

## Breakfast

\***BREAKFAST PITAS** - toasted w/butter 1.15  
choice of museli, whole grain, rye

**SPREADS** - low fat cream cheese/organic natural peanut butter  
apple butter/honey/homemade hummus or nutella .75

\***GRILLED NUTELLA & BANANA WRAP** 6.75

**NEW** Nutella, bananas, granola, grilled in a whole wheat tortilla,  
topped with fresh strawberries & low fat vanilla yogurt

\***GRILLED EGG PANINI**  5.25

Egg/veggie omelette, old cheddar and special sauce pressed and  
grilled on 9 grain bread served with fresh fruit

\***GRILLED BRIE CHEESE & APPLE** 5.25

Creamy brie cheese, granny smith apples, creamed honey or apple  
butter pressed and grilled on whole grain croissant served with  
fresh fruit

\***YOGURT & FRESH BERRIES** 5.25

Low-fat vanilla yogurt, honey, granola and fresh berries

## Cafe Sandwiches

Traditional favourites on 100% whole grain bread or multi grain pita  
pocket and served with your choice of veggies & dip, fresh fruit or  
kettle chips and a pickle spear

\***ALBACORE TUNA SALAD** 6.25

- on 100% whole wheat or pita pocket

Special recipe topped with leaf lettuce, tomatoes, red onions,  
cucumbers and sprouts

\***ALL NATURAL CHICKEN SALAD** 6.75

- on 100% whole wheat or pita pocket

Natural chicken breast cooked onsite, topped with leaf lettuce,  
tomatoes, red onions, cucumbers and sprouts with spicy mustard  
and/or olive oil mayo

\***EGG SALAD**  6.25

- on multigrain focaccia bread or pita pocket

\*Omega-3\* egg salad topped with leaf lettuce, tomatoes, red on-  
ion, cucumbers and sprouts with spicy mustard and olive oil mayo

\***GOURMET ROAST TURKEY** 6.95

- on 100% whole wheat or pita pocket

Oven roasted, all natural turkey breast sliced and topped with leaf  
lettuce, tomatoes, red onions, cucumbers, provolone cheese and  
sprouts with spicy mustard and/or olive oil mayo

## Signature Sandwiches

\***TOFU BLEND** 6.25

- in 100% multi grain pita pocket

House blend of tofu and veggies with sprouts, red onions,  
tomatoes, cucumbers, romaine, olive oil mayo

\*can substitute "eggless mayo" for olive oil mayo no charge

### PICK 2

Select two of the following

Cup of Soup • 1/2 Café Sandwich • 1/2 Café Salad

\$7.25 Add \$1.00 for 1/2 Panini

\***VEGGIE SALAD** 6.25

- in 100% multi grain pita pocket

House blend of carrots slaw with our special dressing, homemade  
hummus, sprouts, cucumbers, red onions, tomatoes and old ched-  
dar or feta cheese

\***GREEK VEGGIE** 6.25

- on multi grain focaccia

Hummus, tomato, cucumber, kalamaro olives, red onions, feta  
cheese, lettuce, natural Greek dressing

## Signature Grilled Paninis

European style sandwiches made with delicious combinations of non-  
processed meats and real cheeses and roasted veggies cooked onsite,  
layered between fresh baked multi-grain focaccia bread. Pressed and  
heated on the panini grill, served with your choice of  
veggies and dip, fresh fruit or kettle chips and a pickle spear

\***ROAST TURKEY ARTICHOKE** 8.25

Oven roasted turkey breast, asiago cheese, tomatoes, caramelized  
onions, and our homemade spinach/artichoke/parmesan spread

\***TURKEY TUSCANO** 8.50

Oven roasted turkey breast, provolone cheese, roasted veggies,  
caramelized onions, tomato and our homemade sundried tomato  
pesto mayo

\***BEEF & MUSHROOM** 8.25

Oven roasted lean beef, smoked cheddar, sauteed mushrooms,  
caramelized onions, spicy mustard and our horseradish/mayo  
spread

