



**50 Years in Denton**

Voted Best of Denton Vegetarian Foods for 14 years consecutively

## Breakfast at The Cupboard

### **Traditional Organic Breakfast 5.29 O, V**

Organic Scrambled Eggs, Shredded ColbyJack Cheese, Salsa, Your choice of Organic Homefries, Organic Black Beans or Organic Brown Rice, plus Toast or Organic Whole Wheat Tortilla

### **The Big Organic Breakfast 7.59**

Organic Scrambled Eggs, Shredded ColbyJack Cheese, Salsa, Natural, Nitrate-free Ham, Your choice of Organic Homefries, Organic Black Beans or Organic Brown Rice, plus Toast or Organic Whole Wheat Tortilla

### **Organic Egg and Cheese Panini 5.29 O, V**

Organic Scrambled Eggs, Fresh Spinach, ColbyJack Cheese, and Tomato all Panini Grilled on Rudy's Organic Cracked Wheat Bread.

### **Ham, Egg and Cheese Panini 5.99**

Organic Scrambled Eggs, all natural Nitrate-free Ham, Colby-Jack Cheese, Tomato and Salsa all grilled crispy on Rudy's Organic Cracked Wheat Bread.

### **Vegan Breakfast Panini 5.79 VG**

Fresh Spinach, Zucchini and Vegan Cheddar Cheese grilled on Rudy's Organic Hearty Cracked Wheat Bread.

## **Organic Fair Trade Coffees and Teas**

**12oz. 1.55      16oz. 1.95**

**(See our Smoothies and Juices on reverse side)**

## **Cupboard Café Quality Standards**

No Artificial ingredients, colors, flavors, preservatives or additives. Cupboard Café prepares 95% from scratch on premise in our Café Kitchen.

We pay particular attention to diet concerns and most sandwich items on our menu can be made with Gluten-free bread. Vegetarian and Vegan preparations are an everyday delight. Our creative prepared foods team takes these food topics seriously, so you can be confident in what you see.

We use organics wherever possible and are continually adding local farm foods to our selection. Our Grass-fed Beef is from Forestburg and Pilot Point, TX. Our lunch meats are free from Sodium Nitrates.

### **Always Organic**

All our broccoli, potatoes, sweet potatoes, celery, carrots, kale, lettuce, beets, Whole Wheat Tortillas, all beans, brown rice, Evaporated Cane sugar and Spices are Certified Organically Grown.

## **Organic Breakfast Tacos and Burritos**

(All Tacos and Burritos made with Stacey's Organic Whole Wheat Tortillas, free of hydrogenated oils, animal products and sugar)

### **Vegan Breakfast Burrito 5.99 VG**

Organic Black Beans, Vegan Cheddar Cheese, Organic Breakfast Potatoes, Pico de Gallo, Guacamole and your choice of Green or Red House Salsas.

### **Vegan Taco (1) 4.59 VG**

Organic Black Beans, Organic Brown Rice, Vegan Cheddar Cheese, Guacamole and your choice of Green or Red House Salsas.

### **Build Your Own Organic Taco 5.29 V**

Start with Organic Egg, Organic Breakfast Potatoes, and Colby/Jack Cheese plus any 3 "Add On Choices" and you pick the Salsas.

### **Organic Egg and Cheese Taco 3.99 O, V**

Organic Egg and Colby/Jack Cheese on Stacey's Whole Wheat Tortilla. Simple and Delicious.

### **Organic Potato, Egg & Cheese Taco 4.49 O, V**

Organic Egg, Organic Potato, Colby/Jack Cheese and your choice of Salsas.

### **Vegan Guacamole Taco 4.99 VG**

Vegan Cheddar Cheese, Mucho Guacamole, Pico de Gallo, Organic Sunflower Greens and your choice of Salsas.

### **Taco "Add On Choices"**

Organic Black Beans, Pico de Gallo, Sour Cream, Bac'uns, Organic Brown Rice, Extra Cheese(Dairy), Guacamole, Sunflower Greens, Spinach, shredded Carrots, Zucchini or Tomato.

### **Key:**

O.....95% Organic

GF.....No Gluten in Recipe

V.....Vegetarian

VG.....Vegan

P.....Paleo possible

Vegan Cheese or Gluten-free Bread can be substituted on any Breakfast item for \$.99

## Café Hours;

Mon-Sat; 8am-8pm  
Sunday; 10am-7pm

## Serving Breakfast;

Mon-Sat; 8am-10:30am  
Sunday; 10am-12noon



200 W. Congress St.  
Denton, TX 76201  
940-387-5386  
www.cupboardnaturalfoods.com



"friend"; Paul Cupboard

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### From the Grill

#### Cupboard Grass-fed Beef Burger 8.99

1/3lb Local Grass-fed beef on a soft brioche bun with Monterey Jack Cheese, Organic Lettuce, Tomato, Red Onion and Avocado. Served with a side of Adobo Black Bean Salad.

