



## nectar SMOOTHIES

### BUILD Your Own SMOOTHIE

16 oz. \$4.09      24 oz. \$5.49      KIDS 12oz. \$2.99 (10 & UNDER)

#### STEP 1) Pick Your Liquid

Orange Juice, Apple Juice, Pomegranate Juice

Add: NonFat Yogurt 0.75 / Organic Soy Milk or Almond Milk 0.99

#### STEP 2) Pick Your Fruit

Up To 3 fruits

Blueberry, Mango, Peach, Strawberry, Pineapple, Organic Banana

Add: Acai, Coconut, Cacao, Acerola, Nutella, Organic Peanut Butter \$1.25 each

#### Step 3) Add "SUPER FOODS"

New! ADD FRESH KALE \$1 ADD FRESH AVOCADO \$1

ORGANIC FLAX SEEDS Fiber, Antioxidants, Omega 3 \$0.75

WHEY PROTEIN Muscle Builder, Weight Manager \$.99

SPIRULINA High In Protein (70%Pure Protein), minerals and vitamin \$2

HEMP SEEDS Protein, Omega 3 & 6 \$.99

SOY PROTEIN POWDER Great substitute for Meat \$.99

ORGANIC GINGKO Memory and Attention Enhancer \$.99

ORGANIC GUARANA Energy Booster\$.99

ORGANIC CACAO Antioxidants, Focus, Alertness \$1.25

ALOE VERA Digestion, Build Immune System \$1.25

KAVA KAVA Relaxation with Focus \$2

## New! mega SMOOTHIES

New! GREEN SMOOTHIE – Kale, Cucumber, Organic Fresh Apple, Pineapple

16oz- \$7      24oz- \$9

New! MEAL REPLACEMENT – Acai, Coconut, Kale, Flax Seeds, Pineapple, Organic Banana, OJ Protein!

16oz- \$9      24oz- \$12      - Add Peanut Butter: \$1

New! PALEO – Kale, Mango, Banana, Almond Milk

16oz- \$6      24oz- \$8

New! FRESH AVOCADO SMOOTHIE (BRAZILIAN STYLE)

FRESH AVOCADO, 2% MILK, ORGANIC AGAVE

16oz (one size only)- \$6

## nectar BEVERAGE

-Yerba Mate Iced Tea (Brazilian toasted Yerba Mate)

-Organic Coffee Bar (Cappuccino, Latte, Mocha, Americano)

## More mega SMOOTHIES

16oz \$6.50      24oz \$8.5

"Super Fruits" from the Amazon are 100% PULP – No Preservatives (Acai, Acerola, Coconut, Cacao)

1) ACAI BERRY, ORGANIC BANANA, ORANGE JUICE, GUARANA ENERGY (100%Acai Pulp) Energy, Immune System Builder, Antioxidants

2) COCONUT PULP, PINEAPPLE, ORGANIC BANANA , ORGANIC SOY MILK Metabolism Booster, Detox

3) AMAZON ACEROLA CHERRY, ORGANIC BANANA, ORANGE JUICE Loaded with Vitamin C, Immune System Builder, Antioxidants

4) CACAO PULP, CACAO POWDER, BLUEBERRY, ORGANIC BANANA, ORGANIC SOY MILK Loaded with Antioxidants, Protein, Feel Sexy

5) HIGH PROTEIN SMOOTHIE Fresh Ground Peanut Butter, Organic Banana, Organic Soy Milk, Protein Powder (Whey OR Soy)

6) NUTELLA, ORGANIC BANANA, ORGANIC SOY MILK Protein, Brain Stormer, Energizer

## nectar JUICES

JUICES are MADE TO ORDER – right in front of your eyes! Juices are not pre bottled!

12 oz - \$4.29      16 oz - \$5.50      24oz - \$8.40

Add Fresh Kale: \$1

New! GREEN GO Kale, Cucumber, Organic Apple, Lemon

GREEN OF THE DAY Kale, Celery, Cucumber, Organic Apple

DAILY DETOX Organic Carrot, Celery, Lemon, Ginger, Organic Apple

SUN SALUTATION Organic Carrot, Organic Apple, Beet, Ginger

FIVE-A- DAY Kale, Organic Carrot, Organic Apple, Beet, Cucumber

PURIFIER Organic Carrot, Beet, Celery

VIRGEM BLOODY MARY Organic Tomato, Celery, Organic Carrots, Lemon and Pinch of Cayenne Pepper

ORGANIC CARROT JUICE

## nectar SHOTS      MADE TO ORDER

FLU SHOT Fresh Lemon, Fresh Ginger & Cayenne Pepper (2oz) \$3.25

WHEAT GRASS SHOT Organic, Local Grower \$2.39 (1oz)

DETOX SHOT Wheat Grass, Fresh Ginger, Fresh Lemon Shot \$3.89 (2oz)

FRESH LEMON SHOT \$1.50

FRESH GINGER SHOT \$1.50

-Organic Hot Tea

-San Pelegrino

-Guarana Antartica- Brazilian Soda

Our Smoothies have No Sugar Added - No High Fructose Corn Syrup. Nothing Canned

We use only sea salt on our Recipes.  
Panini are brushed with Olive Oil

WARNING: THE RAW JUICES HAVE NOT BEEN PASTEURIZED AND THEREFORE MAY CONTAIN HARMFUL BACTERIA THAT CAN CAUSE SERIOUS ILLNESS IN CHILDREN, THE ELDERLY AND PERSONS WITH WEAK- ENED IMMUNE SYSTEM.

