

# ESPRESSO

HOT espresso drinks only in 12 or 16oz. Ask for available flavors.

<b>Americano</b> 12/16/20oz	2.49 2.99 3.49
<b>Cappuccino</b> 12/16oz	3.99 4.49
<b>Mocha</b> 12/16/20oz	3.99 4.49 4.99
<b>Latte</b> 12/16/20oz	3.99 4.49 4.99
<b>Chai Latte</b> 12/16/20oz	3.99 4.49 4.99
<b>Dirty Chai Latte</b> 12/16/20oz	3.99 4.49 4.99
<b>Frappe (frozen)</b> 16/20oz	5.49 6.49
<b>Hot Chocolate</b> 12/16oz	2.99 3.49
<b>Espresso Shot (2oz)</b>	1.99
<b>Extra Flavoring (per pump)</b>	60¢

# DESSERT

**Frozen Yogurt**  
Small—3.99 · Large—4.99

# FOOD BARS

<b>Salad Bar</b> Organic produce & homemade dressings	9.99/lb
<b>Hot Foods Bar</b> Daily vegetarian & gluten-free options	9.99/lb
<b>Soup (8 or 16oz)</b>	3.49/5.99

Please like us on Facebook to see our daily hot foods bar options and to keep up with any current specials.



# INFO

<b>Café Hours</b>	Monday-Friday 9AM—5PM Saturday 9AM—4PM Closed Sundays
<b>Hot Sandwiches</b>	Monday-Friday 10AM—5PM Saturday 10AM—3PM
<b>Hot Foods Bar</b>	Monday-Friday 11AM—4PM Saturday 11AM—3PM
<b>Salad Bar</b>	Monday-Friday 10AM—5PM Saturday 10AM—3PM
<b>Special Diets</b>	Daily gluten-free, vegan, vegetarian & dairy-free options
<b>Deli Meats</b>	Sliced to order antibiotic & nitrite free deli meats from Applegate Farms & True Story
<b>Deli Salads</b>	Daily deli salad options presented in our deli case
<b>Commitment to Quality</b>	At Green Market Café we use only the best products: Organic produce on our sandwiches, juice bar and food bars. Organic or all natural meats with no antibiotics or nitrites. Organic fruits, juices & milks in our smoothies. Biodegradable cups and food bar trays.



# GREEN MARKET CAFÉ MENU



better food.  
better world.  
better you.



1909 Texoma Pkwy · Sherman, TX · 903.892.8667  
[www.greenmarketnaturalfoods.com](http://www.greenmarketnaturalfoods.com)

# SANDWICHES

<b>Adult Grilled Cheese</b> Cheddar, pork or turkey bacon & tomato on Dave's white bread	6.99
<b>Apple Pecan Chicken Salad</b> With Vegenaïse, Havarti cheese & spring mix on ciabatta	8.99
<b>Avocado Swiss</b> (vegetarian) With Vegenaïse, tomato & spring mix on Dave's white bread	8.99
<b>Basil Chicken Salad</b> With Vegenaïse, provolone, & spring mix on Dave's Good Seed	8.99
<b>B.L.T.A.</b> Turkey bacon, Vegenaïse, avocado, tomato & spring mix on Dave's white bread	8.99
<b>Classic Turkey</b> With mustard, cheddar, tomato, onion & spring mix on Dave's white bread	8.99
<b>The Club</b> Roast turkey, sugar maple ham, bacon, Vegenaïse, cheddar, tomatoes, onions & spring mix on Dave's white bread	9.99
<b>Elegant Texan</b> Smoked turkey, mustard, Havarti, bbq sauce, tomato, onion, & spring mix on Dave's white bread	8.99
<b>Grilled Cheese</b> Classic grilled cheese with cheddar on Dave's white bread; served with apple half	5.99
<b>Ham &amp; Swiss</b> Honey Maple Ham, Swiss, pickles, Vegenaïse, & mustard on ciabatta	8.99
<b>Italian</b> Salami, pepperoni, provolone, Vegenaïse, mustard, tomato, onion, spring mix & balsamic glaze on ciabatta	8.99
<b>Pepper Jack</b> Smoked turkey, paprika-lime dressing, tomato, onion & spring mix on Dave's white bread	8.99
<b>Red Pepper Hummus</b> (vegetarian) With feta, tomato, onion, cucumbers, spring mix & house vinaigrette on Dave's Power Seed bread	8.99
<b>Southwest Turkey</b> With Vegenaïse, Swiss, tomato, onion & spring mix on white bread	8.99
<b>Southwestern Veggie</b> (vegetarian) Pepper Jack, avocado, tomato, onion, cucumbers, roasted red peppers, spring mix & paprika lime dressing on ciabatta	8.99
<b>Sun Tuna Salad</b> With Vegenaïse, Havarti cheese & spring mix on Dave's Good Seed	8.99
<b>Tuscan Turkey</b> Smoked turkey, Havarti cheese, sun dried tomato aioli, tomatoes, onion & spring mix on ciabatta	8.99

