

ESPRESSO

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

Americano 12/16/20oz	1.99 2.49 2.99
Cappuccino 12/16oz	3.49 3.99
Mocha 12/16/20oz	3.99 4.49 4.99
Latte 12/16/20oz	3.49 3.99 4.49
Chai Latte 12/16/20oz	2.99 3.49 3.99
Dirty Chai Latte 12/16/20oz	3.49 3.99 4.49
Frappe (frozen) 16/20oz	4.99 5.49
Hot Chocolate 12/16oz	2.49 2.99
Espresso Shot (2oz)	1.49
Extra Flavoring (per pump)	50¢

DESSERT

Frozen Yogurt

Small—2.99 · Large—3.99

FOOD BARS

Salad Bar Organic produce & homemade dressings	8.99/lb
Hot Foods Bar Daily vegetarian & gluten-free options	8.99/lb
Soup (8 or 16oz)	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

Café Hours	Monday-Friday 9AM—8PM Saturday 9AM—7PM Closed Sundays
Hot Sandwiches	Monday-Friday 10AM—7PM Saturday 10AM—6PM
Hot Foods Bar	Monday-Friday 11AM—4PM Saturday 11AM—4PM
Salad Bar	Monday-Friday 10AM—7PM Saturday 10AM—6PM
Special Diets	Daily gluten-free, vegan, vegetarian & dairy-free options
Deli Meats	Sliced to order antibiotic & nitrite free deli meats from Applegate Farms & True Story
Deli Salads	Daily deli salad options presented in our deli case
Commitment to Quality	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

SANDWICHES

Adult Grilled Cheese Cheddar, pork or turkey bacon & tomato on Dave's white bread	5.99
Apple Pecan Chicken Salad With Vegenaïse, Havarti cheese & spring mix on ciabatta	7.79
Avocado Swiss (vegetarian) With Vegenaïse, tomato & spring mix on Dave's white bread	7.79
Basil Chicken Salad With Vegenaïse, provolone, & spring mix on Dave's Good Seed	7.79
B.L.T.A. Turkey bacon, Vegenaïse, avocado, tomato & spring mix on Dave's white bread	7.79
Classic Turkey With mustard, cheddar, tomato, onion & spring mix on Dave's white bread	7.79
The Club Roast turkey, sugar maple ham, bacon, Vegenaïse, cheddar, tomatoes, onions & spring mix on sourdough bread	8.99
Elegant Texan Smoked turkey, mustard, Havarti, bbq sauce, tomato, onion, & spring mix on Dave's white bread	7.79
Grilled Cheese Classic grilled cheese with cheddar on Dave's white bread; served with apple half	4.99
Ham & Swiss Honey Maple Ham, Swiss, pickles, Vegenaïse, & mustard on ciabatta	7.79
Italian Salami, pepperoni, provolone, Vegenaïse, mustard, tomato, onion, spring mix & balsamic glaze on ciabatta	7.79
Pastrami on Rye Beef pastrami, Swiss, provolone, mustard & onion on sprouted rye bred	7.79
Pepper Jack Smoked turkey, paprika-lime dressing, tomato, onion & spring mix on Dave's white bread	7.79
Red Pepper Hummus (vegetarian) With feta, tomato, onion, cucumbers, spring mix & house vinaigrette on Dave's Power Seed bread	7.79
Southwest Turkey With Vegenaïse, Swiss, tomato, onion & spring mix on white bread	7.79
Southwestern Veggie (vegetarian) Pepper Jack, avocado, tomato, onion, cucumbers, roasted red peppers, spring mix & paprika lime dressing on ciabatta	7.79
Sun Tuna Salad With Vegenaïse, Havarti cheese & spring mix on Dave's Good Seed	7.79
Tuscan Turkey Smoked turkey, Havarti cheese, sun dried tomato aioli, tomatoes, onion & spring mix on ciabatta	7.79

ADD-ONS

Avocado	1.50
Extra Cheese	1.25
Extra Meat	2.50
Bacon or Turkey Bacon	1.50
Hummus	1.50
Make it a Meal Iced Tea or select drinks with chips or 8oz deli salad or apple	2.50
Soup or Salad Combo 1/2 sandwich with small soup or small salad from salad bar (hot foods cannot be substituted)	8.99

DRINKS

Iced Tea	1.99
Organic Carrot Juice 12/16/20oz	4.49 4.99 5.49
Organic Coffee 12/16oz	1.49 1.99
Italian Soda	2.79
Italian Cream Soda	3.09

REGULAR JUICES

12oz-5.49 • 16oz-6.49 • 20oz-7.49
Apple Beet Carrot
Cucumber Pineapple Carrot
Mango Ginger Carrot
Apple Kale Carrot
Strawberry Jalapeno Carrot

PREMIUM JUICES

16oz-7.99 • 20oz-8.99
Super Greens Kale, cucumber, apple, celery, bell pepper, parsley, lemon
Super 8 Carrot, beet, bell pepper, celery, cucumber, garlic, ginger, tomato
Ginger Shot 1oz-2.19 • 2oz-3.19

SMOOTHIES

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

12oz-4.99 • 16oz-5.99 • 20oz-6.99

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

PREMIUM

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

16oz-6.49 • 20oz-7.49

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

ADD-ONS

Regular Bee pollen, flax oil, PB2, local honey, spirulina, pea protein or energy, immunity or weight loss boost	85¢ each
Premium Hemp heart protein, hemp oil	1.25 each
Whey Protein or Bone Broth Protein	1.75