

ORGANIC SMOOTHIES

16oz Smoothies made with Frozen Organic Fruit
Choose a base of Org. Apple Juice, Org. Soy Milk, Almond Milk* or Rice Milk

Full of Fruit "Classic" Frozen Banana, Frozen Strawberries, Frozen Pineapple & Frozen Blueberries	4.95
Power Scoop "Classic with Protein" "Classic" & with a choice of one protein powder: Vanilla Spiru-tein GF (Rice/Pea/Soy); Whey (Milk & Egg); Rice VGN, R, GF; or Low-Carb GF 2 Carbs (Rice/Pea/Soy Blend)	5.75
Bella's Pain Lifter "Muscle & Joint Relief" "Power Scoop" enhanced with Devil's Claw extract , liquid #Glucosamine, Chondroitin, & MSM, & Flax Seed Oil	6.75
Blueberry Almond* Tart "BAT" Frozen Banana, Frozen Blueberries, Almond Butter & Vanilla Protein in Almond Milk	6.95
Chocolate Chiller "Protein Energy" Frozen Banana, Dairy Free Chocolate Ice Cream, Organic Chocolate Syrup & Chocolate Protein	5.95
Cliffy "Immune Booster" "Power Scoop" & Echinacea Goldenseal extract & Liquid Vitamin C	6.50
Green Peach Fresh Spinach, Frozen Peaches & Banana, Peach Protein in Almond Milk*	6.75
High Anxiety "Stress Reducer" "Power Scoop" enhanced with Kava extract, & Liquid B-Complex	6.75
Kale Yeah Fresh Kale, Frozen Mango, Frozen Peaches in Almond Milk*	6.75
Lucky Leprechaun Fresh Spinach, Frozen Mango, Frozen Pineapple in Almond Milk	6.75
"Pick A Fruit" Smoothie "Power Scoop", Frozen Banana and Choose ONE fruit: Mango, Strawberry, or Peach	5.75
Second Wind "Energy Enhancer" "Power Scoop" & add liquid B-12 & Ginseng Extract	6.75
Smoothie of the Month See Blackboard for details	5.95
Swamp Water Special "Internal Cleanser" "Classic" with spoonful of Spirulina powder & Local Raw Honey	6.75
ACAI BOWL Organic ACAI FRUIT unsweetened, Frozen Banana, & Almond* Milk then garnished w/Granola and fresh Blueberries & Bananas	7.95

ADD

- 1.00 ea.** Honey, Liquid Herbal Extracts: Ginseng, Kava,
Devil's Claw, Echinacea & Goldenseal
- 2.00 ea.** Extra Fruit, Liquid B-12 , Liquid Vit C, Spirulina Powder,
Peanut Butter*, Flax Oil, Acai Powder
- 2.00 ea.** Rice, Low Carb, Spirutein, or Whey Protein
- 2.25 ea.** Vegan Blend or Hemp Protein, Almd Butter*, Maca, or Coc oil
- 2.50** Coconut Water Base (8oz), Frozen Acai Packet
- 1.50** Substitute Vegan Blend or Hemp Protein

ORGANIC BAKED GOODS

Baked Items Are Mainly Vegan and Gluten Free
See Blackboard for Daily Offerings

Muffin	3.45
Cupcake	3.75
Cake Slice	5.35
Pie Slice	4.45
Fruit Scone	2.95
Org. Vanilla Ice Cream Dairy or DF	3.50

EXTRAS

Tortilla Chips or 2 Toast Slices Non GF	.75 ea.
Homemade Salad Dressing	2oz .75 3oz 1.50
2 Toast Slices GF or Sunflower Seeds	1.00
Half Lemon	1.50 ea.
Cheese (Dairy/Vegan), Tomato Salsa, Tropical Salsa, or Black Bean Dip 2oz	1.25 ea.
Cucumbers or Beets	2.00 ea.
Tempeh Slices: Fakin Bacon* or Plain, Tofu Slice	2.00
Kale or Spinach (raw or sauté), or Pecans*, or Pimento Cheese	1.75 ea.
Avocado	2.00 ea.
Hummus, Beet Slaw, Cucumber Quinoa, or Potato Salad 2oz	2.00 ea.
Tuna Salad*#, Curry* or Dill Chicken Salad 2oz	2.75 ea.
Hummus (Original or Red Pepper) w/chips 4oz	3.75
Cucumber Quinoa Salad, Red Bliss Potato Salad, Beet Slaw, Eggless Egg Salad, Pimento Cheese 4oz	3.25
Veggie Burger Patty, Veggie Chicken Patty*	3.50 ea.
Tuna Salad*#, Curry* or Dill Chicken, Kale Salad* 4oz	4.75 ea.

