

# WRAPS

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

AVOCADO .....	\$7.50
HUMUS .....	\$7.50
GRILLED TOFU.....	\$7.50
TOFU SALAD.....	\$7.50
HUMUS & AVOCADO.....	\$9.00
GRILLED TOFU & HUMUS .....	\$9.00
GRILLED TOFU & AVOCADO.....	\$9.00
VEGGIE BURGER & AVOCADO .....	\$9.00
SUNSHINE BURGER & AVOCADO .....	\$9.00
TUNA WALNUT .....	\$9.00
CHILPOLTE BLACK BEAN BURGER & AVOCADO.....	\$9.50
GRILLED TOFU, HUMUS & AVOCADO .....	\$9.75
WILD SALMON BURGER & AVOCADO.....	\$9.75

# SALADS

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

AVOCADO .....	\$10.00
HUMUS .....	\$10.00
GRILLED TOFU.....	\$10.00
TOFU SALAD.....	\$10.00
HUMUS & AVOCADO.....	\$11.50
GRILLED TOFU & AVOCADO.....	\$11.50
GRILLED TOFU & HUMUS .....	\$11.50
TUNA WALNUT .....	\$12.00
GRILLED TOFU, HUMUS & AVOCADO.....	\$12.50
WILD SALMON BURGER & AVOCADO.....	\$12.50
TUNA WALNUT & AVOCADO .....	\$14.00

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

## Bob's Story

In 1969, while driving my car I had a sudden epiphany about food and health. That began my 40 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 by myself on a 2500 miles ride around Nova Scotia, Prince Edward Island and New Brunswick)

On a hot spring day in 1975...another epiphany and two months later on July 7 (my personal Independence Day), I opened my store....40 years to the day in two months.

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. 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).

Every day people walk out of the store saying, "This is the best smoothie I ever had!" It might just be that we only add frozen fruit to thicken and flavor them; not any ice or artificially flavored sugary syrups.

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 pain must you endure, many meds must you take, before you realize that your diet and lifestyle may be 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

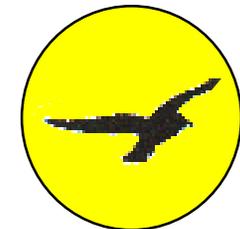
104 W. Park Ave  
Long Beach, N.Y. 11561  
889-8955

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

**KEEPING LONG BEACH HEALTHY**

## MENU

5/3/15



**Store Hours**  
Mon.-Sat. 10-6  
Sunday 11-3

**Cafe Hours**  
Mon.-Sat. 10-5:30  
Sunday 11-3:00

Spread the word! Like us on:



Bob's Natural Foods - Long Beach, NY

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

**8.625% sales tax added**



# SMOOTHIES



Fruit +Protein

With Protein	CREAMSICLE: mango, passion fruit & apple juices, Mangos, Bananas, Pineapple, & Tangerine Soy Protein	\$6.50	\$8.25
SUMMER BREEZE...mango, passion fruit & apple juices, honeydew melon, peaches, pineapple & strawberries			
BANANA BERRY... apple juice, bananas, strawberries, blueberries		\$6.50	\$8.25
MAUI WOWIE...mango, passion fruit & apple juices, bananas, mangos, pineapple		\$6.50	\$8.25
STRAWBERRY ZINGER...apple juice, bananas, strawberries, and fresh ginger		\$6.50	\$8.25
STRAWBERRY MANGO...mango, passion fruit & apple juices, strawberries, lemon juice		\$6.50	\$8.25
BANANACCHINO...sugar-free cappuccino soymilk, bananas, stevia		\$6.50	\$8.25
STRAWBERRY LEMONADE...organic lemonade, mangos, strawberries, emergen-C vitamin c -b-complex		\$6.50	\$8.25
STRAWBERRY DIPPED CHOCOLATE...organic chocolate soy milk, strawberries		\$6.50	\$8.25
TROPICAL BLISS...pineapple coconut juice, pineapple, strawberries		\$7.00	\$8.75
RADICAL RASPBERRY...mango, passion fruit & apple juices, raspberries, pineapple		\$7.00	\$8.75
CHOCOLATE PEANUT BUTTER...org.chocolate soy milk, bananas, org. peanut butter		\$7.00	\$8.75
PINA COLADA...pineapple coconut juice, pineapple, bananas*		\$7.00	\$8.75
CHOCOLATE MARZAPAN... chocolate almond milk, blueberries, bananas, organic almond extract		\$7.00	\$8.75
BERRY BONANZA... apple juice, strawberries, blueberries, raspberries		\$7.00	\$8.75
RASPBERRY CHOCOLATA...organic chocolate soy milk, bananas, raspberries		\$7.00	\$8.75
PEANUT BUTTER & JELLY... apple juice, strawberries, blueberries, organic peanut butter		\$7.50	\$9.25
HEALTHY HAIR...apple juice, bananas, mangos & Ultra Hair Soy Protein Powder		\$8.25	