\***MEDITERRANEAN VEGGIE & PORTOBELLO** 7.50

Eggplant, red peppers, zucchini, portobello mushrooms marinated  
and oven roasted, with mozzarella and feta cheese, caramelized  
onions, kalamata olives, tomato, basil pesto mayo

\***GOURMET CHICKEN CHIPOTLE** 8.25

Non-antibiotic pulled white meat chicken, goat cheese, red onion,  
roasted red peppers, tomatoes, homemade sundried tomato pesto/  
chipotle mayo

\***SUBSTITUTE MEAT WITH TOFU - no charge**

\***SUBSTITUTE BREADS WITH GLUTEN-FREE BREAD** 75¢

## Signature Select

**PREMIUM VEGGIE BURGER** 7.50

- on multi grain flat bun

Our homemade grilled veggie burger loaded with fibre and nutrients  
topped with sprouts, tomatoes, red onion, old cheddar or feta cheese  
Served with veggies, fruit or kettle chips

\***HOMEMADE TURKEY BURGER** 6.25

- on multi grain flat bun

**NEW** No fillers, lean ground turkey, lettuce, tomatoes, red  
onions, sliced pickle, organic ketchup, spice mustard.  
Served with house coleslaw

\***TURKEY BURRITO** 7.95

- in 100% organic stone ground wheat tortilla

**NEW** Lean ground turkey, spicy quinoa w/pinto beans, jack  
cheddar cheese, salsa, sour cream. Served with organic  
tortilla chips & salsa

add GUACAMOLE 1.25

\***VEGGIE BURRITO** 7.95

- in 100% organic stone ground wheat tortilla

**NEW** Spicy quinoa w/pinto beans, monterey jack, cheddar  
cheese, salsa, sour cream, GUACAMOLE  
Served with organic tortilla chips & salsa

## Café House Salads

All naked berry full and half sized hand tossed salads are made to  
order and served with multi grain baguette or lavish crispy breads

\***MIXED GREENS** full 7.25 / half 4.50

Mixed greens and romaine lettuce topped with cherry tomato, red  
onions, cucumber, carrots, sliced mushrooms, red peppers, red  
cabbage tossed with Renee's Natural organic balsamic vinaigrette  
& topped with parmesan or feta cheese

\***GREEK** full 7.75 / half 4.75

Romaine lettuce, tomatoes, kalamata olives, red peppers, cucum-  
bers and red onions tossed with Renee's Natural greek dressing &  
topped with feta cheese

**ADD SCOOP OF TUNA, CHICKEN  
or TOFU SALAD** 2.95

## Entree Salads

\***ASIAN CHICKEN SALAD** 9.95

Baby spinach, romaine lettuce, bean sprouts, edamame carrots,  
mushrooms, tossed in natural asian sesame dressing & topped with  
chicken, mandarin oranges & shaved almonds

\***ORCHARD SALAD** 9.95

**NEW** Romaine lettuce, mixed greens, granny smith apples, red  
onions, caramelized sunflower seeds, tossed in balsamic  
vinaigrette & topped with chicken, dried cranberries & feta cheese

## Soup

Hearty soups made with fresh natural ingredients in our kitchen.  
Check the soup board or ask about our soup of the day. Served  
with multi grain baguette or gluten free whole grain crackers

**CUP OF SOUP** 3.50

**BOWL OF SOUP** 4.95

## Soft Serve Frozen Yogurt

Original or Green Tea

WITH  
TOPPINGS

KIDDIE SIZE (mini)	1.95	2.45
SMALL	2.75	3.95
REGULAR	3.75	4.95
LARGE	5.75	6.95
SUGAR CONE w/3 oz fro-yo		2.45

Get creative with the toppings, choose up to 4 toppings (or whatever will fit in the bowl.)

