

FRESH JUICES

ORGANIC PRODUCE
 Apple, Beets, Carrot, Celery,
 Cucumber, Kale, Orange, Parsley

VEGGIE-6

Beet, Carrot, Celery, Cucumber, Spinach, Tomato
 (Sm) 4.99 (Md) 6.99 (Lg) 8.99

GREEN GOODNESS

Apple, Celery, Kale, Parsley, Spinach
 (Sm) 4.99 (Md) 6.99 (Lg) 8.99

CREATE YOUR OWN JUICE

Contains at least one of the following: Apple, carrot, celery, cucumber, or orange
 (Sm) 4.99 (Md) 6.99 (Lg) 8.99

ADD-INS - 1.00 ea.

Lemon, Ginger, Garlic, Wheat Grass



WHEAT GRASS SHOTS

1oz - 2.99

2oz - 4.99



SOUP DU JOUR

Cup 3.99 Bowl 5.99

SALADS

BOUNTIFUL GREENS

A generous blend of organic baby greens and sprouts complimented by fresh organic grated carrot, thinly sliced purple cabbage, diced tomato, organic cucumber, and your choice of dressing.
 (Sm) 11.99 (Lg) 13.99

CHOP SALAD

A combination of fresh and tasty ingredients. Lettuce, roasted red peppers, spinach, organic carrot, organic cucumber, organic onion, organic purple cabbage, sundried tomato, fresh tomato, walnuts, feta cheese, and your choice of dressing.
 (Sm) 11.99 (Lg) 13.99

SPINACH + SUNDRIED TOMATO

This salad begins with a bed of young spinach leaves, add sweet and tangy sundried tomato, feta cheese, walnuts, sprouts, organic carrot and your choice of dressing.
 (Sm) 11.99 (Lg) 13.99

WORLD OF FLAVORS

A hearty salad that will satisfy your craving for variety. A bed of organic fresh greens topped with a scoop of three different deli salads of the day, garnished with sprouts, diced tomato, and your choice of dressing.
 (Sm) 11.99 (Lg) 13.99

SPLIT PLATE - 2.00

HOMEMADE DRESSINGS

Creamy Herb
 Balsamic Vinaigrette
 Tahini



SIDE ORDERS

Hard Boiled Eggs (2) - 2.99

Dressing 2oz - 0.99

Salsa 2oz - 0.99

Sour Cream 2oz - 0.99

Grated Cheese 4oz - 0.99

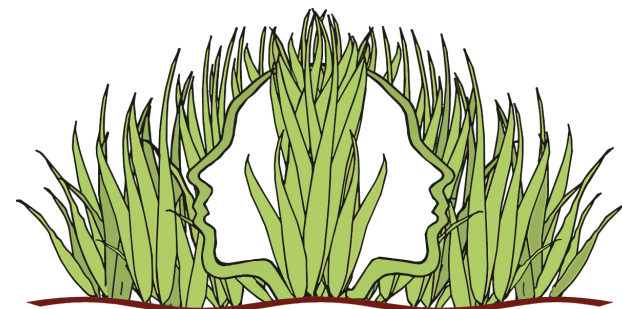
Avocado - 1.99

Organic Blue Corn Chips - 1.99

Steamed Veggies - 3.99

(Organic Carrots & Kale)

Food made with kindness, focus, and love!



The Natural Sisters CAFE

A Healthy Foods Eatery

- ORGANIC FOODS
- JUICE + SMOOTHIE BAR
- NATURAL BAKED GOODS
- VEGAN CHOICES
- CATERING

760-366-3600

61695 Twentynine Palms Hwy, Unit B
 Joshua Tree, CA 92252

HOURS
 7AM - 7PM
 7 Days a Week!

WWW.NATURALSISTERSCAFE.COM

SMOOTHIES

ROCK CLIMBERS REVENGE

Hit the rocks hard with a vengeance. This hearty combination of soymilk, banana, cashews, and dates are the perfect energizer before or after a hard day's climb.

6.99

GREEN MOJAVE

Nothing to fear from this green powerhouse. It's a revitalizing blend of apple juice, spirulina, and banana.

5.99

BERRY BLISS

This harmonious combination of apple juice, banana, blueberries, strawberries, and blackberries will delight your taste buds.

5.99

KILLER BEE

Bee kind to your body with a nutrient rich, papaya juice blend (contains papaya, pineapple, apple), peaches, banana, and bee pollen.

