

JAGANNATHA EXPRESS

Vegetarian Bistro & Organic Juice Bar

660 Baker Street, Nelson B.C. phone 354-1084

Tuesday-Saturday 11:00 to 7:00, closed Sundays and Mondays

CATEGORY MENU ONLY, FOOD CHOICES CHANGE DAILY

MEALS

- No. 1 BHIMA WRAP or RAW VEGGIE WRAP...** \$ 9.05
*Organic flatbread *vegetable medley * cooked grain
*salad mix *seeds *condiments * Kofta * Dressing
- No. 2 HARI BOWL... (small bowl [sampler] \$ 5.24)** \$ 9.05
*vegetable medley * cooked grain *salad mix *seeds
*condiments * Kofta *Dressing
- No. 3 GOURMET SOUP or PROTEIN RICH DAHL...** \$ 6.43
* Come back for a second bowl FREE!
- No. 4 SAMOSA (custom made)...** \$ 5.00
- No. 5 SPELT CRUST PIZZA... \$ 3.33 Or 2 Pieces for...** \$ 5.71
- No. 6 LARGE ORGANIC SALAD...** \$ 11.91
* seasonal salad greens & raw veggies *salad dressing
* seeds * sprouts * and more...
- HALF A SALAD...** \$ 5.95
- No. 7 BHIMA PLATE (add \$1.66 for Organic Yogurt)** \$ 12.39
*full plate of cooked grain * vegetables * salad mix
*condiments * Kofta *seeds *Dressing
- No. 8 MAHA MEAL ...** \$ 19.05
* **BHIMA WRAP or BHIMA PLATE plus**
* vegetable soup or protein rich Dahl * dessert of your choice
- No. 9 SAVORY (Kofta, Pakora, Barra, Mini Samosa) 2 for...** \$ 1.91

BAKED GOODIES

*Different selections daily. Vegan and Spelt varieties

- DECADENT CAKES & SQUARES BY THE SLICE...** \$ 3.10
- MUFFINS...** \$ 2.36
- SUGAR FREE COOKIES AND DATE SQUARES...** \$ 2.36 - \$ 3.10
- ASSORTED COOKIES...** \$ 1.67 - \$ 2.86

ORGANIC JUICES 11 OZ.

- CARROT JUICE...** \$ 5.40
- V3 CARROT, APPLE & GINGER JUICE ...** \$ 5.96
- V4 CARROT, BEET, CELERY, GINGER...** \$ 6.20
- FRUIT SMOOTHIES or**
- LASSIE... fruit smoothie with organic yogurt (11 oz.)** \$ 5.71
- LASSIE... " " " " " (20 oz.)** \$ 7.62
- GREENS BOOSTER or PROTEIN BOOSTER SHOT** \$ 1.67

EXOTIC AND HEALING TEAS

- MANY VARIETIES... (2-cup pot)** \$ 2.86
- (6-cup pot)** \$ 4.29

HEALTH AND HAPPINESS TO YOU !

www.jagannathaexpress.com