

## ORGANIC SMOOTHIES

16oz Smoothies made with Frozen Organic Fruit  
Choose a base of Org. Apple Juice, Org. Soy Milk, Almond Milk\* or Rice Milk

<b>Full of Fruit "Classic"</b> Frozen Banana, Frozen Strawberries, Frozen Pineapple & Frozen Blueberries	<b>4.95</b>
<b>Power Scoop "Classic with Protein"</b> "Classic" & with a choice of one protein powder: <b>Vanilla Spiru-tein</b> GF (Rice/Pea/Soy); <b>Whey</b> (Milk & Egg); <b>Rice</b> VGN, R, GF; or <b>Low-Carb</b> GF 2 Carbs (Rice/Pea/Soy Blend)	<b>5.75</b>
<b>Bella's Pain Lifter "Muscle &amp; Joint Relief"</b> "Power Scoop" enhanced with Devil's Claw extract , liquid #Glucosamine, Chondroitin,& MSM, & Flax Seed Oil	<b>6.75</b>
<b>Blueberry Almond* Tart "BAT"</b> Frozen Banana, Frozen Blueberries, Almond Butter & Vanilla Protein in Almond Milk	<b>6.95</b>
<b>Chocolate Chiller "Protein Energy"</b> Frozen Banana, Dairy Free Chocolate Ice Cream, Organic Chocolate Syrup & Chocolate Protein	<b>5.95</b>
<b>Cliffy "Immune Booster"</b> "Power Scoop" & Echinacea Goldenseal extract & Liquid Vitamin C	<b>6.50</b>
<b>Green Peach</b> Fresh Spinach, Frozen Peaches & Banana, Peach Protein in Almond Milk*	<b>6.75</b>
<b>High Anxiety "Stress Reducer"</b> "Power Scoop" enhanced with Kava extract, & Liquid B-Complex	<b>6.75</b>
<b>Kale Yeah</b> Fresh Kale, Frozen Mango, Frozen Peaches in Almond Milk*	<b>6.75</b>
<b>Lucky Leprechaun</b> Fresh Spinach, Frozen Mango, Frozen Pineapple in Almond Milk	<b>6.75</b>
<b>"Pick A Fruit" Smoothie</b> "Power Scoop", Frozen Banana and Choose ONE fruit: Mango, Strawberry, or Peach	<b>5.75</b>
<b>Second Wind "Energy Enhancer"</b> "Power Scoop" & add liquid B-12 & Ginseng Extract	<b>6.75</b>
<b>Smoothie of the Month</b> See Blackboard for details	<b>5.95</b>
<b>Swamp Water Special "Internal Cleanser"</b> "Classic" with spoonful of Spirulina powder & Local Raw Honey	<b>6.75</b>
<b>ACAI BOWL</b> Organic ACAI FRUIT unsweetened, Frozen Banana, & Almond* Milk then garnished w/Granola and fresh Blueberries & Bananas	<b>7.95</b>

### ADD

- 1.00 ea.** Honey, Liquid Herbal Extracts: Ginseng, Kava,  
Devil's Claw, Echinacea & Goldenseal
- 2.00 ea.** Extra Fruit, Liquid B-12 , Liquid Vit C, Spirulina Powder,  
Peanut Butter\*, Flax Oil, Acai Powder
- 2.00 ea.** Rice, Low Carb, Spirutein, or Whey Protein
- 2.25 ea.** Vegan Blend or Hemp Protein, Almd Butter\*, Maca, or Coc oil
- 2.50** Coconut Water Base (8oz), Frozen Acai Packet
- 1.50** Substitute Vegan Blend or Hemp Protein

## ORGANIC BAKED GOODS

Baked Items Are Mainly Vegan and Gluten Free  
See Blackboard for Daily Offerings

