

Naturalle Specialties

Each Served with Your Choice of Hash Browns or Breakfast Potatoes and Toast.

Houston	Two Eggs, Any Way You Like, with Turkey Bacon, Turkey Sausage, or Turkey Ham.	7.50
Naturalle Benedict	Two Poached Eggs with Grilled Tomato on a Toasted English Muffin with Sauce Choron and a Side of Steamed Asparagus.	8.50
Benedict	Naturalle's Rendition of the Classic Eggs Benedict: Two Poached Eggs with Turkey Ham on a Toasted English Muffin with Sauce Choron.	8.50
Beche	Two Scrambled Eggs with Sautéed Corn and Monterey Jack Cheese.	6.50
Chilaquiles	Fried Tortilla Strips with Shredded Poached Chicken Smothered in Tomatillo Salsa and Topped with Cheese and Sour Cream with Beans on the Side.	8.50
Huevos Rancheros	Two Eggs, Sunny-side-up, on Corn Tortilla Topped with Ranchero Sauce and Beans on the Side.	6.00
A la Mexicana	Two Scrambled Eggs with Sautéed Onion, Serrano Peppers, Diced Tomatoes, and Beans on the Side.	6.00
Divorced Eggs	Two Fried, Scrambled, or Poached Eggs with Tomatillo Salsa and Red Salsa, Served on Tortillas with Beans on the Side.	6.50

Breads

Your Choice of a Warm Croissant or a Bagel with:

Smoked Salmon and Chive Cream Cheese	5.50
Turkey Ham and Emmentaler Cheese	4.75
Milk Chocolate	3.50
One Egg Cooked Any Way You Like	4.00
Your Choice of Muffin, Scone, or Breakfast Patisserie	2.00
Cinnamon Roll.	
Apple Strudel.	
Muffins : Blueberry, Banana Nut, Orange Blossom, or Chocolate.	
Scones: Currant, Blueberry, or Apple Cinnamon.	

Waffles and Pancakes

All Pancakes, French Toast, and Waffles are Served with Your Choice of Turkey Bacon, Turkey Ham, or Turkey Sausage.

Belgian Waffle	One Golden Crispy Belgian Waffle Topped with Your Choice of Warm Fruit Compote: Apple, Peach, Pear, or Mixed Berries.	6.50
Buttermilk Pancakes	Stack of Three Fluffy Pancakes with Whipped Butter and Syrup. Add Nuts or Fruits to the Batter Mix of Your Waffle or Pancakes: Pecans, Almonds, or Berries.	6.50 1.50 each
Chef's French Toast	Three Thick Slices of Whole Wheat Farm Bread Dipped in our Chef's Secret French Toast Batter Grilled to Perfection and Topped with Your Choice of Whipped Butter and Syrup or Warm Fruit Compote: Apple, Peach, Pear, or Mixed Berries.	7.50



Soup

All Soups are Prepared In-House.

6.50

Vegetarian Soup du Jour



Cream of Broccoli



Cream of Potato



Salads

Veggie-Tinis

Sliced Cucumber Nested on Shaved Carrots and Jicama with Lime and Chile Piquin.

6.50

Garden Greens

Mixed Garden Greens with Chive Infused White Balsamic Vinaigrette.

6.50

César

Classic Cesar with Hearts of Romaine and Pesto Croutons.

7.50

Sesame Chicken Salad

Sesame Crusted Breast of Chicken Sliced and Nested on Mixed Garden Greens with Honey Soy Dressing.

7.50

Seared Salmon

Seared Lemon Honey Glazed Salmon Fillet over Mixed Garden Greens and Honey Soy Vinaigrette.

7.50

Caprese

Sliced Roma Tomatoes and Fresh Mozzarella with Olive Tapenade over Rocket and Drizzled with Aged Modena Balsamic Vinegar and Olive Oil.

7.50

Lemon Marinated Artichoke Salad

Marinated Artichokes, Grape Tomatoes, Grilled Zucchini and Red Peppers, and Savory Feta over Mixed Greens.

7.50



Paninis

All Paninis include Small Garden Salad and Your Choice of Bread.

Panini, Kaiser Roll, Rye, Wheat, White, or Baguette.

Grilled Chicken

Grilled Breast of Chicken with Roasted Red Peppers, Tomato, Grilled Onions, Fresh Mozzarella, and Garlic Saffron Aioli.

9.50

Grilled Vegetables

Grilled Eggplant, Zucchini, Onions, Roasted Red Peppers, Tomatoes, Olives, Fresh Mozzarella, and Pesto Aioli.

9.50

Tomato Basil Mozzarella

Fresh Roma Tomatoes with Basil, Fresh Mozzarella, and Pesto Aioli.

8.50

Salami and Mozzarella

Salami and Fresh Mozzarella with Pesto Aioli.

8.50

Roast Beef

Thin-sliced Roast Beef with Onions and Peppers.

9.50

Fruit Breakfasts

Fruit Plate

Chef's Selection of Seasonally Available Fresh Fruits with Your Choice of Sides: Slivered Almonds, Chopped Pecans, Granola, Honey, Yoghurt, or Cottage Cheese.

Small
6.50

Large
8.00

Fruit-Tinis

Chef's Selection of Select Fresh Diced Fruit in a Martini Glass Topped with Your Choice of the above Toppings.

6.50



Yogurts Parfait

Alpine Meadow

Organic Yoghurt Topped with Granola, Select Schwartzwalder Honey, and Fresh Seasonal Berries or Other Seasonally Available Fruits.

5.00

3.00

Tropical Morning

Organic Yoghurt Topped with Granola and Seasonally Available Tropical Fruits.