\*Ask us to see the ingredient list if you have any food allergies.\*

\*We handle gluten, nuts and fish in this facility. Cross contamination may occur\*

GUARANA Amazonian energy booster

SPIRULINA High amount of protein (70%Pure Protein), almost complete protein, contains 18 of the 22 amino acids the body needs. High in mineral/vitamin content.

GINGKO Memory and attention concentration enhancer

HEMP SEEDS Omega 3,6. High Protein, Fiber, Vitamin E

ALOE VERA Helps digestion and immunity system

CACAO Loaded with antioxidants, increases focus and alertness and contains nutrients to keep you happy.

FLAXSEED High Fiber, antioxidants, and Omega-3

ACEROLA Brazilian cherry has 65 Times the Vitamin C of a Single Orange, Antioxidant

ACAI Brazilian Berry, loaded with antioxidants, amino acids, essential omegas, fibers and protein

COCONUT Helps to strengthen the immune system and helps detoxify and flush toxins out of the body. Increases metabolism. Boost your daily energy. Rejuvenate your Skin.

KAVA KAVA Promotes relaxation without disrupting mental activity

"These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease."



## nectar BREAKFAST PANINI

Served on a Multigrain, Artisan Bread or Bagel \*We use Cage-Free Eggs, No Hormones or Antibiotics. Substitute Gluten Free Bread Add \$1.35  
ADD FRESH CUT AVOCADO TO PANINI \$1

\*BAGEL \$1.49 (Plain or Everything Bagel) / \*CREAM CHEESE \$.75

\*EGG, CHEESE & TURKEY BREAST \$6

\*EGG& CHEESE \$5

\*EGG, CHEESE & BACON \$6

\*EGG, CHEESE & FRESH CUT AVOCADO \$6

### BREAKFAST "SIGNATURE" PANINI:

\*EGG, MOZZARELLA, ORGANIC TOMATO & HOUSE MADE PESTO \$6

\*EGG DRIZZLED W. TRUFFLE OIL,MOZZARELLA, ORGANIC TOMATO \$6

\*EGG, MOZZARELLA, ROASTED RED PEPPER,HOUSEMADE CHIPOTLE \$6

New! \*EGG, MOZZARELLA & FRESH VEGGIES (Fresh Cut Avocado, Tomato, Onions) \$7

New! \*PALEO: EGG, CHEESE, BACON & FRESH VEGGIES (Avocado, Tomatoes, Onions) \$7

Organic COFFEE BAR (Fair Trade - Shade Grown) \*We have Almond Milk and Organic Soy Milk- See Menu Board!

## nectar PANINI

Served on an Artisan MultiGrain Bread- Local Bakery  
Substitute Gluten Free Bread Add \$1.35  
ADD FRESH CUT AVOCADO TO PANINI \$1

### New! CHICKEN & AVOCADO

Chicken Breast, Fresh cut Avocado, Mozzarella Cheese, House-made Russian Sauce made with Roasted Garlic, Organic Tomato, Greens \$8

### SPICY CHIPOTLE CHICKEN PANINO

Oven Roasted Chicken Breast, Mozzarella, Greens, Roasted Red Pepper with House-made Chipotle Sauce \$7

CHICKEN & PESTO PANINO Oven Roasted Chicken Breast, House-made Pesto, Mozzarella Cheese, Organic Tomato, Greens \$7

SMOKED TURKEY PANINO Smoked Turkey, Sweet Onion Chutney, Swiss cheese, Organic Tomato, Greens \$7

### NECTAR TUNA MELT

Nectar Tuna Salad (White Albacore Tuna with Capers, Fresh Celery and Lemon), Mozzarella cheese, Organic Tomato, Greens \$7

### WALNUT CHICKEN SALAD PANINO

Chicken Salad made with Oven Roasted Chicken Breast, Walnuts, Cranberries, Celery served with Greens and Organic Tomatoes \$7

### NECTAR TURKEY REUBEN

House-made Russian Sauce made with our own Roasted Garlic, Artisan Rye Bread, Swiss Cheese, Smoked Turkey, Sauerkraut \$7

### SMOKED TURKEY + AVOCADO PANINO

Smoked Turkey, Swiss cheese, Fresh cut Avocado, House-made Russian Sauce made with our own Roasted Garlic, Greens \$8