Grab 'n Go Housemade salads available by the pound in our cooler

7611 N. Kings Highway, Myrtle Beach, SC 29572
Northwood Shopping Center | 843-448-0011

Kitchen Hours:
8am-7pm Monday - Saturday
10:30am-4:30pm Sunday

Healthy Breakfast offered Mon-Sat 8am-10:30am

WWW.BAY-NATURALS.COM

Lunch & Dinner Menu

*** SINCE 1993 ***

HEALTHY
Living
STARTS
Here.

BAY NATURALS
HEALTHY MARKET & KITCHEN



SALADS, SOUPS, & QUICHE

Homemade Salad Dressings: Goddess VGN & GF, Ginger V, DF, & GF, Balsamic Vinaigrette, VGN, GF & SF, Olive Oil & Apple Cider Vinegar

Garden Salad VGN, R, GF Organic Mixed Lettuces, Organic Carrots, Tomatoes and Clover Sprouts	5.95
WITH: Grilled Tofu, Tempeh ORG, V or "Fakin' Bacon Tuna Salad" ** GF 4oz Curry Chicken Salad* GF 4oz Dill Chicken Salad GF 4oz Hummus (Original or Red Pepper) VGN, GF 4oz	7.95 8.95 8.95 8.95 7.75
Side Garden Salad	4.50
Bay Chef Salad Organic Mixed Lettuces, Organic Carrots, Shredded Beets, Tomatoes, Clover Sprouts, Sliced Cucumbers, Avocado, & Sunflower Seeds	8.95
WITH: Grilled Tofu, Tempeh ORG, V or "Fakin' Bacon Tuna Salad" ** 4oz Curry* or Dill Chicken 4oz Hummus (Original or Red Pepper) 4oz	10.95 11.95 11.95 10.75
Small Bay Chef Salad	6.95
Kale Salad Plate w/ Avocado & Tomato	7.75
Combo-Side Salad & Half Sandwich Tofu, FBLT, Cucumber Veggie, Tuna Salad, Dill or Curry Chicken Salad Grilled Pimento Cheese or Hummus (Original or Red Pepper)	8.15 7.40
Blackboard Soup Selection 8oz cup 3.50 16oz bowl 5.75	
Combo-Side Salad & Soup Cup 8oz	7.95
Combo-Half Sandwich & Soup Cup 8oz Tofu, FBLT, Cucumber Veggie, Tuna Salad, Dill or Curry Chicken Salad Grilled Pimento Cheese or Hummus (Original or Red Pepper)	7.15 6.40
Quiche Slice: Spinach/Cheese or Broccoli/Mushroom	4.75
Quiche Slice & Soup Cup 8oz	7.95
Quiche Slice & Side Salad	8.95

WE PROUDLY SERVE

Nitrate & Antibiotic Free Boneless Chicken Breast • House Made Salad Dressings
Vegenaise Mayo DF & Egg Free • Daiya Cheese DF, GF, SF, LF
Local/Regional Produce & Cheese • Locally Caught & Sushi Grade Tuna

Please note that our kitchen uses dairy, meats, nuts (*item contains nuts)
wheat (+contains wheat), & fish/shellfish (#contains fish/shellfish)
Diet Specific: Gluten Free (GF), Vegetarian (V), Vegan (VGN) & Raw (R)
Dairy Free (DF), Soy Free (SF), Lactose Free (LF)

**CALL AHEAD FOR DINE IN OR
CARRY OUT ORDERS 843.448.0011
WWW.BAY-NATURALS.COM**

SANDWICHES & BURRITOS

Sandwiches & Burritos listed below come with a choice of toppings & one side.

Breads options: Sprouted Grain+V, Sourdough+VGN, Millet & Flax+VGN, Tortilla+ VGN, or Lettuce Wrap. Gluten Free Udi's Bread V \$1.00 extra.

