



All prices include Sales Taxes - you pay what you see on the menu!

nectar SMOOTHIES Real Fruit, no sugar added, organic agave 16oz

SMOOTHIE ONE Pomegranate Juice, Strawberries, Pineapple, Organic Banana 5

SMOOTHIE TWO Mango, Pineapple, Organic Banana, Orange Juice 5

GREEN SMOOTHIE Kale, Cucumber, Organic Fresh Apple, Pineapple 7

NUTELLA SMOOTHIE Nutella, Organic Banana, Organic Soy Milk 7

nectar Others:

Orange Juice 3

Coke, Diet Coke, Water Bottle 1.50

COFFEE MENU

We serve local coffee roaster Bartdof & Bronson - Dancing Goats Blend

	12oz	16oz	
Fresh Brew	2.25	2.75	
Americano	2.75	3.00	
Latte	3.75	4.25	
Cappuccino	3.75	4.25	
Mocha	3.75	4.25	
Black Eye	3.75	4.25	*Fresh Brewed Coffee + Two Espresso Shots
Macchiato	3.75		- Two Espresso Shots
Iced Coffee - Americano	3.50		- Two Espresso Shots
Espresso 2 shots	2.25		

ADD ON:

VANILLA SYRUP 0.75 CAMEL SYRUP 0.75 CHOCOLATE SYRUP 1

ADD ESPRESSO SHOTS (2 SHOTS) 2.25

SUBSTITUTE WITH ALMOND MILK - SOY MILK 1.25

COFFEE TO GO!

It includes Cups, Sugar, Milk, Stirs, etc. \$19.50 (including sales taxes)

Serves up 12 people

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

We use only Sea Salt on our Recipes -Panini brushed with Olive Oil only

**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 We use the same grill for all orders * We use the same blender cup to blend all smoothies*

Join our **Loyalty Program** for Free Menu Items! Ask the nectar crew how to sign up!

We would love to hear your feedback: info@benectar.com



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nectar BREAKFAST HOT PRESSED SANDWICHES

Served on a Multigrain, Artisan Bread *We use Cage-Free Eggs
No Hormones or Antibiotics. Substitute local Gluten Free Bread Add 1.75
ADD FRESH CUT AVOCADO 1.25

- *BAGEL \$1.75 (Plain or Everything Bagel) / *CREAM CHEESE \$1
- *EGG & CHEESE \$5
- *EGG, CHEESE & BACON \$6
- *EGG, CHEESE & FRESH CUT AVOCADO \$6.25

BREAKFAST "SIGNATURE" HOT PRESSED SANDWICHES

- *EGG, MOZZARELLA, ORGANIC TOMATO & HOUSE MADE PESTO \$6.5
- *EGG DRIZZLED W. TRUFFLE OIL, MOZZARELLA, ORGANIC TOMATO \$6.5
- *EGG, MOZZARELLA, ROASTED RED PEPPER, HOUSEMADE CHIPOTLE \$6.5
- New! *PALEO: EGG, CHEESE, BACON & FRESH VEGGIES (Avocado, Tomatoes, Onions) \$7.5

nectar HOT PRESSED SANDWICHES

Served on an Artisan MultiGrain Bread- Local Bakery
Substitute Gluten Free Bread Add \$1.75
ADD FRESH CUT AVOCADO \$1.25

CHICKEN & AVOCADO

Chicken Breast, Fresh cut Avocado, Mozzarella Cheese,
House-made Russian Sauce made with Roasted Garlic, Organic
Tomato, Greens \$8.5

SPICY CHIPOTLE CHICKEN

Oven Roasted Chicken Breast, Mozzarella, Greens, Roasted
Red Pepper with House-made Chipotle Sauce \$7.5

CHICKEN & PESTO Oven Roasted Chicken Breast, House-
made Pesto, Mozzarella Cheese, Organic Tomato, Greens \$7.5

SMOKED TURKEY Smoked Turkey, Sweet Onion Chutney,
Swiss cheese, Organic Tomato, Greens \$7.5

NECTAR TUNA MELT

Nectar Tuna Salad (White Albacore Tuna with Capers, Fresh
Celery and Lemon), Mozzarella cheese, Organic Tomato,
Greens \$7.5