### SMOKED CHICKEN+ BACON PANINO

Our Own Oven Roasted Chicken Breast, Crisp Bacon, Swiss cheese, House-made Russian Sauce, Greens \$8

### SMOKED TURKEY + BACON PANINO

Smoked Turkey, Crisp Bacon, Swiss cheese, House-made Russian Sauce, Greens \$8

## SIDES:

Zap's Chips or Organic Apple \$1

Nectar Salad \$2

Greens, Organic Tomatoes, Sunflower Seeds, Red Onions, House-made Sherry Vinaigrette (other dressings available upon request) \$2

Add on - Home-Made Soup \$3 - See Daily Selection on the Board - Made from scratch using sea salt!

## nectar VEGETARIAN PANINI

Served on an Artisan MultiGrain Bread - Local Bakery

Substitute Gluten Free Bread \$1.35

ADD FRESH CUT AVOCADO TO PANINI \$1

### New! NECTAR VEGGIE REUBEN

Oven Roasted Veggies, Housemade Russian Sauce made with our own Roasted Garlic, Artisan Rye Bread, Swiss Cheese, Sauerkraut \$7

### New! AVOCADO PANINI

Fresh cut Avocado, Cheddar Cheese, Organic Tomato, Red Onions, Roasted Red Pepper, Greens \$8 (Make it Vegan -Ask for No cheese)

### VEGGIE SPICY CHIPOTLE PANINO

Oven Roasted Veggies, Mozzarella, Roasted Red Pepper, House-made Chipotle Sauce, Greens \$7

### TRUFFLE PANINO

Mozzarella, Swiss, Cheddar cheese, Organic Tomato, Greens drizzled with Truffle Olive Oil \$7

### VEGETARIAN HEARTS OF PALM PANINO

Hearts of Palm, Cheddar Cheese, Red Onions, House-made Russian Sauce, Greens \$7

### VEGGIE PANINO

Oven Roasted Veggies, Mozzarella cheese, House-made Pesto, Organic Tomato, Greens \$7 (Make it Vegan - Ask for No cheese - Our pesto is vegan!)

### NECTAR GRILLED CHEESE, ROASTED RED PEPPER, CHIPOTLE SAUCE

Mozzarella, House-made Chipotle Sauce, Roasted Red Pepper \$6

### NECTAR GRILLED CHEESE with PESTO AND ORGANIC TOMATO

Mozzarella, House-made Pesto, Organic Tomato \$6

## KIDS & more

NINO PANINO -Grilled Cheese(Kids under 10) Mozzarella&Cheddar \$4

Add: CHICKEN OR TURKEY for \$1 extra

Side: Organic Apple, Banana or Zap'sChips

### FRESH GROUND PEANUT BUTTER & JELLY PANINO

Your classic PB&J made for kids and grown ups also \$4

## nectar SOUPS & SALADS

Toast: Add \$0.50 / Gluten Free Toast: add \$1

SOUPS - Small \$3.95 Large \$6.50 (See Daily Selection on the Board)

SALADS Add Fresh Cut Avocado \$1

### New! Kale + Avocado Salad (Vegan)

Kale, Fresh Cut Avocado, Cranberries, Tomatoes, Red Onions, Sherry Vinaigrette \$9.5

CHIPOTLE SALAD Chicken Breast, Organic Tomato, Red onions, Roasted Red Pepper, Mozzarella, Greens / House-made Chipotle Dressing \$8.50  
Make it Vegetarian -Substitute Roasted Veggies!

TUNA SALAD Organic Tomato, Red onions, Sunflower Seeds, Greens topped with Nectar Tuna Salad (Albacore Tuna with Capers, Fresh Celery and Lemon) /Sherry Vinaigrette \$8.5

CHICKEN SALAD Chicken Breast, Organic Tomato, Red onions, Sunflower Seeds, Cranberries, Greens/ Sherry Vinaigrette \$8.5 Add Fresh Cut Avocado \$1

HEARTS OF PALM SALAD(Vegan) Cranberries, Organic Tomato, Red onions, Sunflower Seeds, Greens / Sherry Vinaigrette dressing \$9  
Add Fresh Cut Avocado \$1

WALNUT CHICKEN SALAD Organic Tomato, Red onions, Sunflower Seeds, Greens topped with Chicken Salad made with Chicken Breast, Walnuts, Cranberries / Sherry Vinaigrette dressing \$8.5

KITCHEN SINK SALAD Chicken Breast, sliced Turkey, Organic Tomato, Red Onions, Sunflower Seeds, Cranberries, Greens / Sherry Vinaigrette Dressing \$10

NECTAR JUICE CLEANSE

ORDER ON-LINE

[www.benectar.com](http://www.benectar.com)

WE DELIVER!

Catering Available

Breakfast & Lunch

Food Truck Available

for On-site Catering

