

## Yogurt of the Day

Extra Small (4oz.) \$1.25

Small (8oz.) \$2.00

Medium (12oz.) \$2.50

Large (16oz.) \$3.25

Extra Large(32oz.) \$4.95



### - Store Hours -

#### **Store #1:**

Monday-Friday – 9-5

Saturday – Closed

Sunday – Closed

#### **Store #2:**

Monday-Friday – 9-6

Saturday – 9-5

Sunday – Closed

**Lunch Hours – 10-3**



Jack's Natural Foods

**SEE YOU SOON!**

# Jack's

# Natural

# Foods

# MENU

#### Store #1:

**1614 Judson Road**

**Longview, Texas 75601**

**903-753-4800**

#### Store #2:

**400 E. Loop 281**

**Longview, Texas 75605**

**903-758-9777**

**DRIVE-THRU**

#### **Email:**

**JacksNaturalFoods@gmail.com**

## SANDWICHES

Served on 7-grain bread with mayo, spinach and Spike. All sandwiches can be made into a salad. Extra meat, avocado, cheese \$0.75. Extra veggies \$0.50.

CHIPS WITH SANDWICH ADD \$0.75

**Too Much Crunch** \$4.25  
Cream cheese, black olives, walnuts

**Light & Easy** \$3.75  
Cucumber, tomato, Monterey Jack cheese

**EARTHQUAKE** \$5.50  
Tuna, avocado, green onions, tomato, Monterey Jack cheese

**Almost Reuben** \$4.25  
Sauerkraut, sunflower seeds, Swiss cheese

**Eden's Best** \$4.95  
Cucumber, green onions, tomato, avocado. Monterey Jack cheese  
**Munchie Madness** \$3.75  
Peanut butter, banana, raisins, honey

**Big Cheese** \$4.50  
Cream cheese, black olives, tomato, Swiss & Monterey jack cheese

**Californian** \$4.95  
Avocado, Tomato, Monterey Jack cheese

**Hot Stuff** \$5.50  
Cream cheese, green onions, jalapeno, avocado, black olives, tomato, Monterey jack cheese

**T.N.T** \$4.95  
Turkey, tomato, Swiss cheese, lemon pepper

**Sorry Charlie** \$4.95  
Tuna, green onions, Monterey Jack cheese

**The Tank** \$5.25  
Turkey, sauerkraut, tomato, green onion, Swiss cheese

**Bruce's Best** \$5.50  
Turkey, jalapeno, avocado, green onions, Monterey Jack cheese

**Veggie Burger** \$4.75  
Veggie Patty, tomato, green onions, pickles

## BURRITOS AND NACHOS

Wrapped in a whole-wheat tortilla. Served with chips.

**Bean Burrito** \$4.50  
Pinto beans, tomato, green onions, Monterey jack cheese, salsa

**Black Bean Burrito** \$4.50  
Black beans, sour cream, avocado, salsa

**Mucho Burrito** \$5.50  
Black or pinto beans, cream cheese, avocado, green onions, tomato, black olives, jalapeno, cheese, salsa

**Veggie Burrito** \$4.95  
Avocado, tomato, green onions, jalapeno, sour cream, cucumber, black olives, salsa

**Cream Cheese Stuffed Jalapeno** \$1.00  
**Chips & Salsa** \$2.50  
**Extra Salsa** Sm. \$1.00, Lg. \$1.75

**Nachos** \$4.75  
Pinto beans, sour cream, salsa, Monterey Jack cheese

**Mega Nachos** \$5.50  
Pinto beans, green onions, black olives, sour cream, jalapenos, salsa, Monterey Jack cheese

## AND MORE.....

**Fruit Plates (Loop location only)**  
**Costa Rican** \$4.95  
Pineapple, mango, papaya

**Gringo** \$4.95  
Apples, strawberries, grapes, banana, cheese

## DRINKS

**Papaya Slush** \$1.75  
**Tropic** \$2.25  
Pineapple Coconut, papaya

**Hawaiian** Sm.\$3.00 Lg.\$4.95  
Pineapple Coconut, papaya, banana, protein powder

**Smoothie** Sm.\$4.00, Lg.\$6.00  
Yogurt, banana, protein powder

**Muscle Punch** Sm.\$4.50, Lg.\$6.95  
Yogurt, banana, yeast, protein wheat germ, bran

**Express** Sm.\$4.50, Lg.\$6.95  
Banana, bee pollen, guarana, kola nut, gotu kola, ginseng. Papaya and pineapple coconut juices (Sub. Yogurt \$0.50)

**Carrot Juice** \$4.95  
**Herb Teas** Sm.\$1.25, Lg.\$2.00