



# nature's express®

*Fresh, affordable, delicious*

♥ = House Specialty!

**1823 Solano Avenue, Berkeley, CA  
(510) 527-5331**

**Open 7 days a week, 10:30am-9pm  
www.natures-express.com**

*Ask us about catering!*

## sides

- Essential Greens** 3.75  
*A mix of raw kale and collard greens tossed in garlic lemon dressing*
- Garden Rice Pilaf** 3.75  
*Brown rice and veggies, lightly seasoned*
- Essential Pilaf** 3.75  
*A mix of our Essential Greens and our Garden Rice Pilaf*
- ♥ **Carrot Cashew Paté** 4.50  
*Carrots, cashews, cilantro, lemon and ginger served with celery sticks*
- Hummus** 3.75  
*Served with carrots and celery*
- Air-Baked Fries** 1.95  
*Sweet Potato or Regular, served with house-made ketchup*
- ♥ **Kale Chips** 2.99  
*Dino kale, baked with just a touch of oil and sea salt*

## salads

- Side Salad** 3.75  
*Romaine lettuce, spinach, tomatoes, cucumbers, carrots and red onions served with our low-fat orange ginger dressing*
- ♥ **Chik-un Salad** 3.75  
*House-made Chik-un, walnuts, raisins, apples and celery in our curry dressing*
- ♥ **Quinoa Salad** 3.75  
*Red quinoa, green onions, red pepper, corn, cilantro and baked tofu tossed in our lime cumin dressing*
- Nature's Signature Salad** 6.50  
*Romaine lettuce, spinach, garbanzo beans, cabbage slaw, raisins, roasted sunflower seeds and dried cranberries served with our low-fat orange ginger dressing*

## Create Your Burger

- 1) choose your **STYLE**
- 2) choose your **PATTY**
- 3) choose your **EXTRAS**
- 4) choose your **BUN**

### 1) STYLE

- **Classic** 4.95  
*Red onions, tomatoes, lettuce, mayo (house-made), ketchup (house-made), mustard and pickles*
- **Bacon** 6.50  
*Tempeh bacon, mayo, ketchup, mustard, pickles, red onions, tomatoes and lettuce*
- **Mushroom** 6.50  
*Crimini mushrooms, cheese, mayo, red onions, tomatoes and lettuce*
- **Southwest** 6.50  
*Avocado, salsa, jalapeños, mayo, tomatoes and lettuce*
- **Spicy Hawaiian** 6.50  
*Pineapple salsa, mayo, red onions, tomatoes and lettuce*
- **Sun-Dried Tomato** 6.50  
*Sun-dried tomato pesto, mayo, red onions and lettuce*

### 2) PATTY

- **Original** ♦
  - **Spicy Black Bean** ♦
  - **Almond Sunflower** ♦
  - **Chik-un** ♦
  - **Lentil** ♦
  - **Boca**
- ♦ = House-made!

### 3) EXTRAS .75 each

- **Cheese**
- **Avocado**

### 4) BUN

- **Rosemary**
- **Whole Wheat**

## kids menu

*Kids 12 and under, please*

- PB&J** 2.50  
*Organic peanut butter and strawberry jam on toasted wheat bread*
- Bean and Cheese Burrito** 2.50  
*Black beans and cheese in a spinach tortilla*
- Mac and Cheese** 3.50  
*Quinoa noodles and cheese sauce*

**Our menu is 100% Plant-based!**  
We always use organic when practical



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## burritos

**Half burrito 3.95** **Whole 5.95**

*Served in a spinach tortilla or a blanched collard leaf*

### ♥ The Einstein

*Tofu scramble, tempeh bacon, cheese, tomatoes, avocado and black beans*

### The Stellar

*Collard greens, baked tofu, Portobello mushrooms and sweet potatoes served with a drizzle of tamari and sweet chili sauce*

### The Moby

*Potatoes, cabbage slaw, rice pilaf, black beans, cilantro, avocado and chili sauce*

### The Kick-Start

*Portobello mushrooms, roasted red peppers, sun-dried tomato pesto, fresh spinach and cabbage slaw*

### The Meat-Eaters

*Soyrizo, cheese, black beans, roasted potatoes, avocado and jalapeños*

### The Works

*Soyrizo, rice pilaf, black beans, cabbage slaw and cilantro lime pesto*

## fresh juices and smoothies

*Add acai for .50*

**Express Yourself 4.95**

*Choose any combo: Carrot, apple, beet, kale, cucumber, celery, ginger, garlic and lemon*

♥ **5-A-Day Veggie Smoothie 5.50**

*Kale, celery, cucumber and beet, blended with banana, strawberries and apple juice*

**Fruit Smoothie 4.95**

*Blueberry, Strawberry, Mixed Berry, Mango*

## drinks

**Natural Soda 1.35**

*Blue Sky or Hansen's*

**Iced Tea 1.95**

*Flavors change frequently - please inquire*

**Lemonade 1.95**

*Sweetened with stevia*

♥ **Arnold Palmer 1.95**

*A mix of Lemonade and Iced Tea*

**Coconut Water 3.85**

*Fresh in the shell*

**Kombucha - bottles 4.25**

## express combo

5.95

Choose two items:

- Soup
- Salad
- Half Sandwich  
*Avocado, Egg Salad, or Tuna*

## wraps

*Served in a spinach tortilla or a blanched collard leaf*

**California Wrap 6.25**

*Spinach, tomato, green onion, cucumber, kalamata olives, baked tofu, sesame seeds and lemon tahini dressing*

**Thai Peanut Wrap 6.25**

*Romaine, cabbage slaw, carrots, red bell pepper, baked tofu and Thai peanut dressing*

**Thai Chik-un wrap**

*Romaine lettuce, grilled chik-un, red bell pepper, cabbage slaw, carrots, cilantro, sriracha chili sauce and Thai peanut dressing*

**Hummus Quinoa Wrap 6.25**

*Hummus, quinoa salad, cabbage slaw, pickled ginger and spinach*

**Avocado Kale Wrap 6.25**

*Kale, romaine, avocado, cucumber, red bell pepper, baked tofu and avocado kale dressing*

## sandwiches

**Avocado Sandwich 5.50**

*Avocado, mayo, tomatoes, red onions and lettuce*

♥ **Southwest Eggless Egg Salad Sandwich 5.75**

*Eggless egg salad (made with tofu), mayo, tomatoes and lettuce*

**Hold The Tuna Sandwich 5.75**

*Tuna salad (made with garbanzo beans), tomatoes and lettuce*

♥ **Grilled Tempeh Reuben 6.50**

*Marinated tempeh, melted cheese, sauerkraut (house-made), pickles and our special NE Russian dressing*

**Portobello Mushroom Sandwich 6.50**

*Portobello mushrooms, roasted red peppers, sun-dried tomato pesto and spinach*

**Chik-un Chipotle 6.50**

*Our house-made chik-un patty topped with cabbage slaw and chipotle sauce*

**BLT 6.25**

*Tempeh bacon, lettuce and tomatoes*

**Tuna Melt 5.75**

*Tuna salad, melted cheese and tomatoes*

## desserts

♥ **Maple Coconut Bar 2.50**

**Blondie (gluten-free) 2.50**

**Brownies (gluten-free) 2.50**

**Cookies 1.95**

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