Breakfast "All Day Long" Burrito+ VGN Eggless Egg Salad, 2 Fakin Bacon Slices, Chopped Tomatoes, & Vegenaise	7.50
"Fakin' Bacon" Lettuce & Tomato+ VGN	5.50
Hummus & Veggie Wrap (Orig. or Red Pepper) VGN	5.75
Cucumber Veggie Avocado Burrito V Cucumbers, Avocado, Lettuce, Tomato, Sprouts, Roasted Red Peppers, & Dill Sauce	7.25
Grilled Pimento Cheese Sandwich V	4.75
Veggie Dog+ Vegan Hot Dog, Ketchup, Mustard, Vegenaise. Choose Relish or Sauerkraut	4.25
Grilled Tofu Sandwich VGN Lettuce, Tomato, Sprouts & Goddess Dressing	6.75
Lentil Burrito+ V Special Lentil Recipe, Salsa, & Monterey Jack Cheese	6.50
Smoked Potato Burrito+ V Chopped Potatoes, Fakin Bacon, Tomatoes, Monterey Jack Cheese, & Vegenaise	6.95
Eggless Egg Salad Sandwich VGN Lettuce & Tomato	6.50
Quesadilla Spinach Cheese+ (Dairy or Vegan)	7.25
Quesadilla Cheese+ (Dairy or Vegan) Black Bean Dip, Tomato Salsa & Tropical Mango Salsa	6.45
Vegan Veggie Burger VGN Lettuce, Tomato, Sprouts, Ketchup, Vegenaise, & Mustard	6.25
Veggie Chicken Patty Burger +V Meatless, Soy Free Chicken Patty, Lettuce, Tomato, Sprouts, Vegenaise & Spicy Mustard	5.75
Salmon Burger # Wild Sockeye Alaskan Salmon Pattiy GF, Lettuce, Tomato, Cajun Tarter Sauce or Spicy Brown Mustard	7.95
Tuna Salad* Sandwich	7.25
Curry* or Dill Chicken Salad Sandwich	7.25

TOPPINGS

Red Leaf lettuce • Tomato • Red Onion • Clover Sprouts
Shredded Carrot • Vegenaise Mayo • Spicy Mayo • Ketchup
Mustard (Yellow or Brown) • Cucumber Dill sauce • BBQ sauce

SIDES

Tortilla Chips (GF) • Cucumber Quinoa Salad (GF, VGN)
Red Bliss Potato Salad (VGN) • Beet Slaw* (GF)

ADD

1.00 ea. Jalapeño Slices • 1.25 ea. Cheese Dairy/Vegan • 1.50 Lemon Half
1.75 ea. Beet • Cucumber • Kale • Spinach • Pimento Cheese • 2.00 ea Avocado

FRESH JUICES

Add Vegetable Beet, Celery, Cucumber, Garlic, Kale, Ginger, Parsley, Spinach	1.75 ea.
Add Fruit Apple, Grapefruit, Lemon, Orange	1.50 ea.
Organic Carrot	8oz 3.95 16oz 5.95
Organic Apple	8oz 5.25 16oz 7.50
Purple Dinosaur Carrot, Apple, Beet, Lemon & Ginger	8oz 6.25 16oz 8.75
Green Matt Whole Cucumber, Kale, Celery and Parsley	8oz 5.75 16oz 8.25
Apple Mimi Whole Green Apple, Carrot, Kale, Celery and Parsley	8oz 6.45 16oz 8.95
Organic Orange or Grapefruit (Hand Squeezed)	8oz 5.75 16oz 8.75
Wheat Grass Shot	2oz 4.75

SEE BLACKBOARD FOR DAILY OFFERINGS

CHILDREN'S MENU

PB and Jam or Banana	3.95
AB and Jam or Banana	4.95
Grilled Cheese (Dairy or Vegan Cheese)	3.25
Quesadilla (Dairy or Vegan Cheese)	4.79
Veggie Hot Dog	4.25
"Fakin' Bacon" BLT	5.50

BEVERAGES

First refill complimentary on Ice Tea or Hot Coffee
See Blackboard for Ice Tea Selections

Organic Iced Tea	2.75
Organic Hot Tea (Herbal, Black & Decaf)	2.25
Organic Coffee (Larry's Coffee Raleigh, NC)	2.25
Organic Iced Coffee	3.45 ea.
Cucumber Water	.99
Non Dairy Milk: Almond, Rice or Soy	8oz 2.50 16oz 3.95
Organic Apple Juice (Unfiltered & Pasteurized)	8oz 1.95 16oz 3.95

