GREEN TEA LATTE

Matcha green tea combined with steamed or chilled milk

THE LAKEWOOD/SHAKER FOG

Earl Grey tea blended with steamed milk and lavender syrup

HOT CHOCOLATE

A timeless classic with chocolate milk from Harzler Dairy. Make it a spicy Hot Chocolate for just 25 cents