#### Local Bacon Blue Cheese Burger 9.99

1/3lb Local Grass-fed beef on a soft brioche bun with Nitrate-free Local Bacon, Danish Blue Cheese, Organic Lettuce, Tomato and Red Onion. Served with a side of Adobo Black Bean Salad.

#### Cupboard Grilled Chicken Sandwich 8.29

Sources of lean, Fresh Herb Marinated, Skinless Chicken Breast on our soft brioche bun with Herbed Mayo, Organic Lettuce, Tomato and Red Onion. Served with a side of our Mediterranean Lentil Salad.

#### Jamaican Jerk Chicken Sandwich 8.49

Sources of lean, Fresh Herb Marinated, Skinless Chicken Breast seared with our Jamaican Jerk sauce on our soft brioche bun with Tamari Mayo, Organic Lettuce, Tomato and Red Onion. Served with a side of our Mediterranean Lentil Salad.

#### Grilled Marinated Veggie Sandwich 8.29 VG

Fresh Herb marinated Eggplant, Summer Squashes and Onion char-grilled and served on a Focaccia roll with Vegan Herbed Mayo, with our Cupboard Hummus and Organic Whole Wheat Tortilla Chips.

#### Paleo Plato 10.99 P

All You Can Eat Salad Bar with your choice of 5oz Grilled Chicken Breast or Local Grass-fed Beef Burger.

**To Go??** Weigh your own Salad Bar at \$7.99/lb and add at 5oz. Lean Chicken Breast or Grass-fed Beef Burger for \$5.99

#### Guatemalan Chicken Platter 9.99 GF

Grilled Boneless, Skinless Chicken Breast, marinated and seared with our special Jalapeno, Garlic and Lemon Sauce, served with Organic Brown Rice, Organic Black Beans and 1 Deli Case Salad.

### Salad Bar and Deli

Fresh Organic and Natural Salads. Our Salad Bar creations are all made fresh in our Café Kitchen. We use Organically Grown ingredients frequently, and only label an item as "Organic" when ALL the ingredients are organic. We also make all the dressings, and croutons from scratch, right here.

#### All You Can Eat Salad Bar 8.99 V VG P

(not available "To Go")

#### Salad Bar by the pound 7.99/lb V VG P

#### Salad Sampler 7.99

Choose any three salads from our deli case, (one of which may contain meat, tofu or a cup of soup).

#### Enchilada Plate 8.49

Choose either Vegetarian Black Bean or Chicken Enchiladas with Organic Brown Rice, Black Beans and choice of Deli Salad. Choice of Salsas.

#### Quiche Plate 7.99

Fresh Daily Quiche choice made with Organic Whole Wheat Crust, served with any non-meat Deli Salad.

#### Cupboard Chicken or Tuna Salad 7.99

Five ounces of our famous chicken or tuna salad on a bed of greens with your choice of one Deli Salad and Cupboard Organic Tortilla Chips

### Cupboard Coffees and Teas

Cupboard Café brews only Organic, Fairly Traded Coffees, Local Micro-Roasts and Fairly Traded Teas from around the globe. We vary the choices daily and please make your requests know. Cupboard Café seeks to please and support our local community with great tasting, ethically produced, 100% natural foods and beverages.

### Cupboard Café Quality Standards

No Artificial ingredients, colors, flavors, preservatives or additives. Cupboard Café prepares 95% from scratch on premise in our Café Kitchen.

We pay particular attention to diet concerns and most sandwich items on our menu can be made with Gluten-free bread. Vegetarian and Vegan preparations are an everyday delight. Our creative prepared foods team takes these food topics seriously, so you can be confident in what you see.

We use organics wherever possible and are continually adding local farm foods to our selection. Our Grass-fed Beef is from Forestburg and Pilot Point, TX. Our lunch meats have no added Sodium Nitrates.

