

2023

Le Cafe Natural, Menu, Date unknown

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appetizers

stuffed avocado	3.00	seafood quiche	3.00
a halved ripe avocado filled with baby shrimp with mayonnaise dressing		fresh shrimp, scallops and mushrooms combined to create a light and special dish	
stuffed mushrooms	2.50	cocquille st. jacques	3.75
fresh mushroom caps stuffed with creamy spinach		the classic coquille—scallops, fresh mushrooms in a creamy sherry sauce with gruyere cheese	
quiche lorraine	2.50		
bacon & swiss cheese prepared by a traditional recipe into a delightful dish.			

fresh juices

apple, carrot, grapefruit, orange, tomato, celery & carrot	Small: \$1.10 Large: \$1.75
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health tonics

Mediterranean	strawberry shake
fresh fruit, milk & yogurt	fresh strawberries, honey & orange juice
tropical	banana nog
banana, milk, honey & yogurt	banana, honey, eggs & dry milk
caribbean	orange nog
avocado, coconut, milk & yogurt	orange juice, egg, yogurt & honey
hawaiian	yogurt delight
pineapple & pineapple juice, coconut & yogurt	apples, pears, raisins with cream of coconut & yogurt
	1.95

yogurt

plain or flavored	1.25
garnished with any topping of your choice: peanuts, coconut nut, wheat germ, raisins, walnuts, honey, banana (each additional topping .25 extra)	1.50
garnished with fresh fruit salad or strawberries	2.00

soups

	onion soup	2.00	
gazpacho	1.50	mushroom & barley	1.75
tomato	1.50	soupe du jour	1.50
	bowl of soup, tossed salad, coffee or tea		
	3.50		

omelettes

cheese	3.00	spanish	3.50
spinach	3.25	ratatouille	3.50
mushroom	3.50	strawberry	3.50
paysanne	3.50	creamed chicken	3.75

served with fresh fruit salad or taboulah salad

beverages

coffee	.65	coke, tab, or 7 up	.85
pot of tea	.85	skim or whole milk	.85
herbal tea	.85	iced coffee	.90
hot cider	1.00	iced tea	.90
espresso	1.00	cider	.80
cappucino	1.40	beer	1.00
hot chocolate	.90	imported beer	1.50
perrier water	1.10	glass of wine	1.10

les salades naturelles

spinach	4.25
baby spinach leaves, tossed with crisp bacon, mushrooms, carrots, egg yolks and croutons	
cheesaroma	4.25
julienned swiss, cheddar, mozzarella around a creamy mount of cottage cheese blended with carrots, cucumbers, fresh fruit & raisins	
waldorf	4.50
a blend of apples, celery, carrots, dates, raisins, pineapples and walnuts around a creamy mound of cottage cheese	
yogurt a la naturelle	4.50
fresh yogurt, cottage cheese, dates, nuts, and shredded coconut on a bed of green, mixed with fresh fruit	
turkey supreme	4.50
diced turkey, celery, scallions and carrots, with a mixture of seasonal fruit and crunchy roasted peanuts	
tropicana	4.75
tasty avocado chunks served with a fresh salad including cherry tomatoes, cucumbers, green pepper, beets, scallions and watercress	
stuffed avocado	4.75
half of an avocado filled with your choice of specially seasoned shrimp, tuna, or egg salad, tastefully set on a bed of shredded carrots and alfalfa sprouts	
americana	4.75
a scoop of tuna, chicken, and curry egg salad blended with sprouts, tomatoes and carrots	
salade du chef	5.00
julienned ham, turkey and cheese, tossed with tomatoes, olives, eggs and carrots, on a bed of greens	
nicoise	4.75
a melange of white tuna fillets with beets, pimentos, anchovies, hard boiled eggs and cherry tomatoes on bed of greens	
any of the above salads served with soup du jour .95 extra	

quiches

lorraine	3.25
bacon & swiss cheese prepared by a traditional recipe into a delightful dish	
vegetable	3.25
broccoli, cauliflower, carrots, green pepper and onion mixed into a nutritious quiche	
seafood	3.75
fresh shrimp, scallops and mushrooms combine to create a light and special dish	

