



## SANDWICH WRAPS

whole wheat wrap or gluten-free wrap  
(25¢ extra), organic romaine lettuce, mesclun

greens, carrots, tomatoes, sprouts, dressing with:

AVOCADO.....	\$7.50*
HUMUS.....	\$7.50*
GRILLED TOFU.....	\$7.50*
TOFU SALAD.....	\$7.50*
HUMUS & AVOCADO.....	\$8.50*
GRILLED TOFU & AVOCADO.....	\$8.50*
GRILLED TOFU & HUMUS.....	\$8.50*
1/4 lb. VEGGIE BURGER & AVOCADO...	\$8.50*
SUNSHINE BURGER & AVOCADO.....	\$8.50*
VEGGIE CHICKEN BURGER & AVOCADO	\$8.50*
GRILLED TOFU, HUMUS & AVOCADO....	\$9.00*
TUNA WALNUT.....	\$9.00*
WILD SALMON BURGER & AVOCADO....	\$9.50*



## SALADS

Organic romaine lettuce, mesclun greens,  
carrots, tomatoes, sprouts, dressing with:

AVOCADO.....	\$10.00*
HUMUS.....	\$10.00*
GRILLED TOFU.....	\$10.00*
TOFU SALAD.....	\$10.00*
TUNA WALNUT.....	\$11.00*
HUMUS & AVOCADO.....	\$11.00*
GRILLED TOFU & AVOCADO.....	\$11.00*
GRILLED TOFU & HUMUS.....	\$11.00*
TUNA WALNUT .....	\$12.00*
GRILLED TOFU/HUMUS & AVOCADO...	\$12.00*
WILD SALMON BURGER & AVOCADO..	\$12.50*

## PREPARED FOODS

Delicious dishes prepared in our kitchen  
using our organically grown produce\* from  
Bob's creative recipes. Sold by weight.

### GRILLED TOFU

TOFU SALAD HUMUS

\$4.99 1/2 lb.

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### TUNA WALNUT SALAD

\$5.99 1/2 lb.

\*(may substitute if unavailable)

## GLUTEN- FREE

## SPECIAL OF THE DAY

POSTED IN STORE AND ONLINE

[www.bobsnaturalfoods.com/7501html](http://www.bobsnaturalfoods.com/7501html)



Everyone loves Bob's  
hot organic gluten-free  
cereal! Served with a  
topping of rbgh & fat free  
greek yogurt and fresh fruit.  
\$7.50\*



Facebook

Bob's Natural Foods - Long Beach, NY

Twitter: bobsnatural

# bob's natural foods

104 W. Park Ave  
Long Beach, N.Y. 11561  
889-8955

[www.bobsnaturalfoods.com](http://www.bobsnaturalfoods.com)

KEEPING LONG BEACH HEALTHY  
SINCE 1975

## MENU

4/7/12



Store Hours  
Mon.-Fri. 10-6  
Saturday 10-6

Cafe Hours  
Mon.-Fri. 10-5:30  
Saturday 10-5:30

Closed on Sundays until May 1  
Then open 12-4



# SMOOTHIES

	Fruit	+Protein
<b>BANANA BERRY</b> ...apple juice, bananas, strawberries, blueberries	\$6.25*	\$8.00*
<b>MAUI WOWIE</b> ...mango, orange & apple juices, bananas, mangos, pineapple	\$6.25*	\$8.00*
<b>STRAWBERRY ZINGER</b> ...apple juice, bananas, strawberries, and fresh ginger	\$6.25*	\$8.00*
<b>STRAWBERRY MANGO</b> ...mango, orange & apple juices, strawberries, lemon juice	\$6.25*	\$8.00*
<b>BANANACCHINO</b> ...sugar-free cappuccino soy milk, bananas, stevia	\$6.25*	\$8.00*
<b>PINA COLADA</b> ...pineapple coconut juice, pineapple, bananas	\$6.25*	\$8.00*
<b>RADICAL RASPBERRY</b> ...mango orange & apple juices, raspberries, pineapple	\$6.25*	\$8.00*
<b>TROPICAL BLISS</b> ...pineapple coconut juice, pineapple, strawberries	\$6.25*	\$8.00*
<b>PINK LADY</b> ...organic pink lemonade, mangos, strawberries, Emergen-C vitamin C -B-complex	\$6.25*	\$8.00*
<b>STRAWBERRY DIPPED CHOCOLATE</b> ... organic chocolate soy milk, strawberries	\$6.25*	\$8.00*
<b>PEACHY COLADA</b> ...pineapple coconut juice, peaches, bananas	\$6.25*	\$8.00*
<b>CHOCOLATE MARZAPAN</b> ... chocolate almond milk, blueberries, bananas, organic almond extract	\$6.25*	\$8.00*
<b>CREAMSICLE</b> : mango, orange & apple juices, Mangos, Bananas, Pineapple, & Tangerine Protein	\$8.00*	

