

SMOOTHIES

\$5.99

Co-Co Nut

Vanilla Coconut Milk, Pineapple, Strawberry, and Banana

Strawberry Banana

Orange Juice, Vanilla Soy Milk, Banana, and Strawberry

Berry-Berry

Vanilla Soy Milk, Strawberry, Raspberry, and Blueberry

Apple-Berry

Apple Juice, Orange Juice, Blueberry, Banana, and Strawberry

Health Nut

Vanilla Soy Milk, Orange Juice, Mango, Blueberry, Yogurt, Flax Seeds, and Sunflower Seeds

BUILD YOUR OWN SMOOTHIE

Base: Apple or Orange Juice; Vanilla Rice, Vanilla Soy, Vanilla Coconut or Cow's Milk; (\$1 extra)

Fruit: Banana, Blueberry, Mango, Peach, Pineapple, Raspberry, and Strawberry

Boosts: Bee Pollen, Flax Seed, Peanut Butter, Protein Powder (Whey, Soy or Hemp), Spirulina, Sunflower Seeds, Wheat Germ, Yogurt or Keifer.....**\$2.00 Each**

\$5.99

JUICES

Carrot and Beet

Carrot and Apple

Red Mesa

Carrot, Beet, Parsley, Lime, and Apple juice

Bloody Mary

Red Bell Pepper, Celery, Spinach, Jalapeno, Garlic, Tomato Juice, and Cilantro

Green Goddess

Cucumber, Parsley, Spinach, Celery, Kale, Apple, and Lemon

Grasshopper

Apple Juice, Wheatgrass, Lemon, and Lime

Mondo Veggie

Chard, Parsley, Cucumber, Spinach, Carrot, and Lime

BUILD YOUR OWN JUICE

Base: Apple Juice, Carrot or Cucumber

Veggie & Fruit Extras: Beet, Bell Pepper, Celery, Chard, Cilantro, Garlic, Ginger, Kale, Lemon, Lime, Parsley, Spinach, and Tomato

Wheatgrass Shot: Fresh and locally grown
\$2.49 Single | \$3.99 Double



DELI MENU

OPEN DAILY

Monday - Saturday: 8:00 a.m. - 8:00 p.m. - Sunday: 8:00 a.m. - 7:00 p.m.



CATERING SERVICES & DELI PARTY TRAYS AVAILABLE

catering@naturesoasismarket.com • NaturesOasisMarket.com
P: 970.247.1988 • F: 970.382.0905 • 300 S. Camino del Rio, Durango CO
NATURE'S OASIS...LOCALLY OWNED SINCE 1993



DELI

SALAD MENU

Cascade Greek: Spring Mix, Feta Cheese, Kalamata Olives, Red Onions, Tomatoes, and Annie's Goddess Dressing..... **Sm \$3.99/Lg \$7.99**

Veggie Harvest: Spring Mix, Tomatoes, Red Onions, Broccoli, Avocado, Carrots, Flax Seeds, Tamari Sunflower Seeds, and Nature's Oasis House-Made Fennel Balsamic Vinaigrette..... **\$3.99/\$7.99**

Molas Pass Vegan: Spring Mix, Artichoke Hearts, Cucumbers, Tomatoes, Carrots, Red Onions, Red Peppers, Pumpkin Seeds, and Nature's Oasis House-Made Fennel Balsamic Vinaigrette..... **\$3.99/\$7.99**

Colorado Cobb: Spring Mix, Boar's Head Oven-Gold Turkey, Bacon, Tomatoes, Colby Cheese, Hard-Boiled Eggs, Avocado, Sprouts, and Nature's Oasis House-Made Blue Cheese Dressing..... **\$3.99/\$7.99**

Red Mountain Chicken Salad: Spring Mix, Boar's Head Oven-Roasted Chicken, Goat Cheese, Walnuts, Cranberries, and Nature's Oasis House-Made Red Wine Vinaigrette..... **\$3.99/\$7.99**

SIGNATURE PREPARED SALADS

Curried Turkey..... **\$12.49/lb**

Cilantro Lime Tuna..... **\$11.99/lb**

Chicken Salad of the Day..... **\$11.99/lb**

Balsamic Beet Salad..... **\$9.99/lb**

Cranberry Almond Quinoa..... **\$9.99/lb**

**Additional prepared salads made daily.*

For orders of 8 or more (sandwiches and salads), we require 24 hours advanced notice.

SANDWICH MENU

PB&J Our Way: Peanut Butter & Jelly on Cinnamon Raisin Bread... **\$4.99**

Hippie Chick: Hummus, Avocado Spread, Spinach, Tomatoes, Cucumbers, Carrots, Red Onions, and Sprouts..... **\$6.99**

Bambino: Salami, Pepperoni, Provolone, Pesto, Red Onions, Banana Peppers, Tomatoes, and Lettuce..... **\$6.99**

Mother Nature: Oven-Roasted Turkey, Havarti, Mango Chutney, and Sprouts..... **\$6.99**

City Slicker: Black Forest Ham, Swiss Cheese, Lettuce, Sprouts, and Dijon Mustard..... **\$6.99**

Dagwood: Black Forest Ham, Oven-Roasted Turkey, Roast Beef, Swiss Cheese, and Banana Peppers..... **\$6.99**

Roast Beast: Roast Beef, Cheddar Cheese, Red Onions, Lettuce, and Blue Cheese..... **\$6.99**

Tuna Salad: Cilantro-Lime Tuna Salad, Lettuce, and Tomatoes... **\$6.99**

Curried Turkey: Curried Turkey, Carrots, and Lettuce..... **\$6.99**

Egg Salad: With Your Choice of Toppings (see below)..... **\$6.99**

All of our Sandwiches are made with Boar's Head Meats and Cheeses.

BUILD YOUR OWN:..... **\$6.99**

Create your own sandwich with your choice of Freshly Baked Bread, Boar's Head Meats, Boar's Head Cheeses, Organic Veggies, and Spread!

Serious Delights Bakery Bread: Fresh Baguettes, Honey Wheat, Sour Dough, Gluten Free Options*, and Tortilla Wraps*

**Not provided by Serious Delights Bakery*

Meat: Ham, Pepperoni, Roast Beef, Salami or Turkey

Cheese: Havarti, Pepper Jack, Provolone, Swiss or White Cheddar

Fresh Veggies: Avocado, Banana Peppers, Carrots, Cucumbers, Lettuce, Onions, Spinach, Sprouts, and Tomatoes

Spreads: Avocado Spread, Basil Pesto, Blue Cheese Dressing, Dijon Mustard, San Juan Mountain Mustards (Steamworks Backside Stout or Honey Chipotle), Yellow Mustard, Horseradish Sauce, Hummus, Mayonnaise or Veganaise

HOT DELI FOODS

Hot Lunch...Monday thru Friday

11:00 a.m. - 2:00 p.m.

Homemade Soups...Daily

Starting at 11:00 a.m. (while supplies last)

