

NEW!

PLEASE NOTE CHANGES:

- *New menu items marked with an *
- *Vegetarian options noted with a vegetarian symbol (Vegetarian options made with eggplant or tofu)
- *All sandwiches/wraps are grilled unless specified otherwise
- *Honey Wheat bread has changed to Maple Oat
- *Missing a sandwich from the menu? If you ask, we can most likely make it!

Mayos & dressings

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

Meats & Cheeses

Meats: Black Forest Ham, Oven Roasted Turkey, Roast Beef, Pastrami, Bacon, Pork Tenderloin

Cheeses: Cheddar, Swiss, Provolone, Mozzarella, Feta, Blue Cheese

Breads & Wraps

Bread: Sourdough - Rye -Maple Oat
Wraps: Garlic Pesto - Spinach - Wheat
*Gluten Free bread \$1.00 extra

ADD-ONS

Extra Veggies	\$.50
Extra Meat	\$2.00
Cheese	\$1.00
Guacamole	\$1.00
Gluten Free Bread	\$1.00

NOW OFFERING BREAKFAST SANDWICHES*! \$7.99

STORE HOURS:

M-F 9AM-6PM
SAT 9AM-5PM
SUN 10AM 4PM

DELI HOURS:

M-F 9AM-2PM

537 Railroad St
Saint Johnsbury VT 05819
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www.naturalprovisionsvt.com
802-748-3587



**ASK ABOUT OUR
SANDWICH CARDS
BUY 10 & THE NEXT ONE
IS FREE!
*TAX NOT INCLUDED**



DELI MENU



NATURAL PROVISIONS

**CALL AHEAD TO ORDER
(802) 748-3587**

DELI MENU

KIDS

GRILLED CHEESE*  **\$6.49**

Choice of cheese grilled panini style on sourdough or maple oat

GRILLED PB&J*  **\$6.49**

Panini style peanut butter & grape or strawberry jelly on choice of sourdough or maple oat

SALADS

MESCLUN SALAD  **\$10.99**

Blue cheese, cranberries, lettuce, spinach, & walnuts

ORIENTAL SALAD*  **\$10.99**

Chicken breast, lettuce, almonds, sesame dressing, cabbage, carrots, crunchy Chinese noodles, & sesame seeds

COBB SALAD*  **\$10.99**

Lettuce, spinach, bacon, egg, tomato, cucumber, & onion

SANDWICHES & WRAPS

BAHN MI  **\$10.99**

Roast pork, spicy mayo, cilantro, Asian slaw, & cucumber on a toasted ciabatta roll

CUBAN* **\$10.99**

Pulled pork, spicy mayo, ham, swiss, pickles, & hot peppers on a toasted ciabatta roll

CLUB **\$10.99**

Turkey breast, mayo, cheddar, bacon, lettuce, & tomato on sourdough

MAN CAVE **\$10.99**

Beef sirloin, ham, bacon, sautéed onions, brie, & cheddar on a ciabatta roll

BLT* **\$10.50**

Bacon, lettuce, tomato, & mayo on sourdough or maple oat



NATURAL FAVES

NEW ENGLANDER **\$10.50**

Turkey breast, cranberry mayo, cheddar, tomato, & lettuce on maple oat


SPICY PEANUT WRAP  **\$10.99**

Chicken (or tofu), bell peppers, Asian slaw, onion, cucumber, lettuce, & spicy peanut sauce on a wrap

CHICKEN CAPRESE **\$10.50**

Chicken, pesto mayo, mozzarella, spinach, & tomato on sourdough

BACON APPLE GRILLED CHEESE* **\$10.50**

Bacon, sliced apple, brie, & cheddar cheese on maple oat or sourdough 

BLUE BIRD **\$10.50**

Turkey breast, apple slices, blue cheese brie, spinach, & tomato on sourdough

BRAVOCADO  **\$10.99**

Grilled chicken, hummus, Dijon, cheddar, avocado, spinach, onion, & tomato on maple oat



NATURAL CLASSICS

CALIFORNIAN **\$10.50**

Turkey breast, house guacamole, lettuce, & tomato on maple oat

STEAK & CHEESE **\$10.99**

Thinly sliced steak (or chicken), roasted onions, peppers, provolone & mayo on a ciabatta roll

CHICKEN PARMESAN*  **\$10.99**

Chicken (or eggplant) w/ red sauce, & mozzarella on a ciabatta roll

REUBEN **\$10.50**

Choice of turkey breast or corned beef, Russian dressing, swiss, & sauerkraut on rye

SPICY ITALIAN **\$10.99**

Salami, provolone, pepperoni, ham, lettuce, tomato, onion, peppers, banana peppers, & Italian dressing on a ciabatta roll

LUNCH COMBO* **\$10.99**

Half a sandwich & a cup of soup. Sandwich choices are: ham, turkey, or roast beef



Daily lunch specials Mon-Fri!
SIGN UP FOR OUR DAILY SPECIALS EMAIL @
NPROVISIONSSTJ@GMAIL.COM