desserts

creme caramel	1.25
fresh fruit salad (plain or with dressing)	1.75
cantalope with cottage cheese & strawberry	2.50
home made apple pie	1.75
carrot cake	1.25
apple raisin cake	1.25
cheese cake	1.75
banana split	2.75
belgian waffles	.75
with whipped cream & strawberries	1.75
with frozen yogurt	1.75
with whipped cream & fruit	1.95
with powdered sugar & butter	1.25
assorted pastries	1.50
cappucino with your favorite liquor	2.50
espresso with your favorite liquor	2.00

le cafe nature

- eggs espagnol
two poached egg
and onion
- croque monsieur
a traditional pie
- eggs benedict
two poached egg
extraordinary w
- eggs florentine
two poached egg
and white sauce

Today's Special

FRESH FRUIT TARTS
FRESH PUDDING TARTS

1.25



Cards Welcome

- spinach casserole 3.50
garden fresh spinach blended with cottage cheese and swiss into a
nutritious crustless casserole
- broccoli au gratin 3.50
steamed fresh broccoli spears topped with white sauce, cheddar and
jarlsberg cheese
- broccoli & carrot casserole 3.50
fresh broccoli and carrots blended with swiss and cottage cheese
creates a nutritious and lo-cal dish
- vegetable & cheese speciale 3,50
steamed garden fresh vegetables on protein bread topped with white
sauce and cheese
- ratatouille platter 4.00
fresh zucchini, eggplant, tomato, and peppers in a delicate tomato
sauce with cheese

hot and healthy

- steak hache au basilique 4.50
chopped lean steak cooked to your taste with fresh tomato sauce
and basil
 - steak hache au poivre 4.50
velvety cream sauce, spiced with pepper and wine served over the
finest quality chopped beef
 - steak hache au fromage 4.50
specially prepared cheese sauce served over chopped beef, makes
the ordinary cheeseburger a delight
 - vegetable au gratin 4.50
steamed eggplant, zucchini, carrots, green pepper and tomatoes
blanketed with a delicious cheese sauce
 - lasagne ratatouille 5.25
whole wheat lasagne noodles layered with fresh vegetables and
ricotta cheese, served with tomato sauce to create a
nutritious meal
 - chicken a la naturelle 5.75
skinless, boneless, chicken breast seasoned with mushrooms
and cheese
 - boeuf bourguignon 6.00
tender beef steak, marinated in red wine and sauteed with
mushrooms and carrots
 - filet francaise 6.75
fresh filet of flounder, sauteed in a superb white wine and butter
sauce, and garnished with slightly toasted bread crumbs
 - stuffed flounder 7.00
fresh fillet of flounder, stuffed with baby spinach leaves and cheese
 - filet mignon 'nature' 11.00
choicest tender filet broiled to your taste
 - sirloin steak 11.50
one pound of choice sirloin steak broiled to your perfection
- above served with tossed salad and rice

the burgers

half a pound of pure sirloin burgers, broiled just the way you like them! Served thick and juicy on a toasted bun with french fries and our tossed salad on the side.

the hamburger	3.75	the westernburger	4.50
the cheeseburger	4.00	american cheese, tomato and a slice of onion broiled in the middle of the burger	
the onionburger	4.00		
the blueburger	4.25	the mushroomburger	4.75
the cheddarburger	4.25	the chiliburger	4.75
the pizzaburger	4.50	the baconburger	4.75
pizza sauce and mozzarella cheese		the mexican burger	5.25
		homemade chili, melted cheese and chopped onions on top	
		the bacon-cheeseburger	5.25

Please be patient—our burgers take a while to be cooked

sandwiches

wisconsin	3.00
swiss cheese, cucumbers, tomato & watercress on protein bread	
new england	3.00
curried egg salad with tomato & watercress on protein bread or in wheat pita bread	
maryland	3.25
our chunky chicken salad on toasted wheat bread or in pita with tomato & sprouts	
alaska	3.25
whitest tuna salad on protein bread with walnuts, sprouts and tomatoes	
new york	3.75
julienned ham, turkey, & swiss cheese in pita bread with chunky tomatoes & watercress	
kansas	4.00
sliced steak with lettuce, tomato and onion in pita bread	

all our sandwiches can be served warm at your request
