

Fall Specials

*All daily specials are organic, gluten and dairy free!**

Monday- Mediterranean

A refreshing organic mediterranean nutrient dense salad. Quinoa, chickpeas, artichoke hearts, tomatoes, cucumbers, lemon, & herbs.

Tuesday- Taco Day

Call ahead to see what organic vegan taco creation is being prepared on Taco Tuesday!

Wednesday- Golden Healing Soup

Homemade anti-inflammatory and cold clearing remedy. Fresh tumeric, ginger, garlic, lemon, onion, vegetable stock, sweetpotato, sunchokes, and love.

Thursday- Tuna Lunch Box

Our famous tuna salad served with sesame seasoned brown rice, organic alfalfa sprouts or mixed greens, wasabi, and sliced avocado. (vegan option uses mixed beans instead of Tuna)

Friday- Forbidden Black Rice

With warm coconut milk & organic mango.

Also Available:


An array of fresh, organic prepared foods* made on premises by our own chefs!

- ~Sandwiches
- ~Gourmet salads
- ~Raw/Vegan entrees
- ~Gluten Free options
- ~Artisan crafted whole food based desserts

We also carry delicious treats from local bakeries. Selection varies; stop by or call for more information!

*Prepared foods are not made to order.

Connect with us on social media!

 [Facebook.com/organicogrocerycafe](https://www.facebook.com/organicogrocerycafe)

 [Instagram: organico_grocerycafe](https://www.instagram.com/organico_grocerycafe)

www.organicogrocerycafe.com



Grocery Café

Growing health & happiness since 2003



(201)-934-5511

Call ahead for pick up!

475 N Franklin Tpk.
Ramsey, NJ 07446

Hours

Monday - Friday	7:00am-6:00pm
Saturday	9:00am-6:00pm
Sunday	10:00am-3:00pm

Juice bar closes ½ hour before store closing

Organic Juices

Apple S \$7.99 L \$9.99
Celery S \$6.99 L \$8.49
Carrot S \$5.99 L \$6.89

Carrot|Apple|Beet S \$5.49 L \$7.49
Carrot|Apple|Celery S \$5.49 L \$7.49

Pink Lemonade S \$7.99 L \$9.99
 Beet|Apple|Lemon

Mixed House S \$6.99 L \$8.49
 Carrot|Apple|Beet|Kale|Celery

Sunny Special S \$5.99 L \$6.89
 Carrot|Apple|Beet|Celery|Ginger

Green Mojito S \$10.29 L \$12.99
 Lime|Cilantro|Mint|Kale|Apple|Spinach|Cabbage

Theresa's Treasures S \$8.99 L \$11.59
 Lemon|Spinach|Apple|Cucumber|Kale|Celery

All Green S \$10.99 L \$13.99
 Cilantro|Cucumber|Kale|Spinach|Broccoli|Celery|Lemon

Detox Veggie S \$7.99 L \$9.99
 Tomato|Garlic|Carrot|Celery|Beet|Cabbage|Cayenne|Sea Salt

Add Ginger, Garlic or Lemon for .29 each
Create your own! (price based on choices)

Shots

***Wheatgrass** 1 oz \$3.19 2 oz \$6.29
 ***E3 Live** 1 oz \$3.19 2 oz \$6.29
 Blue-green algae, rich in vitamins&minerals

***Turmeric** 3 oz \$4.99
 Apple|Turmeric|Lemon|Ginger|Black Pepper

***Fire Cider** 1 oz \$3.19 2 oz \$6.29

***Flu Shot** ½ oz \$3.19
 Loquat honey|Immune Support Tincture

***Vegan Power Shot** 3 oz \$5.59
 Liquid B Complex|Vegan Iron|Veggie Berry Juice

Our drinks

are:

Organic/ Dairy

Free/ Gluten

Free/ Made

fresh to order*

Please alert staff with any allergy considerations.

All substitutions

subject to additional charge.

All drinks are available served in mason jar for \$1 extra.