### TOPPINGS

#### FRESH FRUIT

strawberries  
blueberries  
pineapple  
raspberries  
black berries

\*seasonal availability

bananas  
kiwi  
mango

graham crackers  
cookies & cream  
granola  
craisins  
captain crunch  
sprinkles

#### DRY

almonds  
chocolate chips  
caramel chips  
coconut  
fruit loops  
honey roasted  
sunflower seeds

## Fruit Smoothies 20 oz 5.95

**Strawberry Sunrise** - strawberries, banana, pineapple, orange juice, fro-yo

**Smooth Blue** - blueberries, banana, apple juice, fro-yo

**Naked Colada** - pineapple, coconut milk, pineapple juice, banana, fro-yo

**Naked Berry Classic** - strawberries, banana, apple juice, fro-yo

**Tropic Sun** - mango, pineapple, banana, pineapple juice, fro-yo

**Very Berry** - strawberries, blueberries, blackberries, raspberries, banana, apple juice, fro-yo

## Snackin Smoothies 12 oz 3.95

**Naked Berry Classic** - strawberries, banana, apple juice, fro-yo

**Tropic Sun** - mango, pineapple, banana, pineapple juice, fro-yo

**Very Berry** - strawberries, blueberries, blackberries, raspberries, banana, apple juice, fro-yo

## Fruit Blenderz 16 oz 4.75

Non Dairy

**Tropical Blitz** - mango, pineapple, banana, pineapple juice

**Berry Blast** - strawberries, blueberries, blackberries, raspberries, banana, apple juice, honey

**Citrus Zing** - strawberries, pineapple, banana, orange juice, honey

## Shakes 12 oz 3.75 - 16 oz 4.95

Original or Green Tea - Fro-yo - fresh fruit - 1% milk,  
soy or chocolate milk .50¢ extra

Nutritional Enhancers .75¢

Whey Protein, Soy Protein, Green Tea Powder, Flax Seed Powder

**1/2 lb. REAL FRUIT in every regular size  
Smoothie and Fruit Blenderz  
NO SORBET OR ICE FILLERS**

product subject to availability ~ price may change without notice

## Coffee & Tea

### FAIR TRADE ORGANIC COFFEE & TEA BLENDS

Regular 1.50

Large 1.75

## Beverages

Bottled Water 1.25

Orange Juice (100% pure) 1.95

Apple Juice 1.75

Soy Milk 1.75

1% Milk 1.75

1% Chocolate Milk 1.95

Organic Ice Tea (choice of sweetener) 2.50

Fresh Squeezed Lemonade 3.25

with organic cane sugar

Lemonade Chillers 3.95

fresh squeezed lemonade blended with ice and choice of fresh fruit

## BAKE IT-naked

Traditional items baked from scratch with nutritional natural ingredients and 100% whole grains

COOKIES 1.25

DATE SQUARES 2.15

PROTEIN ENERGY BARS 2.25

TARTS MAPLE/HONEY PECAN 2.25

Catering for five or more. Order your favourites conveniently packaged and boxed for large groups. Delivery available. Call store for details. Check out our catering menu.



Naked Berry is committed to providing you with fresh, quality, non-processed, natural whole foods you can trust made from scratch. Highlighted by antibiotic-free chicken, 100% whole grain breads, no chemical preservatives, 0 grams added trans fat and select organic ingredients.

***In a hurry? Phone ahead and  
we'll have your order waiting for you.***

[www.nakedberry.ca](http://www.nakedberry.ca)



natural food & frozen yogurt café

15 King St. E., Chatham

PHONE 519-360-9648

FAX 519-360-9481

2nd Location ~ Express to Go Only

Frozen Yogurt & Smoothie Bar

(With natural to go food)

166 Grand Ave. W., Chatham

519-397-4324

- Free wi fi internet
- Fax ordering
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- Catering
- Outdoor events (Mobile Unit)
- Fund Raising Programs
- School Lunch Programs

**10%**

\* STUDENT DISCOUNT with student card

\* SENIOR DISCOUNT - age 65

*Your Healthier Choices Cafe -  
Honest. Real Food*

We don't serve "fast food". We serve good food as fast as we can!