

PLEASE NOTE:

*Vegetarian options noted with a vegetarian symbol (Vegetarian options made with tofu)

*All sandwiches/wraps are grilled unless specified otherwise

*Honey Wheat bread is now Maple Oat

*Missing a sandwich from the menu? We will accommodate if possible!

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

ASK ABOUT OUR SANDWICH CARDS

BUY 10 SANDWICHES & THE NEXT ONE IS FREE!

***TAX NOT INCLUDED**

STORE HOURS:

M-F 9AM-6PM

SAT 9AM-5PM

SUN 10AM 4PM

DELI KITCHEN

OPEN:

M-F 9AM-2PM

537 Railroad Street, St. Johnsbury VT

(802)748-3587

www.naturalprovisionsvt.com



DELI MENU



NATURAL PROVISIONS

CALL AHEAD TO ORDER

(802) 748-3587

DELI MENU

KIDS

GRILLED CHEESE*  **\$4.99**

Choice of cheese grilled panini style on sourdough or maple oat

GRILLED PB&J*  **\$4.99**

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

SANDWICHES & WRAPS

THE NATURAL  **\$10.50**

Lettuce, spinach, , tomato, cucumber, bell pepper, hummus & onion

BAHN MI  **\$10.99**

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

CUBAN **\$10.99**

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

OMNOMNOM **\$10.99**

Sliced tenderloin, chipotle mayo, mozzarella, & red onion on sour dough



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

DA BOMB **\$10.99**

Chicken, horseradish mayo, provolone, sauteed onions on a ciabatta roll , 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

Baked Goodness

Muffins ~ Brownies ~ Cookies & more



Daily Lunch Specials Mon-Fri!

SIGN UP FOR OUR DAILY SPECIALS EMAIL@
NPROVISIONSSTJ@GMAIL.COM