



Flatbread Sandwiches

Flatbreads made with organic unbleached and unbromated flour with germ, honey, sea salt, olive oil and yeast.

Flatbread Bag Lunch \$10.85pp
choose any flatbread sandwich, chips & brownie or cookie

Flatbread Sandwich Box \$36.75
assorted specialty sandwiches for 5 people, cut in half so you can share.

Specialty Sandwiches

Chicken & Roots naturally raised chicken with pesto, brie and root veggies

Chicken TMB naturally raised chicken tossed in a balsamic vinaigrette with tomatoes, mozzarella and basil

Buffalo Chicken naturally raised chicken in a classic buffalo sauce with blue cheese, lettuce and tomato

Chicken Salad naturally raised chicken mixed in a traditional creamy dressing with lettuce and tomato

Pesto Chicken naturally raised chicken with a basil, pine nuts, romano cheese and olive oil pesto, lettuce and tomato

Tuscan Chicken naturally raised chicken combined with balsamic vinegar, olive oil and spices with lettuce and tomato

Alaskan chilled wild alaskan salmon prepared in pan asian marinade with root veggies, brie, lettuce and tomato

Wrangler free range and grass fed organic roast beef, rosemary onions, swiss, horseradish mayo, lettuce and tomato

Tomato, Mozzarella, Basil tomatoes, fresh mozzarella, and basil leaves drizzled with balsamic vinaigrette

Mediterranean organic hummus, lettuce, red onions, roasted red peppers and swiss

Rustic fresh mozzarella with basil leaves, tomatoes, balsamic soy "chicken" and lettuce

Goat Cheese artisan garlic and herb goat cheese, roasted red peppers, carrots, cukes, sprouts

Organic mustard, mayo and red onion available on the side.



Tossed Salads

All salads served with a 1/2 slice of flatbread. Choose one of our specialty salads.

Salad Bag Lunch \$9.35pp
choose any specialty salad, chips & brownie or cookie

Big Bowl Salads \$30.00
choose any specialty salad, serves 5 people as a meal or up to 7 people as a side

Additions

chicken or organic smoked tofu \$10.00 per bowl/\$2.00pp
organic beef or wild salmon \$11.25 per bowl/\$2.25pp

Specialty Salads

Caesar organic romaine, flatbread croutons, grated parmesan tossed with vegan caesar dressing

Balsamic-Blue organic mixed greens, crumbled blue cheese, raisins, walnuts, flatbread croutons with balsamic vinaigrette

Spicy Peanut organic mixed greens, scallions, carrots, alfalfa sprouts, cucumbers, mushrooms, cilantro with spicy peanut dressing

Greek organic romaine, feta cheese, grape tomatoes, kalamata olives, cucumbers, red onions, oregano with greek dressing

Sesame Spinach spinach, mushrooms, scallions, carrots, flatbread croutons, sprouts with sesame dressing



Soups

Choose one of our soups of the day. All soups served with a 1/2 slice of flatbread.

Soup Bag Lunch \$9.00pp
choose bowl of soup, chips & brownie or cookie

Big Soup Bowl \$28.00
serve 5 bowls of soup or up to 8 cups

Daily Soup Schedule

Mon & Thurs	Tues & Fri	Sun & Wed
Carrot Ginger Veggie Lentil	Green Pea Herbs & Lemon Vegetarian Chili	White Beans & Escarole
Southwestern Chicken	Cream of Broccoli	Tomato Vegetable
Maryland Crab	Chicken Vegetable	NE Clam Chowder
		Butternut Squash Apple

Saturday - Manager's Choice



Breakfast

Assorted Breakfast Pastries \$12.50
fresh baked croissants, muffins, scones and other breakfast pastries for 5 people (where available)

Fruit Salad \$17.50
5 cups of fresh cut fruit (in season)

