



2568 Western Ave
Guilderland, NY
518-621-0347
www.anaturalwaycafe.com

Breakfast

Served 7am - 11am

Egg cup

cheese, cheesy bread, sausage and cheese, bacon and cheese

French toast cup

traditional, blueberry, pecan, chocolate chip

Egg sandwich

plain, egg and cheese with sausage, bacon, or ham with the works

Morning Pastries

Coffee Cake

Cinnamon Bun

Muffin

Scone

Danish

*Gluten-free and Vegan options available in-store

Create your Sandwich

Turkey, Roast Beef, Ham
Egg Salad, Chicken Salad, Grilled Cheese,
Veggie Hummus

Choose from "Selections" below:
bread, 1 protein, 1 cheese,
3 add-ons, dressing and 1 side.

Don't feel like making a choice?

Just order the *Natural Way* sandwich!
(White bread, turkey, American cheese,
lettuce, tomato, mayo)

Create your Salad

Small | Large
Served with bread

Choose from "Selections" below:
1 cheese, 3 add-ons, dressing
(Add protein +\$1.00)

Selections

Locally Baked Breads: Selections vary daily

Locally Baked Gluten Free Bread (+\$0.50)

All Natural Proteins: Turkey, Roast Beef, Ham, Chicken
Salad, Egg Salad, Hummus

Cheese: American, Cheddar, Provolone, Swiss, Mozzarella

Add-ons: Tomato, Lettuce, Onion, Olives, Cucumbers,

Peppers, Carrots, Chick Peas, Beans, Croutons,

Hardboiled egg

Salad Greens: Massclin mix, Romaine, Baby Spinach

Dressings: Mayo, Mustard, Oil and Vinegar, Pesto, Balsamic

Unaigrette, Raspberry Unaigrette, Ranch,

Russian, Bleu Cheese

Sides: Potato Salad, Macaroni Salad, Chips

**Additional protein \$1.00, each additional cheese and each add-on \$0.50

*Gluten-free and Vegan options available in-store

Soups of the day*

Small
Large

*choices vary daily

Savory Selections

Pizza Roll-Ups
Quiche of the day
Savory Scones

Afternoon Pastries

Cupcake
Cookie

White Chocolate Raspberry Bar
Chocolate Chip Cookie Dough Bar
Mini Cheesecake
Whoopie Pies (Vegan)

*Gluten-free and Vegan options available in-store

Organic Ice Cream

Ice Cream Bar
toppings \$0.50 each

Locally Roasted

Coffee

10 oz | 16 oz | 20 oz

Coffee of the day

Iced

Espresso (Single | Double)

Americana

Cappuccino

Latte

Mocha

Steamer

steamed milk + flavored syrup

Hot Chocolate

Blended Drinks (Sm | Lg)
coffee, mocha

Non-Coffee

Blended Drinks (Sm | Lg)
strawberry, chocolate

*Extra shot of syrup \$0.50
*Make any drink with non-fat, 2% or soy milk