

"MY NATURE"
1301 ATLANTIC AVE.
(13TH ST. & BOARDWALK)
OCEAN CITY MD. 21842
410-289-1808

HOME

- TRY IT ALL SALAD BAR-\$17
- SM. SALAD PLATE-\$9
- SAMPLER PLATE- \$13
- DAILY SPECIALTIES-\$9

(sprouts, assorted greens, seasonal veggies, olives, tapenades, dulce, seaweed, nuts, nut butters, nut cheeses, seeds, kale chips, pestos, raw hummus and so much more!)



DRESSINGS

(Honey ginger, Avocado, Italian & Daily creation)

DAILY RAW SPECIALS

("catch of the day", lasagna, free-range chickenless salad, eggless egg salad, mexicali corn salad..to name a few. Selections will vary daily)



DESSERTS-

- SPECIALTY DESSERT- \$8 (carrot cake, cobbler, cocoa mousse, cheesecake & more)

CHILDREN'S CHOICE-

- SEASONAL FRUIT, ASSORTED NUTS AND SALAD PLATE- \$7.5
- ANTS ON A LOG- \$6

(celery sticks w/ nut butter and raisins or cranberries or both!)



JUICES AND SMOOTHIES-

- WILD GREEN JUICE- \$6. (hippy Red Bull)
- SMOOTHIES- \$8
- JUICE- \$8
- BUMP UPS- \$1

(protein powder. hemp seed, nut butter)

- WHEAT GRASS SHOT-

1 OZ.- \$4

2 OZ.- \$6

- ASSORTED HERBAL TEAS
- KOMBUCHAS
- COCONUT H2O
- SALS SPECIAL JUICE- \$6

(orange, lemon, garlic and cayenne)

BREAKFAST-

- RAW DONUT HOLES- \$1
- JEFF AND SHIRLEY'S NUTS AND FRUIT WITH NUTMILK- \$8
- CASHEW YOGURT PARFAITS- \$

SM- \$6 / LG- \$9

- CHOCOLATE COVERED STRAWBERRIES OR STUFFED DATES WITH ALMONDS- \$1.5