<b>Muffin</b>	<b>3.45</b>
<b>Cupcake</b>	<b>3.75</b>
<b>Cake Slice</b>	<b>5.35</b>
<b>Pie Slice</b>	<b>4.45</b>
<b>Fruit Scone</b>	<b>2.95</b>
<b>Org. Vanilla Ice Cream</b> Dairy or DF	<b>3.50</b>

### EXTRAS

<b>Tortilla Chips or 2 Toast Slices</b> Non GF	<b>.75 ea.</b>
<b>Homemade Salad Dressing</b>	<b>2oz .75 3oz 1.50</b>
<b>2 Toast Slices GF or Sunflower Seeds</b>	<b>1.00</b>
<b>Half Lemon</b>	<b>1.50 ea.</b>
<b>Cheese (Dairy/Vegan), Tomato Salsa, Tropical Salsa, or Black Bean Dip 2oz</b>	<b>1.25 ea.</b>
<b>Cucumbers or Beets</b>	<b>2.00 ea.</b>
<b>Tempeh Slices: Fakin Bacon+ or Plain, Tofu Slice</b>	<b>2.00</b>
<b>Kale or Spinach (raw or sauté), or Pecans*, or Pimento Cheese</b>	<b>1.75 ea.</b>
<b>Avocado</b>	<b>2.00 ea.</b>
<b>Hummus, Beet Slaw, Cucumber Quinoa, or Potato Salad 2oz</b>	<b>2.00 ea.</b>
<b>Tuna Salad** , Curry* or Dill Chicken Salad 2oz</b>	<b>2.75 ea.</b>
<b>Hummus (Original or Red Pepper) w/chips 4oz</b>	<b>3.75</b>
<b>Cucumber Quinoa Salad, Red Bliss Potato Salad, Beet Slaw, Eggless Egg Salad, Pimento Cheese 4oz</b>	<b>3.25</b>
<b>Veggie Burger Patty, Veggie Chicken Patty+</b>	<b>3.50 ea.</b>
<b>Tuna Salad** , Curry* or Dill Chicken, Kale Salad* 4oz</b>	<b>4.75 ea.</b>

Grab 'n Go Housemade salads available by the pound in our cooler

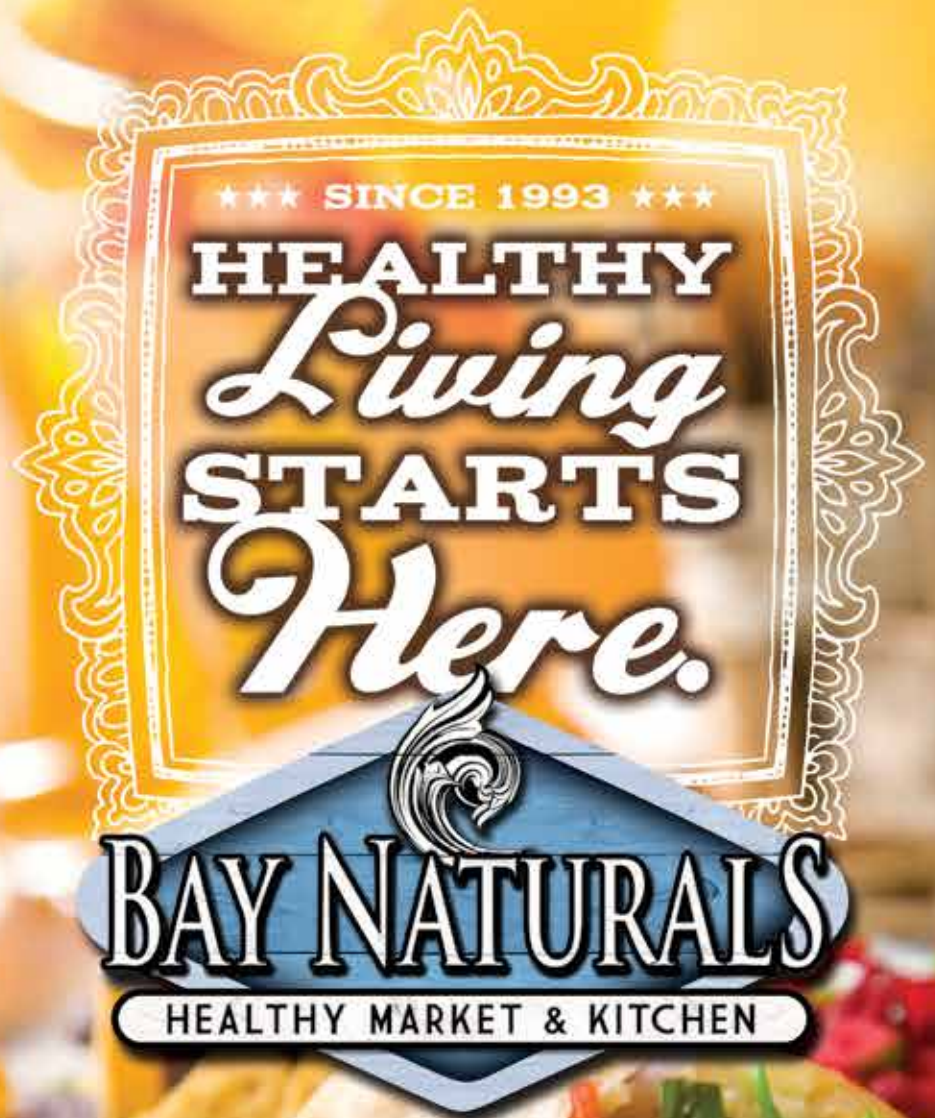
7611 N. Kings Highway, Myrtle Beach, SC 29572  
Northwood Shopping Center | 843-448-0011

