

# Sunshine Natural Foods

Call ahead and your order will be ready to take-out or eat in (541)474-5044

## Juices

Fresh organic juices



- CARROT JUICE
- CARROT CELERY JUICE
- CARROT CELERY BEET JUICE

**SUNSHINE SIGNATURE DRINKS:**  
add 50¢ to above juice prices

- THE BLAST  
apple, lemon & ginger
- SEASONAL GREENS  
carrot, celery, greens & parsley
- COOL-AS-A-CUKE  
apple, cucumber, celery, parsley & mint
- GREEK FIRE  
carrot, celery, beet, garlic, ginger & parsley

## Smoothies

Organic fruit smoothies



- STRAWBERRY APPLE BANANA COMBO
- PEACH APPLE BANANA COMBO
- BLUEBERRY APPLE BANANA COMBO
- PINEAPPLE COCONUT & BANANA
- ALL FRUIT COMBO  
apple, banana, blueberry, strawberry & peach combo

### SMOOTHIE ADD-ONS ONLY

Org. Chia, Hemp Seeds or Almond Butter	1.50
Organic Leafy Greens	1.00
Organic Ripe Avocado	1.50
Organic Raw Sauerkraut	.50
Organic Sunshine Granola	1.00
Organic Ice Cream or Yogurt	1.00
Protein Powder (vegan available)	1.00

### ADD-ONS

<b>Wheatgrass Juice</b>	
Single Shot 1 oz	2.95
Double Shot 2 oz	5.75
Single Shot in any drink	2.75
Fresh Garlic or Ginger	.25¢
Fresh Turmeric or Leafy Greens	1.00

### Supplements for Juices & Smoothies

*Ginseng for strength; immunity herbal blend; spirulina for energy; maca for vitality; bee pollen for buzz; kava for calm.*

Any One Supplement	1.00
Any Two Supplements	1.75

## Rollup Sandwiches

Includes organic: lettuce, tomato, shredded carrot, thin-sliced red onion and cucumber. Made to order on org. whole wheat flat bread. Gluten-free available

- SLICED NATURAL TURKEY
- FRESH TUNA SALAD
- ORGANIC OMEGA-3 EGG SALAD

9.95

**SUNSHINE VEGAN SPECIALTIES:**

- ORGANIC AVOCADO
- ORGANIC SUNSHINE HUMMUS
- ORGANIC TOFU TERIYAKI W/ BROWN RICE
- ORGANIC EXTREME RICE & BEAN  
with salsa, tofu-sourcream & cilantro

9.50

### SANDWICH ADD-ONS

Gluten-free wraps	25¢
Organic Avocado added	1.50
Organic Hummus added	1.00
Organic Jack Cheese added	50¢
Organic Raw Sauerkraut added	50¢

## Chef Salad Bowls

Includes organic: lettuce, tomato, shredded carrot, cucumber and thin-sliced red onion with the choice of 2 (small) or 3 (large) of the following toppings:



- SLICED NATURAL TURKEY
- FRESH TUNA SALAD
- ORGANIC OMEGA-3 EGG SALAD
- ORGANIC JACK CHEESE
- ORGANIC RIPE AVOCADO
- ORGANIC SUNSHINE HUMMUS
- ORGANIC TOFU TERIYAKI
- ORGANIC RAW SAUERKRAUT

**Choose A Sunshine Original Vegan Dressing**

savory miso • lemon herb • black-cherry vinaigrette

### SUNSHINE NATURAL FOODS

128 SW "H" Street • Grants Pass, OR 97526  
(541)474-5044 • sunshinefoodandvitamin.com