SMOOTH MOVE (colon cleansing): prune juice, Mangos, Blueberries, Ground flax seed, probiotics	\$8.25
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## 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
gogi berries.....	\$1.00
blueberries, strawberries, or banana (each).....	\$1.00
raspberries .....	\$1.25
spirulina & chia.....	\$1.25
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 .....	\$3.00

## PRANA BOOST

### IMMUNE ENHANCER & DETOXIFIER

cilantro, kale, green apple, cucumber, coconut water, pineapple, lemon, maca, ginger **\$9.50 20OZ.**

## SHAMAN SHAKE

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

## MUSCLE & JOINT RECOVERY

### ANTI-INFLAMMATORY & IMMUNE BOOSTER

30 grams protein, 30 billion probiotics, collagen, powdered greens & beets, enzymes, berry powder, aloe vera, flax seeds, l-glutamine, DMG **\$13.50 20OZ.**

## Ounce Liquid Shots

Wheatgrass	...\$2.00
E3 Live Algae	....\$3.00
Shot of B12 (energy)	...\$1.50
Goji Berry Juice	...\$1.50
Acai	...\$1.50
Bone Power Calcium	...\$1.50
Appetite Suppressant (4 Powerful Herbs)	....\$1.50
Source of Life Multi-Vit	.... \$2.00
ACF (Acute Cold & Flu	....\$2.00



# ORGANIC JUICES



Extra Lemon or Ginger 75¢	Sm.	Med.	Lg.
CARROT	\$3.00	\$4.50	\$6.00
CARROT BEET	\$3.50	\$5.25	\$7.00
CARROT GINGER	\$3.50	\$5.25	\$7.00
1/2 CARROT, 1/2 MIXED GREENS, APPLE ETC	\$4.00	\$6.00	\$8.00
ALL MIXED GREENS (added charge for excessive dark greens)	\$4.75	\$7.00	\$9.50

## REJUVENATION SMOOTHIE

carrot, celery, apple, kale, lemon & ginger juice ; blueberries, pineapple, raw greens powder, sun warrior raw plant protein, sumac, flax, & probiotics **\$12.50 20OZ.**

## ALKALIZING SMOOTHIE

coconut water, chard, celery, pineapple, mango & lemon **\$8.25 20oz.**

## CELL ENERGIZER SMOOTHIE

coconut water, pineapple coconut juice, celery, parsley, sunflower sprouts, pineapple, chia seeds & spirulina superfood **\$8.25 20oz**

## AMAZING AÇAÍ SMOOTHIE

organic sambazon açai juice, cranberry, grape & apple juices, mangos, blueberries, banana & greens 8000 antioxidant powder **\$8.25 20 oz.**

## RAW POWER SMOOTHIE

18 grams of raw protein  
raw organic sunflower & hemp seeds, organic cacao nibs, blueberries, pineapple, maple syrup, coconut cream & pure vanilla **\$8.25 20 oz.**

## BANANOCADO SMOOTHIE

almond milk, bananas, avocado, kale, lemon juice & agave **\$8.25 20OZ.**