**Kitchen Hours:**  
8am-7pm Monday - Saturday  
10:30am-4:30pm Sunday

**Healthy Breakfast offered Mon-Sat 8am-10:30am**

[WWW.BAY-NATURALS.COM](http://WWW.BAY-NATURALS.COM)

Lunch & Dinner Menu



## SALADS, SOUPS, & QUICHE

**Homemade Salad Dressings:** Goddess VGN & GF, Ginger V, DF, & GF, Balsamic Vinaigrette, VGN, GF & SF, Olive Oil & Apple Cider Vinegar

<b>Garden Salad</b> VGN, R, GF Organic Mixed Lettuces, Organic Carrots, Tomatoes and Clover Sprouts	<b>5.95</b>
WITH:	
<b>Grilled Tofu, Tempeh</b> ORG, V or <b>"Fakin' Bacon Tuna Salad**</b> GF 4oz	<b>7.95</b>
<b>Curry Chicken Salad*</b> GF 4oz	<b>8.95</b>
<b>Dill Chicken Salad</b> GF 4oz	<b>8.95</b>
<b>Hummus (Original or Red Pepper)</b> VGN, GF 4oz	<b>7.75</b>
<b>Side Garden Salad</b>	<b>4.50</b>
<b>Bay Chef Salad</b>	<b>8.95</b>
Organic Mixed Lettuces, Organic Carrots, Shredded Beets, Tomatoes, Clover Sprouts, Sliced Cucumbers, Avocado, & Sunflower Seeds	
WITH:	
<b>Grilled Tofu, Tempeh</b> ORG, V or <b>"Fakin' Bacon Tuna Salad**</b> 4oz	<b>10.95</b>
<b>Curry* or Dill Chicken</b> 4oz	<b>11.95</b>
<b>Hummus (Original or Red Pepper)</b> 4oz	<b>10.75</b>
<b>Small Bay Chef Salad</b>	<b>6.95</b>
<b>Kale Salad Plate</b> w/ Avocado & Tomato	<b>7.75</b>
<b>Combo-Side Salad &amp; Half Sandwich</b> Tofu, FBLT, Cucumber Veggie, Tuna Salad, Dill or Curry Chicken Salad Grilled Pimento Cheese or Hummus (Original or Red Pepper)	<b>8.15</b> <b>7.40</b>
<b>Blackboard Soup Selection</b> <b>8oz cup 3.50</b> <b>16oz bowl 5.75</b>	
<b>Combo-Side Salad &amp; Soup Cup 8oz</b>	<b>7.95</b>
<b>Combo-Half Sandwich &amp; Soup Cup 8oz</b> Tofu, FBLT, Cucumber Veggie, Tuna Salad, Dill or Curry Chicken Salad Grilled Pimento Cheese or Hummus (Original or Red Pepper)	<b>7.15</b> <b>6.40</b>
<b>Quiche Slice: Spinach/Cheese or Broccoli/Mushroom</b>	<b>4.75</b>
<b>Quiche Slice &amp; Soup Cup 8oz</b>	<b>7.95</b>
<b>Quiche Slice &amp; Side Salad</b>	<b>8.95</b>

