

## Nature Girls Health Food Store

2100 A North Bishop  
Rolla, MO 65401

Hours:  
Monday- Saturday  
10 am-6pm

Phone/Fax:  
573-341-1919

Follow us on Facebook!

[www.facebook.com/NatureGirls](http://www.facebook.com/NatureGirls)

Or Check- Out our Website!

<http://naturegirlshealthfoodstore.webs.com>

Ask about our Produce Box  
Program!

We also carry:

Vitamins/Supplements

Coffees & Teas  
(including Organo Gold  
Gourmet Coffee with  
Ganoderma extract)

Fresh Coffee Brewed Daily

Fresh Produce

Locally Raised Meat

Ozark Mountain Creamery  
Milk

Cheeses (including Dairy-  
Free)

Kefir Milk & Yogurt

Cookies & Snacks

Gluten-Free Foods

& Much More!

## ~ The Deli ~



**Menu**

**We Specialize in Gluten-Free, Dairy-Free, Vegan products. We will do our best to meet your dietary needs!**

## Smoothies

One Size ~ \$2.99

Strawberry Banana

Mixed Berry

## Mix & Match

Choose 2 items ~ \$6.99

Includes Chips & Pickle

Soup ~ Salad

~1/2 Wrap~

~1/2 Sandwich~

## Single Items

Includes Chips & Pickle

Sandwiches ~ \$5.99

Melts ~ \$5.99

Wraps ~ \$6.99

Salads ~ \$6.99

Small Soup ~ \$4.49

Large Soup ~ \$5.49

## Pick Your Toppings

Salads, Wraps, Melts &  
Sandwiches

~Vegetables~

Tomato ~ Onion ~ Lettuce

Avocado ~ Cucumber

Roasted Red Pepper  
& More

## Toppings

### Continued...

~Herb Roasted Deli  
Meats~ Turkey ~

Chicken

Roast Beef ~ Pepperoni

~Cheeses~

Cheddar ~ Swiss

~American

Pepper~Jack

~Dairy Free Cheeses~

Cheddar ~ Mozzarella

Pepper~Jack

## Soups

~Garden Rice (GF,  
V)~

~Bean & Ham (GF,  
DF)~

~Beef Stew (GF,  
DF)~

~Mushroom & Wild  
Rice (GF, V)~

~French Onion (GF, V)~

**GF = Gluten-Free**

**V = Vegan**

**DF = Dairy-Free**

## Burritos

~Shredded Beef~

~Cilantro Lime Chicken~

~Chicken, Bean & Rice~

~Pork & Green Chile~

~Veggie Fajita~

1 Burrito Plain~ \$3.99

1 Burrito Loaded~ \$5.99

2 Burritos Loaded~ \$7.99

**Loaded Burritos Come With  
Lettuce, Sour Cream & Salsa**

## Pizzas

Made on Gluten Free Crusts  
Choose From Topping Section &  
Ask About Our Roasted Veggies!

1 Topping~ \$5.19

2 Toppings~ \$5.39

3 Toppings~ \$5.59

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