Bring your own jar or cup for \$.50 off any

Organic Smoothies

Almond Date S \$10.25 L \$12.49
 Soy Milk|Almond Butter|Banana|Pecans or Walnuts|Dates

Banana Bread S \$9.69 L \$11.89
 Water|Cashews|Banana|Pecans|Date|Maca|Cinnamon

Beach Breeze S \$7.99 L \$9.99
 Coconut Water|Banana|Pineapple|Dates|Coconut Butter|Blue Majik

Blueberry Lavender S \$6.29 L \$7.99
 Filtered water|Blueberry|Banana|Raw Honey|Coconut Butter|Lavender Flowers

Green Smoothie S \$7.99 L \$10.29
 Coconut Water|Banana|Spinach|Kale|Strawberry

Island Mango S \$6.29 L \$7.99
 Coconut Water|Mango|Banana|Dates|Coconut Butter|Mint

Kick in the Right Direction L \$11.89
 Coconut Water|Banana|Spinach|Kale|Apple|Broccoli|Mango|Garlic|Ginger|1oz E3 Live (All Organic Meal-Not for Amateurs!)

Mellow Mint Maca S \$9.69 L \$11.89
 Filtered Water|Cashews|Banana|Raw Honey|Coconut Butter|Cocoa Powder|Mint|Maca

Pumpkin Spice S \$9.69 L \$11.89
 Filtered Water|Pecans|Cashews|Carrots|Figs|Banana|Date|Cinnamon|Nutmeg|Ginger|Clove

Strawberries & Cream S \$5.99 L \$7.69
 Filtered Water|Strawberry|Banana|Coconut Butter|Dates

Smoothie Extras:

Cayenne | Cocoa |

Cinnamon | Turmeric

.25

Aloe Vera | Anti

Stress | Chia Seed |

Date/Agave/Honey |

Flax Seed | Immune

Blend | Kale | Maca |

Spinach

\$1.00

Sunflower or Peanut

Butter | Multi Vitamin |

Vegan Protein | Hemp

Seeds **\$2.50**

Almond Butter **\$3.00**

"No Banana" or Milk

Substitution: \$1.25

Kid's Corner

Papa Bare (L) \$7.79 | Mama Bare (S) \$5.99 | Baby Bare(8 oz) \$3.99

<i>Bare Berry</i>	<i>Mint Chocolate Chip</i>	<i>Vanilla Banana</i>
Honey Water Banana	Coconut Milk Banana	Your choice of milk
Strawberry Raspberry	Spinach Mint Date	Banana Honey
Blueberry	Cacao Nibs	Cinnamon

Clean Protein

Green Protein S \$7.49 L \$8.99
 Coconut Milk|Pineapple|Spinach|Vegan Protein|Banana

Iron Man S \$7.49 L \$8.99
 Filtered Water|Peanut Butter|Cocoa Powder|Raw Honey|Vegan Protein|Banana

PB & J S \$9.69 L \$11.89
 Filtered Water|Peanut Butter|Raspberries|Blueberries|Strawberries|Banana|Date|Sea Salt|Vegan Protein

Strawberry Hemp S \$10.25 L \$12.49
 Almond Milk|Almond Butter|Banana|Strawberry|Vegan Protein|Dates

Warm Smoothie S \$8.49 L \$9.79
 Hot Water|Vegan Protein|Almond Butter|Banana|Honey|Nutmeg|Cinnamon|Coconut Milk

Bare Bowls

Acai Berry \$13.00
 Honey Water| Pure Organic Acai|Banana|Date|Toppings: Strawberries|Blueberries|Paleo Granola

Coco Mocha \$12.00
 Organic Iced Coffee|Bananas|Dates|Cocoa Powder|Toppings: Toasted Almonds|Shaved Coconut|Vegan Chocolate Chips

Mango Magic \$12.00
 Coconut Water|Mango|Banana|Coconut Butter|Figs|Turmeric|Toppings: Blueberries|Toasted Coconut|Chia Seeds

Strawberry Craze \$12.00
 Coconut Milk|Strawberries|Banana|Dates|Toppings: Vanilla Almond Granola|Strawberries|Bananas

Mystik Mermaid \$13.00
 Coconut Milk|Banana|Pineapple|Date|Blue Majik|Toppings: Coconut Chips|Goji Berries|Pumpkin Seeds|Sliced Banana

Ice Dragon \$12.00
 Coconut Milk|Pure Organic Dragonfruit| Date| Banana|Toppings: Dried Mulberries|Sliced Banana|Slivered