Fresh Juice as marked
bottles of fresh orange juice and other flavors

Stonyfield Farm® Organic Smoothies as marked

Stonyfield Farm® Cup Yogurt \$7.00
5 assorted flavors

Stonyfield Farm® Yogurt Parfaits & Granola \$18.75
serves 5 people

Coffee \$12.00

Tea \$12.00



Thirst Quenchers

Assorted Bottled Drinks as marked
O'Naturals Water, Honest Tea, San Pellegrino Limonata (Lemon), Aranciata (Orange), Root Beer, Ginger Brew

Fresh Juice as marked
bottles of fresh orange juice and other flavors

Stonyfield Farm® Organic Smoothies as marked

Fresh Brewed Iced Tea serves 5 thirsty people \$14.00

Homemade Lemonade serves 5 thirsty people \$16.00

Coffee \$12.00

Tea \$12.00

Chips

Assorted Small Batch Potato Chips, Terra Chips or Pirate's Booty as marked



Desserts

Satisfy your sweet tooth after a meal or as an afternoon pick-me-up.

Cookie Box \$10.00
chocolate chip, peanut butter, oatmeal and other cookies for 5 people

Brownie Box \$10.00
chocolate brownies and blondies for 5 people

Cookie and Brownie Box \$10.00
assorted flavors of our delicious cookies and brownies, plenty for 5 people

Catering Specifics

24 hour advance notice is appreciated

To place a catering order, please contact a manager.

The minimum order is for five people.

Delivery available, please ask a manager for details.

Damaged or unreturned airpots and insulated containers will result in a \$100 per item replacement charge.

Corporate accounts available, please contact a manager.

Payment methods: Cash, Check, Visa, Mastercard, American Express and Discover.

pp=Per Person

= Vegan Items

www.onaturals.com

Catering

Locations

Shops at Falmouth Village

240 US Route One
Falmouth, ME 04105

Phone 207-781-8889
Fax 207-781-4555

Brookside Shops

149 Great Road
Acton, MA 01720

Phone 978-266-0222
Fax 978-266-0103

Downtown Portland

83 Exchange Street
Portland, ME 04101

Phone 207-321-2050
Fax 207-321-2046

Genesis Health Club

1551 North Rock Road
Wichita, KS 67206

Phone 316-634-0222
Fax 316-634-2661



Please ask to speak with a manager when placing your order.

www.onaturals.com

O'Naturals
Fast food, naturally

At O'Naturals we believe:

- You are what you eat.
- Organic and natural foods are better for you and the planet too.
- We have a responsibility to prepare and serve food in the most environmentally responsible ways possible.
- We are borrowing the planet from our children.
- Food should be beautiful, delicious and fun.

Naturals is the culmination of our dream to provide tasty, natural fast food. Gary and his wife Meg grew Stonyfield Farm[®] from seven cows to a national organic/natural yogurt brand but were frustrated hostages to junk food when out on the road with their kids. Mac agreed—he'd spend his days helping some of America's finest natural foods companies but then couldn't find a quick place to eat on his way home to Portland for lack of a healthy menu.

We created O'Naturals[®] as a way to provide delicious, quick, natural and organic foods, to keep up with your (and our) busy families, and to provide a comfy getaway from the rat race.

We want O'Naturals[®] to make your life easier and better.

Our food is delicious because we prepare it throughout the day with the freshest and healthiest ingredients available—free of additives, preservatives and multiple syllable stuff that you find in processed foods. Our meats are more flavorful because they are raised on the range without growth hormones, antibiotics or television. In addition to the great taste, many of our growers' farming practices actually improve the soil and environment.

Everything we make is available for takeout. Call or fax ahead, for a quick, natural pick-up.

We hope you'll love O'Naturals[®]. Let us hear from you!

Gary Hirshberg
Gary Hirshberg

Mac McCabe
Mac McCabe

ME/MAKS



10/06

www.onaturals.com

Printed with soy based ink on recycled paper with 100% post-consumer fiber.