



Salads

We use all natural ingredients in our salads and salad dressings. We use all organic produce in our salads, we will substitute conventional produce only when organic is not available.

Café Salad 6.95
Organic Spinach and Mixed Greens with Feta Cheese, Onion, Olive, Sun Dried Tomatoes, Cucumber, Croutons, Black Pepper, and Bragg's Vinaigrette Dressing.

Sunflower Salad 6.95
Organic Spring Mix and Romaine, Onion, Tomato, Cucumber, Feta, Sunflower Seeds, Olives, and Bragg's Vinaigrette Dressing.

1/2 Salad & Soup Combo 6.50
1/2 Salad served with 16 ounce soup of the day with organic toasted bread with olive oil.

*We bake fresh
organic bread
Monday
Through
Saturday*

Changing just one meal a day
to the healthiest choice you
can , will change 1/3rd of
your diet for life.

We Accept:

Cash
Check

Amex, Disc, M.C., and Visa



*Hours
Monday-Friday 9:00-7:00
Saturday 9:00-6:00
Sunday 11:00-5:00*

*Made to order sandwiches and salads available
Monday through Friday 11:00 to 3:00pm*

*Grab and Go Sandwich and Salad offerings available
Monday through Saturday until sold out.*

*Fresh made organic soups made and served Monday through
Saturday
11:00 until sold out*

*Larger to go orders must be placed by 9:30 am for pick up after
11:00 am*

Green Market Café offers the best in natural food dining
in the Texoma area. We use fresh, natural and organic
ingredients to provide you with a healthier dining
option.

1909 Texoma Parkway
Sherman, TX. 75090

(we front on Grand Avenue around the corner from El Pueblo)

**Green
Market
Cafe**

Menu



Dine in or take out.

*Sherman's
exclusive
natural food café.*

Phone: 903.892.8667
Fax: 903.892.8669
greenmarketnaturalfoods.com

Hot Drinks & Soups

If a warm buzz is what your body is due, then give toast with a cheer. Our tasty hot drinks and soups are all natural and organic so give your soul some nourishment beyond the stomach.

12 Oz Organic Coffee	1.45
16 Oz Organic Coffee	1.85
Equal Exchange Fair Trade Organic Coffee, Regular & Decaf	
12 Oz Organic Hot Cocoa	1.85
Equal Exchange Fair Trade Organic Cocoa, Organic Half & Half, Sugar	
12 Oz Hot Tea	1.45
16 Oz Hot Tea	1.85
(16 oz is served with 2 bags for extra bold flavor) Celestial Seasons and Tazo Tea Available	
16 Oz Soup of the day	4.49
Tomato Basil, Potato Bean, or Southwestern Veggie Soup Served with Toasted Fresh Bread, with Organic Olive Oil	

Cold Drinks

Cool off while sipping on a refreshing all natural beverage. Try one of our organic juices to recharge your over worked and over stressed body.

16 Oz Iced Tea	1.85
Republic Tea's World Famous Ginger Peach Tea, Regular and Decaf Available (1 Refill)	
12 Oz Organic Carrot Juice	3.49
16 Oz Organic Carrot Juice	3.99
Organic Baby Carrots Juiced To Sweet Perfection	
1 Oz Wheat Grass Shot	1.89
2 Oz Wheat Grass Shot	2.89
Organic Fresh Pressed Young Green Wheat Grass	
Carrot Juice Add On	.50 ea
Organic Ginger, Organic Garlic, Organic Beet, Organic Celery, Organic Onion	

Kids Favorites

Health food for the little ones and the young at heart.

P.B.H.	4.49
Valencia Peanut Butter and Local Honey on Toasted Country French Bread, served with Fuji Apple Slices	
Grilled Cheese	4.49
White Cheddar Cheese on Toasted Country French Bread, served with Fuji Apple Slices	

Fruit Smoothies

Frozen yogurt is live cultured, we use flash frozen organic fruit, organic and all natural juices and milks. We don't use ice, water, artificial flavors, colors, or additives in our smoothies. We will substitute conventional produce only when organic is not available.