WALNUT CHICKEN SALAD

Chicken Salad made with Oven Roasted Chicken Breast,
Walnuts, Cranberries, Celery served with Greens and
Organic Tomatoes \$8

NECTAR TURKEY REUBEN

House-made Russian Sauce made with our own Roasted
Garlic, Artisan Bread, Swiss Cheese, Smoked Turkey,
Sauerkraut \$8

SMOKED TURKEY + AVOCADO

Smoked Turkey, Swiss cheese, Fresh cut Avocado, House-
made Russian Sauce made with our own Roasted Garlic,
Greens \$8.5

SMOKED CHICKEN+ BACON

Our Own Oven Roasted Chicken Breast, Crisp Bacon,
Mozzarella Cheese, House-made Russian Sauce, Greens \$8.5

SMOKED TURKEY + BACON

Smoked Turkey, Crisp Bacon, Swiss cheese, House-made
Russian Sauce, Greens \$8.5

SIDES:

Zap's \$1.50 Organic Banana / Apple \$1.50

Nectar Salad \$4

Greens, Organic Tomatoes, Red Onions, Roasted Red Pepper
House-made Sherry Vinaigrette

Home-Made Soup \$4 - See Daily Selection on the Board - Made from
scratch using sea salt!

nectar VEGETARIAN HOT PRESSED SANDWICHES

Served on an Artisan MultiGrain Bread - Local Bakery
Substitute local Gluten Free Bread Add \$1.75
ADD FRESH CUT AVOCADO \$1.25

NECTAR VEGGIE REUBEN

Oven Roasted Veggies, Housemade Russian Sauce made with
our own Roasted Garlic, Artisan Bread, Swiss Cheese,
Sauerkraut \$8

AVOCADO PANINO

Fresh cut Avocado, Mozzarella 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 \$8

TRUFFLE PANINO

Mozzarella, Swiss Cheese, Organic Tomato, Greens
drizzled with Truffle Olive Oil \$7.5

VEGETARIAN HEARTS OF PALM

Hearts of Palm, Mozzarella Cheese, Red Onions, House-
made Russian Sauce, Greens \$7.5

VEGGIE PANINO

Oven Roasted Veggies, Mozzarella cheese, House-made Pesto, Organic
Tomato, Greens \$8 (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 \$7

NECTAR GRILLED CHEESE with PESTO AND ORGANIC TOMATO

Mozzarella, House-made Pesto, Organic Tomato \$7

NECTAR GRILLED CHEESE with FRESH CUT AVOCADO \$6.75

FRESH GROUND PEANUT BUTTER & JELLY PANINO \$6

FRESH GROUND PEANUT BUTTER&JELLY PANINO w. BANANA \$6.5

PLAIN GRILLED CHEESE \$5.5

nectar SOUPS & SALADS

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

SOUPS - Small \$4 Large \$7 - Ask for The Daily Selection

SALADS Add Fresh Cut Avocado \$1.25

TUNA SALAD Organic Tomato, Red onions, Greens topped with Nectar
Tuna Salad (Albacore Tuna with Capers, Fresh Celery and Lemon) /Sherry
Vinaigrette Small \$6 - Large \$8.5

HEARTS OF PALM SALAD (Vegan) Organic Tomato, Red onions, Roasted
Red Pepper, Greens / Sherry Vinaigrette dressing
Add Fresh Cut Avocado \$1.25 Small \$6 - Large \$8.5

WALNUT CHICKEN SALAD Organic Tomato, Red onions, Greens topped
with Chicken Salad made with Chicken Breast, Walnuts, Cranberries /
Sherry Vinaigrette dressing
Small \$6 - Large \$8.5

LUNCH COMBO: 11am - 2pm
Any Sandwich + Add \$1.5 for Zap's Chips AND Soda or Water Bottle
Half & Half: Half Sandwich + Nectar Side Salad (only) OR Soup \$9
 No Substitutions

Join our Loyalty Program for Free Menu Items! Ask the Nectar Crew how to Sign up!

We would love to hear your feedback: info@benectar.com

Catering Available - Breakfast & Lunch Catering - www.benectar.com - email: catering@benectar.com