5.99

DESERT SUNRISE

With this combination of apple juice, strawberries, banana, orange, and yogurt, you can enjoy a desert sunrise any time of day.

5.99

ORANGE YA GLAD

This combination of orange juice, mango, peaches, and vanilla yogurt makes for a creamy, citrus delight.

5.99

MONKEY BUSINESS

Banana, chocolate, almond milk, and organic peanut butter will have you swinging from the trees.

6.99

WHAT THE KALE

Apple juice, banana, organic kale, and an abundance of fresh mixed greens.

6.99

ADD-INS - 1.00 ea.

CREATE YOUR OWN

(Choose your fruit & juice)

JUICE:

Apple, Pineapple Coconut, Papaya Blend, Orange

FRUIT:

Strawberries, Blueberries, Peaches, Banana, Blackberries, Mango

Choose One Add-in:

PROTEIN POWDER-WHEY, HEMP OR VEGETABLE

BEE POLLEN

SPIRULINA

VITAMIN BOOST

YOGURT: DAIRY OR DAIRY FREE

WHEAT GRASS SHOT

BREAKFAST

SERVED UNTIL 11:00AM

Our eggs are organic, cage free, and vegetarian fed.

EGG WRAP

Fluffy scrambled eggs, spinach, and cheese. Served with a side of yogurt and berry sauce.

8.99

EGG BAGEL

Fluffy scrambled eggs and cheese top a lightly toasted sprouted grain bagel. Served with a side of yogurt and berry sauce.

8.99

VEGGIE OMELET

Fluffy eggs, cheddar and jack cheeses, organic onion, spinach, roasted red peppers, tomato, and organic carrots. Have one veggie or all the veggies.

8.99

EGG WHITE OMELET (Same as above)

9.99

VEGAN SCRAM

Organic sprouted tofu, vegan cheese, organic onion, spinach, roasted red peppers, tomato, and organic carrots.

9.99

EGG (Fried or scrambled)

1.99

EGG (Whites only)

1.99

SAUSAGE Morning Star-vegetarian (2)

2.99

SAUSAGE + EGG SLIDERS

Warm biscuits, vegetarian sausage and organic scrambled eggs. Served with a side of yogurt and berry sauce.

8.99

BISCUITS + GRAVY (Made from scratch)

8.99

SPROUTED ENGLISH MUFFIN

Sprouted grains, the live difference.

2.99

SPROUTED GRAIN BAGEL W/ CREAM CHEESE

Sprouted grains, the live difference.

2.99

TOAST

1.99

ORGANIC ESPRESSO DRINKS

SANDWICHES

All sandwiches served with chips or your choice of deli salad.

VEGGIE + HUMMUS WRAP

A combination of tomato, organic carrot, spinach, and sprouts coupled with a garbanzo bean spread on a soft wrap and your choice of dressing.

10.99

WARM CURRIED RICE WRAP

A combination of warm curried rice, spinach, sprouts, tomato, and avocado on a soft wrap with your choice of dressing.

10.99

EGGLESS TOFU SANDWICH

Eggless tofu salad (made with organic sprouted tofu), piled high atop bread of your choice with ripe tomato, sprouts, and lettuce.

Full 10.99 Half 8.99

AVOCADO + VEGGIE SANDWICH

Avocado, sprouts, lettuce, and veganise atop bread of your choice. In addition, you choose two add-ons.

Full 10.99 Half 8.99

ADD-ONS

Cheese, Hummus, Grated Carrot, Onion, Roasted Pepper, Spinach, Tomato, Vegan Cheese

ADDITIONAL ADD-ONS - 1.00 ea.

ORGANIC BREADS

Sourdough, California Sprouted, Honey Sweet Whole Wheat, Sprouted Rye, Gluten Free Bread

Gluten Free or Whole Grain Sprouted Bagel - Add 1.00

HOT FOODS

Burgers served after 11:30am

AVOCADO BLACK BEAN BURGER

Black bean patty topped with cheddar and jack cheese, avocado, crisp lettuce, tomato, onion, veganise, and Sriracha hot chili sauce. Served on a whole grain burger bun. (Contains egg & dairy)

12.99

AVOCADO QUINOA BURGER

Homemade quinoa patty topped with cheddar and jack cheese, avocado, onion, tomato, lettuce, and veganise. Served on a whole grain burger bun. (Contains egg)

12.99

BEANS + RICE

Black beans and organic brown basmati rice service with your choice of salsa, organic sour cream, and cheese.

7.99