

# Jack's Natural Foods

**Store No. 1** 1614 Judson Road Longview, TX  
903-753-4800

**Store No. 2** 2199 Gilmer Road Longview, TX  
903-759-4262 **Drive-Thru**

**Store No. 3** 400 E. Loop 281 Longview, TX  
903-758-9777 **Drive-Thru**

## SANDWICHES

On 7-grain bread with spinach or made into a salad

- **Too Much Crunch \$3.75**  
Cream Cheese, Black Olives, Walnuts
- **Light & Easy \$3.50**  
Cucumber, Tomato, Monterey Jack Cheese
- **EARTHQUAKE \$4.75**  
Tuna, Avocado, Green Onion, Tomato, Monterey Jack Cheese
- **Almost Reuben \$3.50**  
Sauerkraut, Sunflower Seeds, Swiss Cheese
- **Eden's Best \$4.50**  
Cucumber, Green Onion, Tomato, Avocado, Monterey Jack Cheese
- **Munchie Madness \$3.25**  
Peanut Butter, Raisins, Honey, Banana
- **Big Cheese \$4.00**  
Cream Cheese, Black Olive, Tomato, Swiss & Monterey Jack Cheese
- **Californian \$4.50**  
Avocado, Tomato, Monterey Jack Cheese
- **Hot Stuff \$4.95**  
Cream Cheese, Green Onion, Jalapeno, Avocado, Black Olive, Tomato, Monterey Jack Cheese
- **T.N.T. \$4.50**  
Turkey, Tomato, Swiss Cheese, Lemon Pepper
- **Sorry Charlie \$4.50**  
Tuna, Green Onion, Monterey Jack Cheese
- **The Tank \$4.75**  
Turkey, Sauerkraut, Tomato, Green Onion, Swiss Cheese
- **Bruce's Best \$4.95**  
Turkey, Jalapeno, Avocado, Green Onion, Monterey Jack Cheese
- **Veggie Burger \$4.25**  
Veggie Patty, Tomato, Green Onion, Pickles

## YOGURT OF THE DAY

- Extra Small (4oz) - \$1.00
- Small (8oz) - \$1.50
- Medium (12 oz) - \$2.00
- Large (16 oz) - \$2.50
- Quart (32 oz) - \$4.25

## BURRITOS

Wrapped in a tasty whole wheat tortilla

- **Bean Burrito \$4.00**  
Pinto Beans, Tomato, Green Onion, Monterey Jack Cheese, Salsa
- **Black Bean Burrito \$4.00**  
Black Beans, Sour Cream, Avocado, Salsa
- **Mucho Burrito \$4.75**  
Black or Pinto Beans, Cream Cheese, Avocado, Green Onion, Tomato, Black Olives, Jalapeno, Monterey Jack Cheese, Salsa
- **Veggie Burrito \$4.50**  
Avocado, Tomato, Green Onion, Jalapeno, Sour Cream, Cucumber, Black Olives, Salsa, Sprouts

## NACHOS & EXTRAS

- **Nachos \$4.25**  
Pinto Beans, Sour Cream, Salsa, Monterey Jack Cheese
- **Mega Nachos \$4.75**  
Pinto Beans, Green Onions, Black Olives, Sour Cream, Jalapeno, Salsa Monterey Jack Cheese
- **Stuffed Jalapeno 75¢**  
Cream cheese topped w/ Mexican spices and an olive
- **Chips and Salsa \$2.50**
- **Just Chips 75¢**
- **Just Salsa (4 oz) \$1.00 (8 oz) \$1.75**

## GOOD DRINKS

- **Papaya Slush \$1.75**
- **Tropic \$2.00**  
Pineapple Coconut, Papaya
- **Hawaiian (16 oz) \$2.50 (32 oz) \$4.00**  
Pineapple Coconut, Papaya, Banana, Protein
- **Smoothie (16 oz) \$3.50 (32 oz) \$5.00**  
Yogurt, Banana, Protein
- **Muscle Punch (16 oz) \$3.75 (32 oz) \$5.50**  
Yogurt, Banana, Yeast, Protein, Wheat Germ, Bran
- **Express (16 oz) \$4.00 (32 oz) \$6.00**  
Banana Bee Pollen, Guarana, Kola Nut, Gotu Kola, Ginseng  
Substitute Yogurt add 50¢
- **Carrot Juice (12oz) \$3.00 (16 oz) \$3.50**
- **Herb Tea (16 oz) \$1.25 (32 oz) \$2.00**

## EXTRAS

- Meat, Avocado, Cheese 75¢
- Onion, Tomato, Jalapeño, Olives, Cucumbers 50¢