## WE PROUDLY SERVE

Nitrate & Antibiotic Free Boneless Chicken Breast • House Made Salad Dressings  
Vegenaise Mayo DF & Egg Free • Daiya Cheese DF, GF, SF, LF  
Local/Regional Produce & Cheese • Locally Caught & Sushi Grade Tuna

Please note that our kitchen uses dairy, meats, nuts (\*item contains nuts)  
wheat (+contains wheat), & fish/shellfish (#contains fish/shellfish)  
Diet Specific: Gluten Free (GF), Vegetarian (V), Vegan (VGN) & Raw (R)  
Dairy Free (DF), Soy Free (SF), Lactose Free (LF)

**CALL AHEAD FOR DINE IN OR  
CARRY OUT ORDERS 843.448.0011  
WWW.BAY-NATURALS.COM**

## SANDWICHES & BURRITOS

Sandwiches & Burritos listed below come with a choice of toppings & one side.

**Breads options:** Sprouted Grain+V, Sourdough+VGN, Millet & Flax+VGN, Tortilla+ VGN, or Lettuce Wrap. Gluten Free Udi's Bread V \$1.00 extra.

<b>Breakfast "All Day Long" Burrito+</b> VGN Eggless Egg Salad, 2 Fakin Bacon Slices, Chopped Tomatoes, & Vegenaise	<b>7.50</b>
<b>"Fakin' Bacon" Lettuce &amp; Tomato+</b> VGN	<b>5.50</b>
<b>Hummus &amp; Veggie Wrap (Orig. or Red Pepper)</b> VGN	<b>5.75</b>
<b>Cucumber Veggie Avocado Burrito</b> V Cucumbers, Avocado, Lettuce, Tomato, Sprouts, Roasted Red Peppers, & Dill Sauce	<b>7.25</b>
<b>Grilled Pimento Cheese Sandwich</b> V	<b>4.75</b>
<b>Veggie Dog+</b> Vegan Hot Dog, Ketchup, Mustard, Vegenaise. Choose Relish or Sauerkraut	<b>4.25</b>
<b>Grilled Tofu Sandwich</b> VGN Lettuce, Tomato, Sprouts & Goddess Dressing	<b>6.75</b>
<b>Lentil Burrito+</b> V Special Lentil Recipe, Salsa, & Monterey Jack Cheese	<b>6.50</b>
<b>Smoked Potato Burrito+</b> V Chopped Potatoes, Fakin Bacon, Tomatoes, Monterey Jack Cheese, & Vegenaise	<b>6.95</b>
<b>Eggless Egg Salad Sandwich</b> VGN Lettuce & Tomato	<b>6.50</b>
<b>Quesadilla Spinach Cheese+</b> (Dairy or Vegan)	<b>7.25</b>
<b>Quesadilla Cheese+</b> (Dairy or Vegan) Black Bean Dip, Tomato Salsa & Tropical Mango Salsa	<b>6.45</b>
<b>Vegan Veggie Burger</b> VGN Lettuce, Tomato, Sprouts, Ketchup, Vegenaise, & Mustard	<b>6.25</b>
<b>Veggie Chicken Patty Burger</b> +V Meatless, Soy Free Chicken Patty, Lettuce, Tomato, Sprouts, Vegenaise & Spicy Mustard	<b>5.75</b>
<b>Salmon Burger</b> # Wild Sockeye Alaskan Salmon Pattiy GF, Lettuce, Tomato, Cajun Tarter Sauce or Spicy Brown Mustard	<b>7.95</b>
<b>Tuna Salad* Sandwich</b>	<b>7.25</b>
<b>Curry* or Dill Chicken Salad Sandwich</b>	<b>7.25</b>