### Always Organic

broccoli, corn, potatoes, sweet potatoes, celery, carrots, kale, lettuce, beets, "Breakfast Eggs", tofu, Whole Wheat Tortillas, all beans, brown rice, Evaporated Cane sugar, Spices, soy milk, apple juice, bananas

### All Natural Cold Sandwiches, Wraps and Tacos

#### Oven Gold Turkey Sandwich 7.29

Nitrate Free Turkey Breast, Monterey Jack Cheese, Organic Lettuce, tomato, and NON-GMO Canola Mayonnaise on Local Heartland Light Oat Bread

#### Chicken and Basil Sandwich 7.59

Roasted Nitrate Free Chicken Breast, Roasted Red Bell Peppers, Fresh Basil Pesto and Boar's Head Feta Cheese Crumbles served on Local Heartland Light Oat Bread

#### Turkey Club Wrapper 7.49

Boar's Head Oven Gold Turkey Breast with Monterey Jack Cheese, Vegan Bacon Bits, Tomato Onion, Organic Sunflower Greens and NON-GMO Canola Mayo all wrapped in a Stacey's Organic Whole Wheat Tortilla.

#### Cupboard Chicken or Tuna Salad Sandwich 6.99

Our own Chicken or Tuna Salad made from scratch with Lettuce, Tomato on Local Heartland Light Oat Bread. Chicken Salad served with Toasted Sliced Almonds.

#### V.A.L.T. 6.99 V

Vegetarian Bac'un' Bits, Avocado, Monterey Jack Cheese, Organic Lettuce, Tomato, and Veganaise on Heartland Oat Bread. Substitute Vegan Cheese for \$1.25 extra.

#### Vegan Quesadilla 7.99 VG

Giant Stacey's Organic Whole Wheat Tortilla loaded with our Cupboard Vegan Cheese Blend, Organic Carrots, Spinach, Zucchini, Vegan Bac'uns' and Pico de Gallo. Served with your choice of salsa.

#### Vegan Tacos 7.99 VG

Two Stacey's Organic Whole Wheat Tortillas filled with Organic Black Beans, Organic Brown Rice, Cupboard Vegan Cheese Blend, Pico de Gallo, Guacamole and your choice of Cupboard Salsa.

#### Burrito Grande 6.99 V

Creamy Seasoned Organic Black Beans, Organic Brown Rice, Colby Jack Cheese, Pico de Gallo, Sour Cream & your choice of f Cupboard Salsas in our large Stacey's Organic Whole Wheat Tortilla. Add meat or Vegan Cheese Blend for \$1.25 extra.

#### Half Sandwich & Soup Combo 7.49

Any half hot or cold sandwich with a cup of our Homemade Soup.

### All Natural Hot Sandwiches

#### Turkey Pesto Panini 7.59

All Natural Boar's Head Nitrate Free Turkey, Monterey Jack Cheese, Cupboard Made Sriracha-Pesto, Jalapenos, Organic Lettuce, Tomato, Onion and Avocado on Toasted Local Heartland Oat Bread

#### Jamaican Jerk Tempeh 7.59 VG

Organic Soy Bean Tempeh seared in a spicy Jerk Sauce served on Toasted Local Heartland Oat with Organic Lettuce, Tomato, Red Onion and Vegan Tamari Mayo.

#### Texas Turkey Melt 8.49

All Natural Boar's Head Nitrate-free Smoked Turkey, Monterey Jack Cheese, Cupboard Made Sriracha-Pesto, Jalapenos, Organic Lettuce, Tomato, Onion and Avocado on Toasted Local Heartland Oat Bread.

#### Smoked Turkey Ajo Verde 7.59

All Natural Boar's Head Nitrate-free Hickory Smoked Turkey Breast, Cupboard Ajo Verde Sauce, Monterey Jack Cheese, Organic Lettuce, and Tomato served hot on Local Heartland Oat Bread.

#### Italian Cold Cut Panini 8.29

Applegate Nitrate-free Ham, Boar's Head Provolone, All Natural, Nitrate-free Salami, Pickled Bell Pepper & Onion and Red Wine Vinaigrette, all Panini grilled on Focaccia bread.

#### Hot Veggie Sandwich 7.29 V

Swiss Cheese, Monterey Jack Cheese, Red Onion, Tomato, Avocado Sliced and Organic Sunflower Greens all melted on Local Heartland Oat Bread. Substitute Vegan Cheese for \$1.25 extra.

#### Roast Beef Philly Cheese Dip 7.99

All natural, thinly sliced, Hormone and Antibiotic-free Cupboard Roast Beef, Grilled Onions, Roasted Peppers and Jack Cheese on Focaccia roll served with a traditional Beefy Dipping Bouillon.

