

Natural Provisions

Sandwich Menu

Call Ahead 802-748-3587

The Chicken Caprese \$8.99

Chicken, pesto mayo, mozzarella, spinach, & tomato on Sour Dough

The New Englander \$7.99

Turkey Breast, cranberry mayo, cheddar, tomato, & lettuce on Honey Wheat

The Natural \$7.99

House Hummus, lettuce, tomato, onion, bell peppers, cucumber, & spinach on Wrap or Bread

The Omnomnom \$8.99

Sliced Tenderloin, chipotle mayo, mozzarella, & red onion on Sour Dough

The Club \$8.99

Turkey Breast, mayo, cheddar, bacon, lettuce, & tomato on Sour Dough or Honey Wheat

The Reuben \$8.99

Choice of Turkey Breast or Corned Beef, Russian dressing, Swiss, and sauerkraut on Rye

Chicken Salad Wrap \$8.99

Choice of Chicken Salad, lettuce & tomato on a Wrap

Bahn Mi \$8.99

Roast Pork, spicy mayo, cilantro, Asian slaw, & cucumber on a toasted Baguette

The Californian \$8.99

Turkey Breast, house guacamole, lettuce & tomato on Honey Wheat

Da Bomb \$8.99

Chicken, horseradish mayo, provolone, & sautéed peppers and onions on Baguette

Veggie Brie Grilled Cheese \$7.99

Roasted Mix Vegetables, spreadable brie, & honey mustard on Italian White

Spicy Peanut Wrap \$8.99

Chicken, bell peppers, Asian slaw, onion, cucumber, lettuce, & spicy peanut sauce on Wrap

The Mediterranean \$7.99

Roasted Eggplant, garlic mayo, crumble feta, and tomato on Sour Dough

The Man Cave \$8.99

Beef Tenderloin, Ham, Bacon, sautéed peppers and onions, Brie & Cheddar on Bianca Roll

Men in Black Forest \$7.99

Black Forest Ham, Dijon, swiss, pickled red onion, banana peppers, bell peppers, olives & spinach on Honey Wheat

The Bravocado \$8.99

Grilled Chicken, hummus, Dijon, cheddar, avocado, spinach, onion, & tomato on Honey Wheat or Wrap

The Blue Bird \$8.99

Turkey Breast, apple slices, blue cheese brie, spinach, tomato on Sour Dough

The Halakahiki \$7.99

Black Forest Ham, pineapple, cheddar, mozzarella, on Italian White Bread

Mayo's Etc.:

Plain, Pesto, Garlic, Cranberry, Spicy, Chipotle, Horseradish Parmesan, Peanut Sauce, House Hummus, House Pesto, Russian, Honey Mustard, Dijon, Yellow

For an Additional \$1.00

Extra Meat, Bacon, Cheese, Avocado, Guacamole

Build Your Own!

Want something different? We'll be happy to make you a sandwich just the way you like!

Natural Provisions proudly prepares sandwiches, entrees, soups and other foods, many of which are dairy-, peanut- and wheat-free. Please note that these foods are *not* prepared in a dairy-, peanut- and wheat-free kitchen, so customers with sensitivities to these ingredients should read all Ingredients Labels with care.