## TOPPINGS

Red Leaf lettuce • Tomato • Red Onion • Clover Sprouts  
Shredded Carrot • Vegenaise Mayo • Spicy Mayo • Ketchup  
Mustard (Yellow or Brown) • Cucumber Dill sauce • BBQ sauce

## SIDES

Tortilla Chips (GF) • Cucumber Quinoa Salad (GF, VGN)  
Red Bliss Potato Salad (VGN) • Beet Slaw\* (GF)

## ADD

1.00 ea. Jalapeño Slices • 1.25 ea. Cheese Dairy/Vegan • 1.50 Lemon Half  
1.75 ea. Beet • Cucumber • Kale • Spinach • Pimento Cheese • 2.00 ea Avocado

## FRESH JUICES

<b>Add Vegetable</b> Beet, Celery, Cucumber, Garlic, Kale, Ginger, Parsley, Spinach	<b>1.75 ea.</b>
<b>Add Fruit</b> Apple, Grapefruit, Lemon, Orange	<b>1.50 ea.</b>
<b>Organic Carrot</b>	<b>8oz 3.95</b> <b>16oz 5.95</b>
<b>Organic Apple</b>	<b>8oz 5.25</b> <b>16oz 7.50</b>
<b>Purple Dinosaur</b> Carrot, Apple, Beet, Lemon & Ginger	<b>8oz 6.25</b> <b>16oz 8.75</b>
<b>Green Matt</b> Whole Cucumber, Kale, Celery and Parsley	<b>8oz 5.75</b> <b>16oz 8.25</b>
<b>Apple Mimi</b> Whole Green Apple, Carrot, Kale, Celery and Parsley	<b>8oz 6.45</b> <b>16oz 8.95</b>
<b>Organic Orange or Grapefruit</b> (Hand Squeezed)	<b>8oz 5.75</b> <b>16oz 8.75</b>
<b>Wheat Grass Shot</b>	<b>2oz 4.75</b>

## SEE BLACKBOARD FOR DAILY OFFERINGS

## CHILDREN'S MENU

<b>PB and Jam or Banana</b>	<b>3.95</b>
<b>AB and Jam or Banana</b>	<b>4.95</b>
<b>Grilled Cheese (Dairy or Vegan Cheese)</b>	<b>3.25</b>
<b>Quesadilla (Dairy or Vegan Cheese)</b>	<b>4.79</b>
<b>Veggie Hot Dog</b>	<b>4.25</b>
<b>"Fakin' Bacon" BLT</b>	<b>5.50</b>

## BEVERAGES

First refill complimentary on Ice Tea or Hot Coffee  
See Blackboard for Ice Tea Selections

<b>Organic Iced Tea</b>	<b>2.75</b>
<b>Organic Hot Tea</b> (Herbal, Black & Decaf)	<b>2.25</b>
<b>Organic Coffee</b> (Larry's Coffee Raleigh, NC)	<b>2.25</b>
<b>Organic Iced Coffee</b>	<b>3.45 ea.</b>
<b>Cucumber Water</b>	<b>.99</b>
<b>Non Dairy Milk: Almond, Rice or Soy</b>	<b>8oz 2.50</b> <b>16oz 3.95</b>
<b>Organic Apple Juice</b> (Unfiltered & Pasteurized)	<b>8oz 1.95</b> <b>16oz 3.95</b>