4.50

Cereals

*Each Served with Fresh Berries and Seasonal Diced Fruits.
Choose Whole, 2%, Skim, or Soy Milk.*

4.50

- Oatmeal
- Granola

- Mussli
- All Bran



Three Egg Omelettes

*All Cooked with Your Choice of Whole Eggs, Egg Whites, or Egg Beaters.
Served with Breakfast Potatoes or Hash Browns and Toast.*

Vienna

Emmentaler Cheese and Turkey Ham.

8.00

The Woodlands

Monterey Jack Cheese, Sautéed Spinach, and Corn.

8.00

Nordic

Smoked Salmon, Cream Cheese, and Chives.

11.00

Naturalle

Sautéed Mushrooms, Onions, Peppers, and Tomatoes.

8.00

Italian

Prosciutto and Cheese.

11.00



Burgers

- Naturalle Turkey Burger** 7.50
Ground Turkey with Tomato, Lettuce, Onion, Pickles, and Garlic Saffron Aioli.
- Naturalle Classic Burger*** 9.50
Ground Black Angus Sirloin with Tomato, Lettuce, Onion, Pickles, and Garlic Saffron Aioli.

Pasta

- Spaghetti Pomodoro** 8.50
Spaghetti with Tomato, Garlic, and Basil Sauce.
- Fettuccine Di Pavo** 8.50
Fettuccine in a Turkey Bolognese with Parmigiano Cheese.
- Penne Verde** 7.50
Penne with Herbs and Green Peas in a Garlic, Olive Oil and White Wine Sauce.
- Ravioli Fungi** 9.00
Portabella Mushroom Ravioli with Putanesca Sauce.

Entrees

- Green Olive and Lemon Turkey Filet Mignon** 10.50
Green Olive and Lemon Caper Tapenade Encrusted Turkey Filet Mignon over Tomato and Basil Compote.
- Lemon Parsley Chicken** 9.50
Seared Breast of Chicken with Lemon, Olive Oil, Parsley, and Caper Sauce over Wilted Rocket.
- Simmered Tomato Basil Chicken** 9.50
Breast of Chicken Simmered in Tomato and Basil Concasse over Sautéed Haricot Vert and Grape Tomatoes.
- Lemon Seared Salmon** 12.50
Pan Seared Atlantic Salmon with a Lemon Caper Champagne Reduction, Served over Israeli Cous-Cous with Sautéed Haricot Vert and Grape Tomatoes.
- Caribbean Spiced Grouper with Tropical Salsa** 13.50
Seared Grouper Fillet Rubbed with Caribbean Spices, Topped with Sweet and Tangy Mango Salsa Served over Israeli Cous-Cous.
- Poached Brooke Trout au Pernod** 14.50
Brooke Trout Poached in Court Bouillon and Finished with Pernod Reduction, Served with Sautéed Haricot Vert and Grape Tomatoes.



www.naturalle-group.com

All foods are prepared on equipment that also processes milk, peanuts, nuts, and wheat products.

The Department of Public Health advises that eating raw or undercooked meat, poultry, eggs or seafood poses a health risk to everyone, but specially to the elderly, young children under age 4, pregnant women and other highly susceptible individuals with compromised immune systems. Thorough cooking of such animal foods reduces the risk of illness.

Freshly Squeezed Fruit and Vegetable Juices

Orange, Grapefruit, Carrot, Orange & Carrot	Small 2.00	Large 4.00
Apple, Peach, Tomato, Mango	Small 2.50	Large 4.50

Fruit Liquescents

Fresh Liquid Essences of Fruit.

4.99

Aerobic
Athletic
Gazpacho
Splash
Spring
Yellow
Tropical
Vitality
Borscht
Power
Colada

Strawberries, Papaya, and Orange.
Grapefruit, Celery, and Pineapple.
Tomato, Celery, Cucumber, and Lime.
Carrot, Apple, and Beet.
Orange, Watermelon, and Cantaloupe.
Papaya, Orange, and Banana.
Pineapple, Banana, Strawberry, and Orange.
Watermelon, Pineapple, Cantaloupe, and Orange.
Beet, Carrots, and Celery.
Bananas, Orange, and Strawberry.
Coconut, Pineapple, and Banana.

Naturalle Milk Infusions

4.99

Fresh Fruits Whipped and Infused with Your Choice of Whole Milk, Non Fat, 2%, or Soy.

Our Tried and True Infusions :

- ▶ Banana, Vanilla, and Cinnamon
- ▶ Banana and Dulce de Leche
- ▶ Granola, Honey, and Strawberry
- ▶ Banana and Strawberry
- ▶ Banana and Chocolate
- ▶ Granola and Chocolate
- ▶ Banana and Coconut Milk

Or Make Your Own, Select Any Combination of the Following Ingredients:

- ▶ Banana
- ▶ Granola
- ▶ Strawberry
- ▶ Vanilla Essence
- ▶ Coconut Milk
- ▶ Dulce de Leche
- ▶ Peanut Butter
- ▶ Honey
- ▶ Chocolate
- ▶ Cinnamon

Teas

2.50

English Breakfast, Darjeeling, Assam, Orange Pekoe.

Coffees

Regular or Decaf.

Espresso or Regular Coffee	2.00
Cappuccino	3.75

Milk

Whole , 2%, Skim, Soy	2.00
Chocolate	3.00

Sodas

Coke, Diet Coke, Sprite, Fanta, Hi-C, Dr. Pepper, or Ice Tea.	1.99
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Bottled Water

San Pellegrino, Panna	\$4.50
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