

WRAPS

whole wheat wrap or gluten-free wrap
(25¢ extra), mesclun greens, carrots,
tomatoes, sprouts, dressing: (tahini, vidalia
onion vinaigrette, oil and vinegar, balsamic) with:

AVOCADO	\$7.50
HUMUS	\$7.50
GRILLED TOFU.....	\$7.50
TOFU SALAD.....	\$7.50
HUMUS & AVOCADO.....	\$9.50
GRILLED TOFU & HUMUS	\$9.50
GRILLED TOFU & AVOCADO.....	\$9.50
VEGGIE BURGER & AVOCADO	\$9.50
SUNSHINE BURGER & AVOCADO	\$9.50
TUNA WALNUT	\$9.50
CHILPOLTE BLACK BEAN BURGER & AVOCADO.....	\$9.50
GRILLED TOFU, HUMUS & AVOCADO ...	\$10.00
WILD SALMON BURGER & AVOCADO....	\$10.00
TUNA WALNUT & AVOCADO.....	\$11.00

SALADS

mesclun greens, carrots, tomatoes,
sprouts , dressing: (tahini, vidalia onion
vinaigrette, oil and vinegar, balsamic) with:

AVOCADO	\$10.00
HUMUS	\$10.00
GRILLED TOFU.....	\$10.00
TOFU SALAD.....	\$10.00
HUMUS & AVOCADO.....	\$12.00
GRILLED TOFU & AVOCADO.....	\$12.00
GRILLED TOFU & HUMUS	\$12.00
TUNA WALNUT	\$12.00
WILD SALMON BURGER & AVOCADO....	\$12.50
GRILLED TOFU, HUMUS & AVOCADO.....	\$13.00
TUNA WALNUT & AVOCADO	\$14.00

(we do not split salads or make side salads)
8.625% tax will be added

Bob's Story

In 1969, while driving my car I had a sudden epiphany about food and health. That began my 46 plus year journey into macrobiotics, vegetarianism, nutrition, fasting, meditation, yoga, running, Aikido, Tai Chi, & cycling. (In 1971 I made my own racks and packs, bought a tent, sleeping bag, and camp stove and took off from Long Island by myself on a 2500 miles bicycle ride up the coast to Nova Scotia, Prince Edward Island and New Brunswick Canada)

On a hot spring day in 1975, another epiphany, and two months later on July 7 (my personal Independence Day), I opened my store, and here I am , 41 years later.

At that time, most folks thought I was crazy. In hindsight, I guess I was crazy... like a fox, because many of the beliefs I held about health, which were laughed at and ridiculed then, are now being accepted by society at large.

One thing I have learned is that healthy food tastes good. Every day people walk out of the store saying, "This is the best smoothie...salad ...wrap I have ever had. From years of experience, I've created the menu and the recipes for the food we prepare. The hot specials are vegan, gluten & dairy free. (unless otherwise noted).

Love is a life long process. The same can be said for learning to live in and care for this wondrous body of ours. Health is not some great mystery that one has to search for like the holy grail. Bernarr MacFadden, the father of the physical culture movement in this country, maintained: clean air, sunshine, vital foods, exercise, external and internal cleanliness, a sound nights sleep and rest, and right mental attitude are the basics of health.

Your body has an inherent wisdom of what is right for it. It will reward you when you abide by it, and give you a hard time when you go astray.

Albert Einstein once said: "Insanity is doing the same thing over and over again and expecting different results." How much discomfort and pain must you endure, many drugs must you take, before you realize that your diet and lifestyle may be the cause of your problems, and that you have a choice to make? There is another way...your own unique way....and people may tell you that you are crazy... but, hey...that's what they said about me. -Bob

bob's natural foods

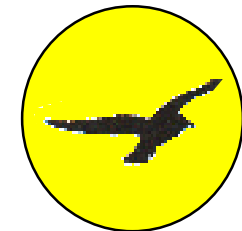
104 W. Park Ave
Long Beach, N.Y. 11561
889-8955

www.bobsnaturalfoods.com

Keeping Long Beach Healthy Since 1975

MENU

6/30/16



Store Hours
Mon.-Sat. 10-6
Sun. 11-3

Cafe Hours
Mon.-Sat. 10-5:30
Sun. 11-3

Spread the word! Like us on:



Bob's Natural Foods - Long Beach, NY

Instagram: [bobsnaturalfoods](https://www.instagram.com/bobsnaturalfoods)



SMOOTHIES



ORGANIC JUICES



THIRST QUENCHERS

\$7.50 +tax

SUMMER BREEZE...organic mango, passion fruit & apple juices, honeydew melon, peaches, pineapple & strawberries

BANANA BERRY... organic apple juice &bananas, strawberries, blueberries

MAUI WOWIE...organic mango, passion fruit & apple juices & bananas, mangos , pineapple

