

REGULAR JUICES

12oz-4.99 • 16oz-5.99 • 20oz-6.99

Apple Beet Carrot

Cucumber Pineapple Carrot

Mango Ginger Carrot

Apple Kale Carrot

Strawberry Jalapeno Carrot

PREMIUM JUICES

16oz-6.99 • 20oz-7.99

Super Greens

Kale, cucumber, apple, celery, bell pepper, parsley, lemon

Super 8

Carrot, beet, bell pepper, celery, cucumber, garlic, ginger, tomato

Wheatgrass

1oz-2.19 • 2oz-3.19

DESSERT

Frozen Yogurt

Small-2.99 • Large-3.99

Cookies

Each-1.79

FOOD BARS

Salad Bar 8.49/lb

Organic produce & homemade dressings

Hot Foods Bar 8.49/lb

Daily vegetarian & gluten-free options

Soup 4.99/cup

Please like us on Facebook to see our daily hot foods bar options and to keep up with any current specials.



INFO

Café Hours Monday-Friday 9AM—8PM
Saturday 9AM—7PM
Closed Sundays

Hot Sandwiches Monday-Friday 10AM—7PM
Saturday 10AM—6PM

Hot Foods Bar Monday-Friday 11AM—4PM
Saturday 11AM—4PM

Salad Bar Monday-Friday 10AM—7PM
Saturday 10AM—6PM

Special Diets Daily gluten-free, vegan, vegetarian & dairy-free options

Deli Meats Sliced to order antibiotic & nitrite free deli meats from Applegate Farms & Fra'Mani

Deli Salads Daily deli salad options presented in our deli case

Commitment to Quality At Green Market Café we use only the best products:

Organic produce on our sandwiches, juice bar and food bars.

Organic or all natural meats with no antibiotics or nitrites.

Organic fruits, juices & milks in our smoothies.

Biodegradable cups and food bar trays.



GREEN MARKET CAFÉ MENU



better food.
better world.
better you.



1909 Texoma Pkwy · Sherman, TX · 903.892.8667

www.greenmarketnaturalfoods.com

SANDWICHES

Adult Grilled Cheese	4.99
Cheddar, turkey bacon & tomato on light oat	
Apple Pecan Chicken Salad	6.99
With Vegenaise, Havarti cheese & spring mix on ciabatta	
Avocado Swiss (vegetarian)	6.99
With Vegenaise, tomato & spring mix on light oat	
Basil Chicken Salad	6.99
With Vegenaise, provolone, & spring mix on light oat	
B.L.T.A.	6.99
Turkey bacon, Vegenaise, avocado, tomato & spring mix on light oat	
Classic Turkey	6.99
With mustard, cheddar, tomato, onion & spring mix on light oat	
Elegant Texan	6.99
Smoked chicken, mustard, Havarti, bbq sauce, tomato, onion, & spring mix on light oat	
Grilled Cheese	4.99
Classic grilled cheese with cheddar on light oat; served with apple half	
Ham & Swiss	6.99
Rosemary Ham, Swiss, Vegenaise on ciabatta	
Italian	6.99
Salami, pepperoni, provolone, Vegenaise, mustard, tomato, onion, spring mix & balsamic glaze on ciabatta	
Pepper Jack Chicken	6.99
With paprika-lime dressing, tomato, onion & spring mix on light oat	
Pizza Grilled Cheese	6.99
Pepperoni, marinara, provolone, & pepper jack on light oat	
Red Pepper Hummus (vegetarian)	6.99
With feta, tomato, onion, cucumbers, spring mix & house vinaigrette on light oat	
Roast Beef	7.49
With horseradish Vegenaise, mustard, cheddar, tomato, onions & spring mix on ciabatta	
Southwest Turkey	
With Vegenaise, Swiss, tomato, onion & spring mix on light oat	
Southwestern Veggie (vegetarian)	6.99
Pepper Jack, avocado, tomato, onion, cucumbers, roasted red peppers, spring mix & paprika lime dressing on ciabatta	
Sun Tuna Salad	6.99
With Vegenaise, Havarti cheese & spring mix on light oat	
Tuscan Turkey	6.99
Smoked turkey, Havarti cheese, sun dried tomato aioli, tomatoes, onion & spring mix on ciabatta	

ADD-ONS

Avocado	1.50
Extra Cheese	1.25
Extra Meat	2.50
Turkey Bacon	1.50
Hummus	1.50
Make it a Meal	2.50
Tea select drinks with chips, deli salad scoop or apple	
Soup or Salad Combo	8.49
1/2 sandwich with cup of soup or small salad from salad bar (hot foods cannot be substituted)	

DRINKS

Iced Tea	1.99
Organic Carrot Juice	3.49
12, 16 or 20oz	3.99
	4.49
Organic Coffee	1.49
12 or 16oz	1.99
Italian Soda	2.79
Italian Cream Soda	3.09

ESPRESSO

All iced espresso drinks are 16oz. Ask for available flavors.

Americano	1.49
12 or 16oz	1.99
Cappuccino	3.49
16oz	
Mocha	3.09
12 or 16oz	3.99
Latte	3.09
12 or 16oz	3.99
Chai Latte	2.79
12 or 16oz	3.49
Dirty Chai Latte	3.09
12 or 16oz	3.99
Frappe	4.49
16oz	
Espresso Shot (2oz)	99¢
Extra Flavoring (per pump)	50¢

SMOOTHIES

All smoothies made with organic fruits & frozen almond milk yogurt.

12oz-4.49 • 16oz-5.49 • 20oz-6.49

Avocado

Avocado, yogurt, milk, honey, ice

Berry Burst

Banana, blackberries, blueberries, raspberries, strawberries & apple juice

Blue Coconut

Banana, blueberries, pineapple coconut juice

Fruit Basket

Banana, blackberries, blueberries, raspberries, strawberries, peaches & apple juice

Mango Trio

Banana, mango, peaches, honey & apple juice

Strawberry Sunrise

Banana, peaches, strawberries & apple juice

Tropic Cooler

Banana, pineapple & coconut milk

Create Your Own

Choice of 3 fruits, yogurt & juice or milk

PREMIUM

All smoothies made with organic fruits & frozen almond milk yogurt.

16oz-5.99 • 20oz-6.99

Chai High

Banana, hemp milk, chai tea, hemp protein, hemp oil, cinnamon

Omega Berry

Berry Burst plus flax oil

Power Green

Fruit Basket plus bee pollen, spirulina & pea protein

Protein Bomb

Whey & pea protein, bananas, flax oil, peanut butter, almond milk

ADD-ONS

Regular	85¢ each
Bee pollen, flax oil, local honey, spirulina, pea protein or energy, mentality or power boost	
Premium	1.25 each
Hemp heart protein, hemp oil	
Whey Protein	1.75