

Smoothies

*All smoothies are made with organic Greek yogurt,
organic nonfat milk and organic fruit*

Berry Blast 12 oz 2.99
Strawberries, Blueberries,
Blackberries, and Raspberries 16 oz 3.99

Fruit Blend 12 oz 2.99
Banana, Peaches, and
Strawberries 16 oz 3.99

Mango Paradise 12 oz 2.99
Mango, Strawberries, and Peaches 16 oz 3.99

Pina Colada 12 oz 2.99
Pineapples, Mangos, and
Coconut Milk 16 oz 3.99

Strawberry Banana 12 oz 2.99
16 oz 3.99

The "Barbara"
Strawberries, Blueberries,
Banana 12 oz 2.99
16 oz 3.99

The "Maureen"
Strawberries, Blueberries,
Spinach, Beets, Ginger, Whey,
Almond Milk 20 oz
4.99

Beverages
Organic Iced Tea 1.69
Bottled Water .75
Hansen's Natural Sodas .75

All Natural and Organic

The only difference between organic and nonorganic is the food has not been chemically processed.

The food has not been sprayed with harmful insecticides, pesticides, or herbicides. It has not been injected with growth hormones or antibiotics.

**It's food grown and raised
the old fashioned way.**

Hours

*Monday through Thursday
6:00 am to 7:30 pm*

*Friday
6:00 am to 6:00 pm*

*Saturday & Sunday
10:00 am to 5:00 pm*

The Organic Café

**Curbside Service
Free Delivery
Minimum \$10
Within 10 Mile Radius**

2031 W Avenue K
Lancaster, CA 93536

Phone 661-948-9575
Fax 661-948-9574
theorganiccafe@hotmail.com

www.shapeupforwomen.com

Signature Panini's

All Paninis are served with your choice of Fresh Veggies
or Garden Salad and Fresh Baked Cookies

Chicken Breast Panini

Organic Chicken Breast, Organic Spinach, Sundried Tomatoes, Artichokes Hearts, Fresh Mozzarella, and Pesto 6.99

Tuna Melt Panini

Albacore Solid White Plain Tuna Salad and Provolone Cheese 5.99

Tri Tip Panini

All Natural Tri Tip Beef, Red Onions, Roasted Red Peppers, And Pepper Jack Cheese 6.99

Caprese Panini

Fresh Organic Basil, Organic Tomatoes, Fresh Mozzarella, and Pesto 5.99

Turkey Panini

Turkey Breast, Artichokes, Tomatoes, Onions, Pesto, Smoked Mozzarella 6.99

Bowl of Albondigas Soup 5.99

Meatballs and Vegetables in a spicy broth served with a cheesy biscuit

Half Salad & Bowl of Soup 7.99

Served with Cheesy Biscuit

Half Sandwich & 12 oz Smoothie 5.99

Chips and Salsa 1.99

Signature Salads

All salads are served with a fresh baked cheesy biscuit

Crazin' Spinach Salad

Spinach, Dried Cranberries, Feta, Sliced Almonds, and Parmesan 5.99

Spring Fling Salad

Spring Mix, Red Bell Pepper, Red Onions, and Sliced Olives 5.99

Insane Romaine Salad

Romaine Lettuce, Cucumbers, Tomatoes, Hard Boiled Egg, and Sunflower Seeds 5.99

Crazin' Chicken Spinach Salad

Chicken Breast atop a bed of Spinach mixed with Cranberries, Feta, Almonds, and Parmesan 7.99

Sliced Chicken Salad

Chicken Breast atop a bed of Romaine Lettuce with Parmesan Cheese and Croutons 7.99

Your choice of Dressing

Raspberry Vinaigrette
House Ranch
Creamy Italian
Honey Mustard

Extra Avocado .50

Signature Sandwiches & Wraps

All Sandwiches are served with your choice of Fresh Veggies
or Garden Salad and Fresh Baked Cookies

Crazin' Chicken Salad Sandwich 6.99

Organic Chicken Breast, Dried Cranberries, Spinach, and Mayonnaise

Roasted Turkey Sandwich 6.99

Organic Turkey Breast, Romaine, Avocado, Swiss

Fortuna Sandwich

Albacore Solid White Tuna, Mayonnaise, Walnuts, Green Onions, and Romaine 5.99

Roasted Tri Tip Sandwich

All Natural Roasted Tri Tip Beef, Romaine, Red Onions, Bell Pepper, Tomatoes, Pepperoncinis and Pepper Jack Cheese 6.99

Fresh Veggies Wrap

Romaine, Spinach, Spring Mix, Red Onions, Bell Pepper, Tomatoes, Cucumbers, Pepperoncinis, Olives, Avocado and Swiss Cheese tossed with Ranch Dressing 5.99

Cilantro Chicken or Tri Tip Wrap 5.99

Organic Chicken Breast or All Natural Tri Tip, Cilantro Spread, Spinach, Red Onions, Bell Peppers, and Olives

Crazin Spinach Wrap 4.99

Spinach, Dried Cranberries, Feta, Almonds, Parmesan, tossed with Raspberry Vinaigrette Dressing

Add Chicken 6.99