**ADDITIONAL:** hemp seed+\$1.25, gogi berries +75¢, 1/2 avocado+\$1.50, Hemp/E3 Live/Maca Protein+\$1.25, ground flax seed with probiotics +\$.75 blueberries, strawberries, or raspberries+\$1.00 peanut butter+\$1.00, whey, soy, or Source of Life Protein +\$1.75 / Essential greens 8000 +\$1.25, coconut water substituted for juice+\$1.00

	Fruit	+Protein
<b>BERRY BONANZA</b> ...apple juice, strawberries, blueberries, raspberries	\$6.50*	\$8.25*
<b>PEANUT BUTTER &amp; JELLY</b> ...apple juice, strawberries, blueberries, organic peanut butter	\$6.50*	\$8.25*
<b>REESE'S FREEZES</b> ...organic chocolate soy milk, bananas, organic peanut butter	\$6.50*	\$8.25*
<b>BERRY BONANZA</b> ...apple juice, strawberries, blueberries, raspberries	\$6.50*	\$8.25*
<b>PEANUT BUTTER &amp; JELLY</b> ...apple juice, strawberries, blueberries, organic peanut butter	\$6.50*	\$8.25*
<b>RASPBERRY CHOCOLATA</b> ...organic chocolate soy milk, bananas, raspberries	\$6.50*	\$8.25*
<b>SMOOTH MOVE (colon cleansing)</b> : prune juice, Mangos, Blueberries, Ground flax seed, probiotics	\$8.00*	
<b>HEALTHY HAIR</b> ...apple juice, bananas, mangos & Ultra Hair Protein Powder	\$8.00*	
<b>LIQUID GENIUS</b> : organic blueberry juice, pineapple, mangos, blueberries, spirulina, lecithin, nutritional yeast	\$8.00*	

**Ounce Liquid Shots**

Wheatgrass	...\$1.85*
E3 Live Algae	....\$2.50
Shot of B12 (energy)	...\$1.00*
Goji Juice	...\$1.00*
Acai	...\$1.00*
Bone Power Calcium	...\$1.00*
Appetite Suppressant (4 Powerful Herbs)	...\$1.25*
Source of Life Multi-Vit	... \$1.25*
ACF (Acute Cold & Flu	...\$2.00*

\*plus sales tax



# ORGANIC JUICES

	Extra Lemon or Ginger 75¢	Sm.	Med.	Lg.
<b>CARROT</b>		\$3.00*	\$4.50*	\$5.75*
<b>CARROT BEET</b>		\$3.50*	\$5.25*	\$7.00*
<b>CARROT GINGER</b>		\$3.50*	\$5.25*	\$7.00*
<b>1/2 CARROT, 1/2 MIXED GREENS, APPLE ETC</b>	\$4.00*	\$6.00*	\$7.75*	
<b>ALL MIXED GREENS (added charge for excessive dark greens)</b>	\$4.75*	\$7.00*	\$9.25*	

**NEW!** **GREEN TEA THIRST QUENCHER**  
 GREEN TEA, MANGOS, LEMON JUICE & AGAVE  
 WITH MATCHA \$6.25\* 20OZ.  
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**"BLUE HEAVEN" SMOOTHIE**  
 ORGANIC BLUE DRAGON SUPER-FRUIT, BLUEBERRY AND APPLE JUICES; BLUEBERRIES, MANGOS & GARDEN GREENS POWDER  
 \$8.00\* 20OZ.  
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**"THE ALKALIZER" SMOOTHIE**  
 COCONUT WATER, ROMAINE, CHARD, CELERY  
 PINEAPPLE, MANGO & LEMON \$8.25\* 20OZ.  
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**"THE CELL ENERGIZER" SMOOTHIE**  
 COCONUT WATER, PINEAPPLE COCONUT JUICE, CELERY, PARSLEY, SUNFLOWER SPROUTS, PINEAPPLE, CHIA SEEDS & SPIRULINA SUPERFOODS \$8.25\* 20OZ

**AMAZING AÇAÍ ANTIOXIDANT SMOOTHIE**  
 BLUEBERRY, POMEGRANATE, CRANBERRY, GRAPE, AÇAÍ JUICE, MANGOS, BLUEBERRIES, BANANA & GREENS 8000 ANTIOXIDANT POWDER \$8.00\* 20 OZ.  
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**RAW POWER SMOOTHIE**  
 18 GRAMS OF RAW PROTEIN  
 RAW ORGANIC SUNFLOWER & HEMP SEEDS, ORGANIC CACAO NIBS, BLUEBERRIES, PINEAPPLE, MAPLE SYRUP, COCOA BUTTER & PURE VANILLA \$8.25\* 20 oz.