# ADD-ONS

<b>Avocado</b>	1.50
<b>Extra Cheese</b>	1.25
<b>Extra Meat</b>	2.50
<b>Bacon or Turkey Bacon</b>	1.50
<b>Hummus</b>	1.50
<b>Make it a Meal</b> Iced Tea or select drinks with chips or 8oz deli salad or apple	2.50
<b>Soup or Salad Combo</b> 1/2 sandwich with small soup or small salad from salad bar (hot foods cannot be substituted)	9.99

# DRINKS

<b>Iced Tea</b>	1.99
<b>Organic Carrot Juice</b> 12/16/20oz	4.99 5.49 5.99
<b>Organic Coffee</b> 12/16oz	1.99 2.49
<b>Italian Soda</b>	2.79
<b>Italian Cream Soda</b>	3.09

# REGULAR JUICES

12oz-5.99 · 16oz-6.99 · 20oz-7.99
<b>Apple Beet Carrot</b>
<b>Cucumber Pineapple Carrot</b>
<b>Mango Ginger Carrot</b>
<b>Apple Kale Carrot</b>
<b>Strawberry Jalapeno Carrot</b>

# PREMIUM JUICES

16oz-8.99 · 20oz-9.99
<b>Super Greens</b> Kale, cucumber, apple, celery, bell pepper, parsley, lemon
<b>Super 8</b> Carrot, beet, bell pepper, celery, cucumber, garlic, ginger, tomato
<b>Ginger Shot</b> 1oz-2.49 · 2oz-3.49

# SMOOTHIES

All smoothies made with organic fruits & frozen almond milk yogurt.

12oz-5.49 · 16oz-6.49 · 20oz-7.49

<b>Avocado</b> Avocado, yogurt, milk, honey, ice
<b>Berry Burst</b> Banana, blackberries, blueberries, raspberries, strawberries & apple juice
<b>Blue Coconut</b> Banana, blueberries, pineapple coconut juice
<b>Fruit Basket</b> Banana, blackberries, blueberries, raspberries, strawberries, peaches & apple juice
<b>Mango Trio</b> Banana, mango, peaches, honey & apple juice
<b>Strawberry Sunrise</b> Banana, peaches, strawberries & apple juice
<b>Tropic Cooler</b> Banana, pineapple & coconut milk
<b>Create Your Own</b> Choice of 3 fruits, yogurt & juice or milk

# PREMIUM

All smoothies made with organic fruits & frozen almond milk yogurt.

16oz-6.99 · 20oz-7.99

<b>Chai High</b> Banana, hemp milk, chai tea, hemp protein, hemp oil, cinnamon
<b>Keto Shake</b> Avocado, blackberries, peanut butter, cocoa, chia seeds, sugar free vanilla, unsweetened coconut milk
<b>Power Green</b> Banana, blackberries, blueberries, raspberries, strawberries, peaches, bee pollen, spirulina, pea protein & apple juice
<b>Protein Bomb</b> Whey & pea protein, bananas, flax oil, peanut butter, almond milk

# ADD-ONS

<b>Regular</b> Bee pollen, flax oil, PB2, local honey, spirulina, pea protein or energy, immunity or weight loss boost	.99¢ each
<b>Premium</b> Hemp heart protein, hemp oil	1.49 each
<b>Whey Protein or Bone Broth Protein</b>	1.99