

Our Baked Good Menu

We offer our famous Chocolate Chip & Oatmeal Raisin Cookies, assorted muffins and gluten free and original chewy chocolate brownies. Specialty cakes offered regularly.

Our Café Menu

Daily Specials vary and include our new

“Panini Grill”

We offer entrees, grain salads, vegan salads, gluten free entrees, quesadilla’s, and much more

Our Homemade Soup Menu

We offer two fresh homemade soups daily.

A variety of meat, vegetable, grain and vegan soups

Our Espresso Bar Menu

Americano \$3.00 Espresso Shot \$1.50

Cappuccino* \$4.00 Iced Coffee \$3.50

Mocha Capp.* \$4.75 Iced Lemonade/Tea \$3.00

Latte* \$4.00 Mocha Latte* \$4.75

Extras: Soy/Almond Milk \$.75 Decaf \$.50

Flavor Shot (Vanilla, Carmel, or Hazelnut) \$.75

Call us at 255-8855 for our daily specials or we can fax them to you.



*Saltwater
Café*

Stop in and relax in our music filled Café seating area or call your order ahead for pickup for your day trip, hike, or picnic.

Catering available for parties of 40 or less

Downtown Machias

@ Whole Life Natural Market

(corner of Main and Colonial Way)

207-255-8855

Our Sandwich Menu

- The Best Eggsalad \$5.99 / \$3.09
Organic free range eggs blended with panko crumbs, mayo and Raye's mustard topped with romaine lettuce on whole wheat bread.
- Our Tuna Special \$6.49 / \$3.29
Dolphin safe tuna blended with panko crumbs, organic relish, and mayonnaise topped with romaine lettuce on whole wheat bread.
- Feta, Cranberry & Walnut \$7.49
Organic greens tossed with organic cranberries, walnuts and a goat feta topped with olive oil and seasoning.
- Roasted Turkey \$6.99
Applegate roasted turkey topped with sliced tomato, mixed greens, mayonnaise and special seasonings.
- Chicken Caesar Wrap \$6.99
Free range chicken with organic romaine, Romano cheese then lightly tossed with Drew's Caesar dressing. Extra dressing available
- Mexican Burrito Wrap \$6.99
Black bean topped with salsa, rice and cheddar cheese and tightly wrapped in a tomato wrap. Ask for it to be heated. Salsa and sour cream .50 cents each
- Blackbean & Avocado Wrap \$5.99
Black Beans layered with avocado and spinach on a spinach wrap
- Hummus & Veggie Wrap \$6.99
Hummus topped with cucumbers, red pepper, avocado, carrots, and spinach wrapped tightly in a white wheat wrap.
- Black Forest Ham and Cheese \$6.99
Applegate Black Forest Ham topped with your choice of cheddar or provolone with romaine lettuce a spicy mustard.
- Cheddar & Apple Wrap \$5.99
Organic mixed greens with chopped apples and sharp cheddar cheese topped with Drew's honey Dijon dressing..... Add Turkey for \$2.00

Most sandwiches are available on whole wheat bread, flatbread, or a wrap. Gluten free bread or wrap and Artisan rolls add \$1.00. Prices subject to change.

Our Specialty Sandwich Menu

Specialty sandwiches are not always available

- Spicy Thai Chicken Wrap \$6.99
Free range grilled chicken blended with rice, carrots, mushroom, and cilantro in a spicy peanut sauce on a tomato wrap.
- Chili Chicken Burrito Wrap \$7.99
Chili seasoned grilled chicken, refried beans topped with sharp cheddar tightly wrapped in white wheat wrap. Salsa and sour cream .50 cents each
- Vegetable Garden Burger Wrap \$7.49
A grilled garden burger topped with roasted red pepper, mixed greens and veganaise
- Southwest Turkey Wrap \$7.99
Roasted turkey breast with avocado, sliced red pepper, mixed greens and a spicy southwest mayo in a tomato wrap.
- Curried Chicken Salad \$7.49
Free range chicken, chopped apples, crushed walnuts and a blend of mayo, curry and cilantro topped with spinach in a white wrap
- The Vegetarian \$6.49
A spinach wrap filled with spring mix, tomato, avocado, cucumber, and red pepper topped with herbed olive oil.
- Fromage Blanc Cheese & Veggies \$7.49
Local Fire Eater or Dreamy Onion Fromage Blanc Cheese topped with a variety of organic veggies in a tortilla wrap
- Buffalo Blue Wrap \$7.49
Organic romaine lettuce, Buffalo sauce seasoned chicken, blue cheese dressing and shredded cheddar
- Garden or Greek Salad Wrap \$6.99
Lettuce or spinach, sliced cucumber, sliced peppers, carrot, tomato, cheese, olives, spices and mayonnaise or olive oil