#### Key;

GF.....No Gluten in Recipe  
VG.....Vegan

V.....Vegetarian  
P.....Paleo possible

Vegan Cheese Blend can be substituted on any sandwich for \$1.25



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### Nutri-Smoothies

**Vegan Green Super Food** 16oz. 5.99  
12oz 4.99  
Organic banana, Organic apple juice, spirulina, and Power 4, (Acai, Noni, Mangosteen & Goji)

**Kick-A Immune Builder** 16oz. 6.49  
12oz. 5.49  
Organic banana, strawberries, peaches, Yogurt, Organic cranberry/pomegranite, lemon and Kick-A Immune Booster (ask for ingredients)

**Wellness Shake** 16oz. 5.99  
12oz. 4.49  
Organic banana, peach, blueberry, yogurt, Organic apple juice, Vitamin C & Kick A Immune Formula (ask for ingredients)

**Brain Food** 16oz. 6.49  
12oz 5.49  
Organic banana, blueberries, Organic coconut Oil, coconut milk, Organic apple juice, lemon, yogurt and Genius Juice (ask for ingredients)

**Omega Booster** 16oz. 5.99  
12oz. 4.49  
Organic banana, strawberry, peach Organic apple juice, pineapple coconut juice, NON\_GMO protein, spirulina and Flax oil

**Choca Maca Zing** 16oz. 6.49  
12oz. 5.49  
Organic banana, coconut milk, NON-GMO soy milk, cocoa, maca root, ginger, cinnamon and cayenne

**Sugar-Free Vanilla Latte** 16oz. 5.49  
12oz. 4.49  
Organic 1/2 & 1/2, NON-GMO soy protein, avocado, Organic coffee, Organic vanilla, Stevia and cinnamon.

**Sugar-Free Mocha Latte** 16oz. 5.49  
12oz. 4.49  
Organic 1/2 & 1/2, NON-GMO soy protein, avocado, Organic coffee, cocoa, Organic vanilla, Stevia

**Tropical Energy** 16oz. 5.49  
12oz. 4.49  
Organic banana, Organic apple juice, blueberries Organic pineapple coconut juice, NON-GMO Protein, bee pollen, Siberian eleuthero.

**Vegan Banana** 16oz. 5.29  
12oz 4.29  
Organic banana, coconut milk, Organic vanilla and cinnamons Simply Delicious!

**Powerful** 16oz. 5.99  
12oz. 4.99  
Organic banana, strawberry, blueberry, Organic Apple juice, yogurt, NON-GMO protein, bee pollen, And Siberian Eleuthero.

**Add on or substitute any of these;** .50  
Flax or coconut oil, almond or coconut milk, Pineapple/coconut or cranberry/pomegranate Juice, peanut butter, vitamin C, soy protein Siberian Eleuthero, bee pollen, avocado...

**Add on any of these;** 1.00  
Spirulina, Kick A Immune Booster, Genius Juice

**Add on any of these;** 1.50  
Genesis Today, Power 4

#### Supplement Disclaimer

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

### Organic Fresh Juices

**Carrot, Apple, Ginger** 8oz 3.49 12oz 4.49

**Carrot, Beet & Wheatgrass** 8oz 3.99 12oz 4.99

**Carrot Plus (avail veggies)** 8oz 3.49 12oz 4.59

**All Organic Greens** 8oz 3.99 12oz 4.99  
(Choice of 4 greens)

**Carrot "Straight Up"** 8oz 3.49 12oz 4.49

#### Organic Shots

**Wheatgrass** 2.29  
**Ginger** 2.59  
**Power 4** 2.99  
**Tumeric** 3.99 (when available)

**Juicy Creations** 2.79/qt.  
You purchase fruits and veggies from us  
And we'll juice 'em!

### Cupboard Café Deli Selections

Cupboard Café provides everyday salads and special daily specials. All items are fresh, 99% made from scratch in small batches to give you the best preparation methods and **attention to detail.**

This small batch approach enables us to vary the offering quickly and **we welcome suggestions and special orders.**

Most items are sold (by the pound), so you can choose as much as you choose. If you need a larger quantity, just give us a day and **we'll make it just for you.**

#### We always have;

Cupboard Chicken Salad  
Italian Tuna  
Adobo Black Bean Salad  
Mediterranean Lentil Salad  
Cupboard Hummus  
Falafels  
Mediterranean Penne Pasta  
Tabouleh  
Grape Leaf Dolmas  
Sesame Broccoli Tofu  
Cranberry Cous Cous  
Sunshine Orzo Salad  
Quiche of the Day  
Chicken or Black Bean Enchiladas

#### Deli Meats;

Cupboard Hormone/Antibiotic-free, U.S. Roast Beef  
Applegate Nitrate-free Roasted Turkey Breast  
Applegate Nitrate-free Ham  
Boar's Head Nitrate-free:  
Mesquite Smoked Turkey, Oven Gold Turkey,  
Golden Roasted Chicken Breast.

**Thank you for choosing Cupboard Cafe**