



deli

salad menu

Sm \$4⁹⁹ Lg \$8⁹⁹

Cascade Greek: Spring Mix, Feta Cheese, Kalamata Olives, Red Onions, Tomatoes, Nature's Oasis House-made Goddess Dressing

Colorado Cobb: Spring Mix, Boar's Head Oven-Gold Turkey, Bacon, Tomatoes, Colby Cheese, Hard-Boiled Eggs, Avocado, Sprouts, Nature's Oasis House-Made Blue Cheese Dressing

Molas Pass Vegan: Spring Mix, Artichoke Hearts, Cucumbers, Tomatoes, Carrots, Red Onions, Red Peppers, Pumpkin Seeds, Nature's Oasis House-Made Fennel Balsamic Vinaigrette

Red Mountain Chicken Salad: Spring Mix, Boar's Head Oven-Roasted Chicken, Goat Cheese, Walnuts, Cranberries, Nature's Oasis House-Made Red Wine Vinaigrette

Veggie Harvest: Spring Mix, Tomatoes, Red Onions, Broccoli, Avocado, Carrots, Flax Seeds, Sunflower Seeds, Cucumbers, Nature's Oasis House-Made Fennel Balsamic Vinaigrette

signature prepared salads

Curried Turkey	\$12.99/lb
Cilantro Lime Tuna	\$12.49/lb
Chicken Salad of the Day	\$12.49/lb
Balsamic Beet Salad	\$10.49/lb
Cranberry Almond Quinoa	\$10.49/lb
Three Salad Plate (with a protein)	\$10.49/lb
Three Salad Plate (without a protein)	\$9.49/lb

*Additional prepared salads made daily.

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

\$8⁹⁹

sandwiches & wraps

Bambino: Salami, Pepperoni, Provolone, Pesto, Red Onions, Banana Peppers, Tomatoes, Lettuce*

City Slicker: Black Forest Ham, Swiss Cheese, Lettuce, Sprouts, Honey Mustard

Curried Turkey: Curried Turkey, Carrots, Lettuce

Dagwood: Black Forest Ham, Oven-Roasted Turkey, Roast Beef, Swiss Cheese, Banana Peppers

Egg Salad: With Your Choice of Toppings (see below)

Hippie Chick: Hummus, Avocado Spread, Spinach, Tomatoes, Cucumbers, Carrots, Red Onions, Sprouts

Mother Nature: Oven-Roasted Turkey, Havarti, Mango Chutney, Spinach, Sprouts

Roast Beast: Roast Beef, Cheddar Cheese, Red Onions, Lettuce, Blue Cheese

Tuna Salad: Cilantro-Lime Tuna Salad, Sprouts, Tomatoes

PB&J Our Way: Peanut Butter & Jelly \$4.99

All of our Sandwiches are made with Boar's Head Meats and Cheeses.
***All sandwiches made with baguettes, \$.50 extra.**

build your own

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

Organic Dave's Killer Bread: Whole Wheat, Power Seed, 21 Whole Grains, White

Serious Delights Bakery Bread: Fresh Baguettes, Sour Dough
***All sandwiches made with baguettes, \$.50 extra.**

Other: Gluten Free Options and Tortilla Wraps

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, Tomatoes

Spreads: Avocado Spread, Basil Pesto, Blue Cheese Dressing, Dijon Mustard, San Juan Mountain Mustards (Steamworks Backside Stout, Cherry Habanera, 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)



\$7.99

smoothies

Berry Berry

Strawberry, Raspberries, Blueberries, Soy Milk

Co-Co Nut

Vanilla Coconut Milk, Pineapple, Strawberry, Banana

Funky Monkey

Banana, Peanut Butter, Chocolate Syrup, Coconut Milk

Green Machine

Spinach, Kale, Pineapple, Mango, Nut & Soy Milks, Orange Juice

Health Nut

Vanilla Rice Milk, Orange Juice, Mango, Blueberry, Yogurt, Flax Seeds, Sunflower Seeds

Mango Daquiri

Mango, Strawberry, Pineapple, Apple Juice

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, Yogurt or Keifer.....\$2.00 Each

\$7.99

juices

Gin & Juice

Carrot, Apple, Ginger, Lime

Beetle Juice & Apple

Carrot, Beets, Apple, Ginger, Lime

Green Goddess

Cucumber, Parsley, Spinach, Celery, Kale, Apple, Lemon, Lime, optional—Ginger

Grasshopper

Apple Juice, Wheatgrass, Lemon, Lime

Mondo Veggie

Chard, Parsley, Cucumber, Spinach, Carrot

Red Mesa

Carrot, Beet, Parsley, Lime, Apple juice

Virgin Mary

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

build your own juice

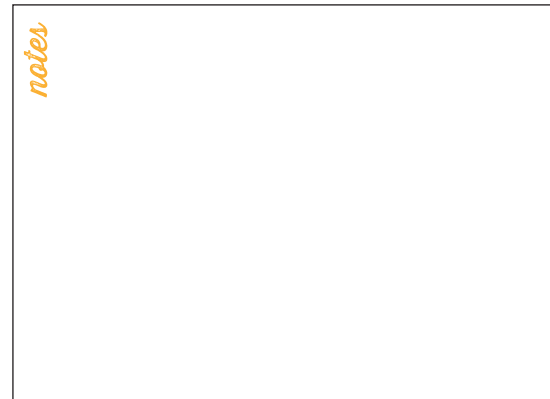
Base: Apple Juice, Carrot or Cucumber

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



best deli



best fresh food market



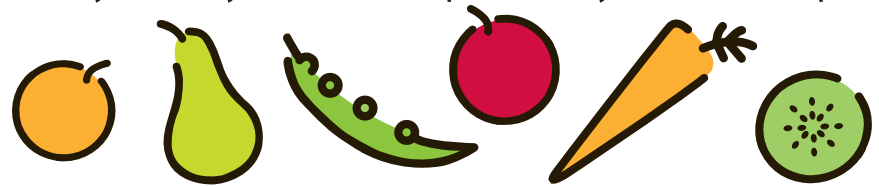
best supermarket /grocery

voted best deli continuously
best of durango

thank you for supporting
your local and family
owned businesses

open daily

Monday - Saturday: 8:00 a.m. - 7:00 p.m. • Sunday: 8:00 a.m. - 6:00 p.m.



catering services & deli party trays available

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nature's oasis...locally owned since 1993

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