

rice bowls

Choice of Organic Brown Rice or Basmati

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|---|-------------|
| Fabo | 7.95 |
| <i>Fava beans, spiced carrots, dried cranberries, pistachio nuts & fresh herbs.</i> | |
| Kikero | 7.95 |
| <i>Garbanzo beans, grilled zucchini, carrots, almonds & spring onions.</i> | |

add chicken: 3.00 add shrimp: 4.75

shish kebabs

Served with broiled Provençal tomatoes, grilled zucchini, choice of basmati or organic brown rice.

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| Natural Chicken Breast | 12.95 |
| <i>Tahini & zaziki</i> | |
| Jumbo Shrimp | 14.95 |
| <i>Kerkenaise salsa</i> | |
| Natural Beef | 14.95 |
| <i>Zaziki & Moroccan harissa</i> | |
| Koftes | 11.95 |
| <i>Grilled meatballs with zaziki and harrisa</i> | |
| Fish Kebab | Market Price |

cold beverages

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|------------------------------------|-------------|
| Natural Sodas | 2.00 |
| Orangina | 2.25 |
| Spring Water | 2.00 |
| Sparkling Water | 2.25 |
| Apple Juice | 2.25 |
| Cranberry Juice | 2.25 |
| Freshly Squeezed Juices | 3.75 |
| Iced Tea | 1.95 |
| Iced Latte & Cappuccino | 2.95 |

hot beverages

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|------------------------------------|--------------------------|
| Coffee (Organic Fair Trade) | 1.95 |
| Hot Tea | 1.75 |
| Espresso | 2.00 dbl. 2.75 |
| Macchiato | 2.25 dbl. 2.95 |
| Latte | 2.95 dbl. 3.50 |
| Cappuccino | 2.95 dbl. 3.50 |
| Mocha | 3.25 dbl. 3.75 |

Here is a brief description of our philosophy on food:

We will never knowingly serve any foods containing artificial flavors and food colorings, meats containing hormones or nitrates.

We will also make our best effort to use the finest organic and all natural ingredients and support local producers practicing sustainable agriculture whenever possible.

Natura

pan mediterranean foods

Dine-In or Take-out

Fast-Casual Healthy

Vegetarian Friendly

Organic Produce

The Freshest Ingredients

**Open 7 Days
11am - 8pm**

**8250 W. Third Street
Los Angeles, CA 90048**

(on the corner of 3rd & Sweetzer)

Phone: (323) 655-5551

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soups

Organic Red Lentil 4.25

Sun dried tomato pesto & homemade croutons.

Chilled Organic Yogurt 4.50

Persian cucumbers, oregano, fresh mint, smoked paprika, touch of garlic & olive oil.

salads

All salads can be tossed on request

Natura House 6.95

Organic mixed greens, tomatoes, olives, spring onions, red radishes, herbed lemon dressing.

Crunch Salad 8.95

Chopped Persian cucumbers, celery, red & green peppers, red onion, seedless grapes topped with feta & almonds on romaine leaves. Grape seed oil & pomegranate vinaigrette.

Raw Vegetables Salad 8.95

Shredded carrots & orange beets, cucumbers, mushrooms, celery, peppers, radishes, julienned apples, walnuts and apple cider vinaigrette.

Mega Macro 8.95

Organic pearl barley & garbanzo beans, radishes, red cabbage, spring onions, sesame seeds, fresh herbs & cornichons. Pomegranate dressing.

Grilled Chicken 10.95

All natural chicken breast & grilled zucchini on organic mixed greens with tomatoes, raisins, pine nuts and balsamic vinaigrette.

Organic Humus & Falafel 8.95

Romaine, tomatoes, peppers, cucumbers, olives & tahini.

Greek Salad 8.95

Tomatoes, cucumbers, peppers, kalamata olives, red onions & feta served on romaine.
Lemon oregano dressing.

Salade Niçoise 10.95

Our cold poached Albacore marinated and served on organic mixed greens with potatoes, tomatoes, onions, green beans, olives, capers & hard boiled eggs. Herbed lemon dressing.

Grilled Shrimp Salad 11.95

Jumbo shrimp on lettuce chiffonade, shaved fennel, tomatoes, red bell pepper, onions, capers. Herbed lemon dressing.

Caesar Salad 7.95

Hearts of romaine, homemade croutons, parmesan and our caesar dressing.

Chopped Salad 9.95

Organic lettuces, all natural chicken breast, mozzarella, tomatoes, chickpeas, hard boiled organic eggs. Mustard vinaigrette.

Spinach Salad 9.95

Baby spinach, arugula, hazelnut crusted goat cheese, sun dried tomatoes, mushrooms, red onion. Mustard vinaigrette.

add to any salad

All Natural Chicken Breast 3.00

Grilled Shrimp 4.75

panini

Served on ciabatta with organic greens

Vegetarian 7.95

Grilled zucchini, smoked mozzarella, filleted tomatoes, shaved fennel carrots & shallots with pesto.

Halloumi 8.95

Halloumi cheese, dried figs & walnuts, arugula, with green olive tapanade.

Chicken 8.95

Grilled natural chicken breast, spinach, mushrooms, red bell peppers & provolone cheese. Sun dried tomato-walnut pesto.

Turkey 8.95

Natural turkey breast, grilled zucchini, shaved fennel & carrots, fontina cheese & cranberry aioli.

Quattro Formaggi 8.95

Grilled cheese with smoked mozzarella, provolone, fontina & halloumi cheeses.

wraps

*Served in whole wheat lavash (flat bread)
with Organic greens*

Vegan 7.95

Spinach, raddiccio, red bell peppers, shaved fennel, carrots & red onions. Tahini dressing.

Aegean 8.95

Romaine, kalamata olives, cucumbers, peppers, red onions & goat cheese. Green olive tapanade.

All Natural Chicken 8.95

Organic mixed greens, tomatoes, baby spinach, mushrooms. Walnut and tarragon spread.

Organic Falafel & Humus 8.95

Romaine, tomatoes, cucumbers, scallions, cornichons & tahini.