12 Oz Berry Burst	4.00
Frozen Yogurt, Organic Apple Juice, Blackberries, Blueberries, Raspberries, Strawberries, and Bananas.	
12 Oz Blue Coconut	4.00
Frozen Yogurt, Pineapple Coconut Juice, Blueberries, and Bananas.	
12 Oz Fruit Basket	4.00
Frozen Yogurt, Organic Apple Juice, Bananas, Blackberries, Blueberries, Raspberries, Strawberries, and Peaches.	
12 Oz Strawberry Sunrise	4.00
Frozen Yogurt, Organic Apple Juice, Banana, Peaches, and Strawberries.	
12 Oz Create Your Own	4.00
Frozen Yogurt, choice of juice or milk on the menu, choice of up to 3 fruits on hand to create your dream smoothie.	
16 Oz Up Charge	1.00
Up size your smoothie for that extra nutritional boost.	

Premium Smoothies

Our Premium Smoothies are all served as 16 Ounce Drinks

16 Oz Omega Berry	5.50
Frozen Yogurt, Organic Apple Juice, Blackberries, Blueberries, Raspberries, Strawberries, Bananas, and 1 table spoon Barleans Organic Flax Oil.	
16 Oz Super Soy	5.25
Vanilla Silk Soy Milk, 25gm Soy Protein, Banana, Peaches, and Strawberries.	
16 Oz Power Green	5.75
Frozen Yogurt, Organic Apple Juice, Bananas, Blackberries, Blueberries, Raspberries, Strawberries, Peaches, 25gm Soy Protein, Spirulina, and Bee Pollen.	
Jay Robb Protein	1.75
25gm Whey Protein made with rBGH-free whey protein. All natural fat free, sweeten with stevia.	
Smoothie Add On	.85 ea
Organic Flax Oil, Spirulina, Local Bee Pollen, Soy Protein, Local Honey	
Smoothie Add On Premium	1.25 ea
Hemp Protein, Acia Juice Shot	

Seasonal and Daily Smoothie Specials

Sandwiches

The meat we use is all natural, nitrate and phosphate free. Our bread all natural & organic. Produce used in production of our food is all organic when available, we will substitute conventional produce only when organic is not available.

Avocado Swiss	5.95
Creamy Avocado Slices dressed with Lime, Swiss Cheese, Spring Mix, Tomato, and Vegenaise on Country French Bread.	
Basil Chicken Salad	5.95
Oven Roasted Chicken, Provolone Cheese, Fresh Basil, Grapes, Tomato (Fresh and Sun dried), and spices on Rosemary Olive Oil Bread.	
Chipotle Chicken	5.95
Spicy Chipotle Chicken Breast, Swiss Cheese, Spring Mix, Fresh Tomato, Onion, and Vegenaise on Country French Bread.	
Honey Mustard Gobbler <i>(Served Hot)</i>	5.95
Turkey Breast, Cheddar Cheese, Spring Mix, Red Onion, Tomato, and Honey Mustard Dressing, Horseradish on a Toasted Ciabatta.	
Red Pepper Hummus	5.95
Roasted Red Pepper Hummus with Feta Cheese, Mixed Greens, Red Onion, Cucumbers, Tomato, Bragg's Dressing, and Vegenaise on Rosemary Olive Oil Bread.	
Sun Tuna Salad	5.95
Premium Tuna, Raw Sunflower Seeds, Mixed Greens, Fresh Celery, Organic Dill, and Vegenaise on Country French Bread.	
Elegant Texan <i>(Served Hot)</i>	5.95
Smoked and Sliced Chicken Breast, Melted Havarti Cheese, Zesty Austin's Own Barbeque Sauce, Mixed Greens, Onions, Tomato and Stone Ground Mustard on a Toasted Ciabatta.	
1/2 Sandwich & Soup or 1/2 Sandwich & Salad	6.50
Half sandwich served with 16 ounce soup of the day. Or Half sandwich served with 1/2 Menu Salad.	
Sandwich / Salad Add On	
<i>For additional cost we can add on or customize your food order here are some of the options available.</i>	
Gluten Free Bread	Add .50
Baked in house	
Cheese	Add 1.25
1 slice of Cheddar, Havarti, Swiss, Provolone, or 2 Ounce	
Avocado Half	Add 1.50
Sliced Meat, Tuna, Chicken Salad	2.00
3 Ounce Serving of Sliced Deli Meat, Sun Tuna Salad or Basil Chicken Salad.	