STRAWBERRY ZINGER...organic apple juice & bananas, strawberries, fresh ginger

STRAWBERRY MANGO...organic mango, passion fruit & apple juices, & strawberries, lemon juice

STRAWBERRY LEMONADE...organic lemonade & mangos, strawberries, emergen-C vitamin c –b-complex

STRAWBERRY DIPPED CHOCOLATE...organic chocolate soy milk & strawberries

TROPICAL BLISS...pineapple coconut juice, pineapple, strawberries

RADICAL RASPBERRY...organic mango, passion fruit & apple juices, raspberries, pineapple

CHOCOLATE MARZAPAN... chocolate almond milk, blueberries, bananas, organic almond extract

BERRY BONANZA... organic apple juice & strawberries, blueberries, raspberries

RASPBERRY CHOCOLATA...organic chocolate soy milk & bananas, raspberries

REJUVENATION SMOOTHIE

carrot, celery, apple, kale, lemon & ginger juice ; blueberries, pineapple, raw greens powder, sun warrior raw plant protein, sumac, flax, & probiotics

\$13.50 20OZ.

MUSCLE & JOINT RECOVERY

ANTI-INFLAMMATORY & IMMUNE BOOSTER

plant protein, probiotics, collagen, powdered greens & beets, enzymes, pineapple, strawberries, aloe vera juice, l-glutamine, DMG

\$14.00 20OZ.

SMOOTHIE ADDITIONS

flax seed with probiotics..... .75
 hemp seed\$1.25
 coconut water substituted for juice.... \$1.00
 kale\$1.00
 peanut butter\$1.00
 goji berries..... \$1.00
 blueberries, strawberries,
 or banana (each)..... \$1.50
 raspberries\$1.50
 spirulina & chia.....\$1.50
 whey, soy, or raw plant protein.....\$1.75
 1/2 avocado.....\$2.00
 Essential greens 8000\$2.25
 Raw Superfoods Greens+.....\$2.25
 Frozen fruit blended with medium
 or large juice\$3.50

Ounce Liquid Shots

Wheatgrass ...\$2.00
 Shot of B12 (energy) ...\$2.00
 Goji Berry Juice ...\$2.00
 Acai ...\$2.00
 Source of Life Multi-Vit \$2.50
 ACF (Acute Cold & Flu)\$2.50
 Energy Extension ...\$2.50
 E3 Live Algae\$3.00

NEW!

ALKA-TONIC

NEW!

“Natural Pain Reliever”

Alkaline water, organic fresh turmeric & ginger, lemon juice, apple cider vinegar, cinnamon, honey, himalayan sea salt, plant enzymes, probiotics **\$3.50 8 OZ \$6.00 16OZ.**

PRANA BOOST

“IMMUNE ENHANCER & DETOXIFIER”

cilantro, kale, green apple, cucumber, coconut water, pineapple, lemon, maca, ginger

\$10.00 20OZ.

SHAMAN SHAKE

Moringa, maca, mesquite, goji, mesclun greens, spinach, passion fruit, banana, coconut water
 pineapple coconut juice **\$10.00 20OZ.**

Extra Lemon or Ginger \$1.00

	Sm.	Med.	Lg.
CARROT	\$3.00	\$4.50	\$6.00
CARROT BEET	\$3.75	\$5.75	\$7.50
CARROT GINGER	\$3.75	\$5.75	\$7.50
1/2 CARROT, 1/2 MIXED GREENS,	\$4.00	\$6.00	\$8.00
APPLE or APPLE CARROT	\$4.00	\$6.00	\$8.00
ALL MIXED GREENS (added charge for excessive dark greens)	\$5.00	\$7.50	\$10.00

SMOOTH MOVE COLON CLEANSER,

Prune juice, mangos, blueberries, ground flax seed, & probiotics **\$9.00 20OZ.**

ALKALIZING SMOOTHIE

coconut water, chard, celery, pineapple, mango & lemon **\$9.00 20OZ.**

CELL ENERGIZER SMOOTHIE

coconut water, pineapple coconut juice, celery, parsley, sunflower sprouts, pineapple, chia seeds & spirulina superfood **\$9.00 20OZ.**

AMAZING AÇAÍ SMOOTHIE

organic sambazon açai juice, cranberry, grape & apple juices, mangos, blueberries, banana & greens 8000 antioxidant powder **\$9.00 20 oz.**

RAW POWER SMOOTHIE

raw organic sunflower & hemp seeds, organic cacao nibs, blueberries, pineapple, maple syrup, coconut cream & pure vanilla **\$9.00 20 oz.**

BANANOCADO SMOOTHIE

almond milk, bananas, avocado, kale, lemon juice & agave **\$9.00 20OZ.**