

## SMOOTHIES

12 oz

<b>Wellness</b>	\$7.00
Organic berries with local milk & coconut oil	
<b>Classic Bonanza</b>	\$7.00
Organic strawberries, wild blueberries, organic bananas, organic yogurt. Chef's recommendation; try adding greens	
<b>The Velvet</b>	\$7.00
Coconut water, almond, date, banana. Chef's recommendation; try adding cocoa	
<b>Mango Lassi</b>	\$7.00
Ayurvedic yogurt drink that tastes like heaven	
<b>The Dirty Monkey</b>	\$7.00
Organic banana, local milk, chocolate and peanut butter (kids love it)	
<b>X-tra Boosters</b>	\$0.50 each
Vitamin C, Whey, Wheat Grass, Spirulina, Hemp Protein, or Bee Pollen	

## SLUSHIES

12 oz

<b>Four Berry Natural</b>	\$5.00
Raspberry, strawberry, blackberry, blueberry and other fruit juices mixed with crushed ice	
<b>Tropical Mango Natural</b>	\$5.00
Mango, pineapple, banana and other fruit juices mixed with crushed ice	

## HOT DRINKS

<b>Dandy Blend Latte</b>	\$3.00/\$4.00
Stillman's farm fresh milk, heated with caffeine free dandy blend mix	
<b>Hot Chocolate</b>	\$2.50/\$3.00
Hot chocolate with Stillman's farm fresh whole milk	
<b>Tea</b> (several varieties)	\$2.50/\$3.00
<b>Organic Coffee</b>	\$2.25/\$3.00
A&E Roasters from Amherst, NH Free coffee if you bring your own mug	

*Nourishing food provides health and vitality. The foods we choose each day determine our medical, dental and psychological health.*

*At Groton Wellness we desire to provide nourishment through our bistro and trustworthy nutritional information through our patient care, materials, and events.*

*We support locally produced foods and organic farming techniques. We recommend and serve whole, nutrient-dense, flavorful, natural foods.*

bistro hours  
mon - thu 8 - 6  
fri 8 - 5  
sat 9 - 4



**Groton Wellness**

*Medical • Dental • Spa • Bistro*

Mill Run Plaza  
493 Main Street  
Groton, MA 01450  
978-449-9919  
[www.grotonwellness.com](http://www.grotonwellness.com)

the  
**bistro**

What you eat matters.

at  
**Groton Wellness**

*Medical • Dental • Spa • Bistro*



Nourishing food is the best medicine

# AUTUMN/WINTER MENU

## BREAKFAST ANYTIME

Our eggs come fresh from Coll's Farm in Jaffrey, NH.

### Sprouted Wheat Bagel

Toasted with butter \$3.50

Toasted with cream cheese or nut butter \$4.50

Toasted with fried egg and cheese \$6.50

**Two Eggs Any Style** \$4.00

Served with sourdough toast  
add melted cheddar cheese \$1.00

**Veggie Omelet** \$7.00

Three eggs with your choice of fresh veggies, cheddar  
and basil

**Breakfast Burrito Wrap** \$7.50

Three eggs, sautéed onions and peppers with cheddar  
cheese

**Organic Oatmeal** \$5.00

Served with butter, cinnamon and sucanat

**Side of Bacon** \$2.50

Natural and nitrate free. Add to any order.

## GLUTEN-FREE DESSERTS

A variety of cookies, cakes and brownies are always  
available.

## CATERING & SPECIAL ORDERS

Call Natural Foods Chef Karen or Linda to have the bistro  
customize and cater your event at your work, school or  
home. We ask for at least 48 hours notice and we will  
deliver healthy, nutritious, home cooked and delicious  
food to your special event.

all natural, gluten &, casein free,  
no nitrates, no antibiotics

### APPLEGATE SLICED TURKEY

\$9.00/lb

## SOUP AND BROTHS

All soups and broths are made from scratch with simple  
wholesome ingredients. A minimum of 3 selections  
daily.

**Cup** \$4.00

**Bowl** \$5.50

**Quart** \$14.00

Bone broths available daily

Chicken and rice soup available daily

Chili (grass fed local beef) Wed - Fri \$5.50/\$7.00

## SALADS

**Mother Earth Plate** \$10.00

Served hot with roasted veggies, brown rice, tahini miso  
sauce and toasted cashews or almonds

**Add:** cheddar cheese \$1.00  
hard boiled egg \$1.00  
grilled chicken breast \$2.50  
avocado \$1.00

**Build Your Own Salad** \$6.50/\$8.50

Organic baby romaine

**Choose 5:** shredded organic carrots, roasted beets,  
dried cranberries, organic raisins, walnuts,  
cashews, almonds, fresh sauerkraut,  
avocado, gluten free croutons

**Caesar** \$8.00

Served on a plate or in a wrap

**Add:** chicken \$2.00

**BUILD YOUR OWN BURRITO** \$7.00

Spiced organic brown rice with organic pinto beans and  
salsa on a wrap of your choice.

**Add:** cheddar cheese \$1.00  
avocado \$1.00  
grilled chicken breast \$2.50  
roasted veggies \$2.00  
sour cream \$ .50

Before placing your order, please  
inform your server if a person in your  
party has a food allergy.

## SANDWICHES AND WRAPS

All meats are natural and without antibiotics or nitrates  
administered. We proudly use Applegate turkey and Bell  
and Evans chicken.

Your choice of wrap; whole wheat, spinach or gluten  
free rice, or locally baked sourdough bread.

**VEGETARIAN SANDWICHES & WRAPS** \$8.50

All half sandwich/wrap \$6.75

### Chef's Choice Wrap

Swiss and cheddar cheese, romaine, cucumber,  
shredded carrots, roasted beets and honey mustard  
dressing

### Egg Salad

Farm fresh local eggs, celery, herbs and homemade  
dressing

### Farmer's Grilled Cheese

Melted cheddar and swiss on sourdough bread with a  
side of veggies

### Rap with a Beet (vegan)

Homemade hummus, shredded carrots, shredded beet,  
crunchy romaine, cucumber and sprouts (add cheese  
no charge)

### Avocado Cheddar Wrap

Fresh avocado slices, cheddar, sprouts and lettuce,  
topped with cranberry jelly

**SPECIALTY SANDWICHES & WRAPS** \$9.00

### North End Wrap

Roasted chicken, baby romaine, avocado, roasted red  
pepper with homemade creamy pesto dressing

### September Wrap

Natural roasted turkey, cheddar, spinach, apples,  
caramelized onion and homemade honey mustard  
dressing

### Turkey Reuben (grilled)

Turkey, Swiss and fresh sauerkraut with thousand island  
dressing on grilled sourdough bread

### Egan Wrap

Turkey, nitrate free bacon, avocado and romaine with  
creamy homemade dressing