

Homemade Entrees

~ Organic Spinach Lasagna ~ Organic Beef Lasagna ~ Vegan Shepard's Pie
 ~ Gourmet Macaroni & Cheese ~ Marinated Tofu ~ Stuffed Spaghetti Squash

Vegetable Curry

~ Organic red peppers, cauliflower, kale, potatoes, and edamame beans slow-simmered in a tomato-coconut curry broth. Served with organic long-grain brown rice.
Organic butter chicken also available!

Turkey Stew

~ Free-range turkey slow-cooked with chunks of organic carrots, potatoes, celery, onions, and our classic spice mix.

Homemade Soup ~ The Best in the Okanagan!

~ Hearty and delicious soup made fresh daily by our talented and creative soup chefs. Made with organic produce and served with flatbread crackers.

Organic Hearty Chili

~ Full of protein and nutrients, our famous vegetarian chili combines large chunks of carrots, bell peppers, zucchini and onions with four different beans in a mildly-spiced tomato sauce.

Organic Beef & Bean Chili also available!

Healthy Breakfast Muffins ~ Available all day!

~ Free-range eggs with havarti cheese and veggie bacon served on a sprouted grain English Muffin.

Fresh, Homemade, Organic Baking

~ Vegan Fudge Brownies ~ Chunky Chocolate Chip Cookies ~ Date Squares
 ~ Carrot Cake ~ Banana Bread ~ Chocolate Fudge Oat Cookies

Did you know... we make Organic Birthday Cakes!

Please call to inquire about catering at any one of our five "Apple" locations.



KAMLOOPS
 5-1350 Surmit Dr.
 (across from Tudor Village)

KELOWNA
 120-1876 Cooper Rd.
 (in Orchard Plaza)

LAKESHORE
 4624 Lakeshore Rd.
 (next to Bookland)

VERNON
 104-3400 30th Ave.
 (behind Home Depot)

WESTBANK
 260-1117
 707-3935

Not all items available at all locations.



THE APPLE

Fresh Foods Menu

The Apple Deli @ Nature's Fare is proud to offer local, wholesome, organic food made in our own kitchen. Join us for breakfast, lunch or dinner and discover the difference homemade makes!



@ Nature's Fare Markets

www.naturesfare.com

Gourmet Grilled Sandwiches

Salmon Nicoise Sandwich

~ Wild sockeye salmon mixed with capers, lemon and red onions, served on a multigrain seed bun with black olive spread, roma tomatoes and organic baby spring mix.

Vegetarian Reuben Sandwich

~ Marble rye topped with grilled organic portabello mushrooms, havarti cheese, organic sauerkraut, crisp beets and Russian dressing. A delicious and healthy twist on the classic deli sandwich!

Dilicious Chicken Sandwich

~ A "dillicious" mixture of diced organic chicken breast, fresh dill, parsley, lemon juice, green onions, mayo and celery served on ciabatta bread with field tomatoes and green leaf lettuce.

Tandoori Chicken Sandwich

~ Organic chicken breast marinated in our special tandoori sauce and baked until tender and juicy, served on ciabatta bread with fresh Indian-spiced herb dressing, tomato, red onion and green leaf lettuce.

Organic Chicken Pesto

~Organic chicken breast, basil pesto, sundried tomatoes, havarti cheese, red onion and green leaf lettuce.

Roasted Vegetable with Goat Cheese

~Roasted bell peppers, artichoke hearts, zucchini, onions, portabello mushrooms and roma tomatoes with Okanagan goat cheese and basil pesto.

Fresh-Made Sandwiches & Wraps -served on sprouted grain bread

Egg Salad – Our most popular sandwich!

~Free-range egg salad with crunchy onions and green leaf lettuce.
(also available in a wrap)

Tuna Salad

~Our famous recipe combines bell peppers, celery, tuna, cilantro and green leaf lettuce.
(also available in a wrap)

Veggie & Cheese

~Creamy havarti cheese with bell peppers, English cucumbers, ripe tomatoes, red onion and green leaf lettuce.

Thai Tofu

~Oven-baked tofu and rice vermicelli noodles tossed in a sweet red chili sauce, served with bell peppers, parsley and green leaf lettuce.

Chickpea Curry

~Chickpeas and organic brown rice marinated in a curried mango-yogurt sauce, served with golden raisins, red onions and green leaf lettuce.

Sushi Roll Wrap

~Organic brown sushi rice, cucumber, carrots and bell pepper wrapped in a traditional nori roll and organic sprouted grain tortilla, served with wasabi mayonnaise and pickled ginger. A tasty and unconventional take on sushi!



Delicious & Healthy Salads



Spelt Kernel – Our most requested salad!

~Organic spelt kernels mixed with carrots, celery, sweet corn and peas, topped with chunks of feta in a lemon vinaigrette.

Curry Lentil & Wild Rice

~Organic lentils, brown and wild rice mixed with organic raisins, bell peppers, celery, and onions in a curried flax oil vinaigrette.

Organic Beet & Pine Nut

~Organic red beets, onions and pine nuts in a creamy Dijon dressing.

Pamela's Pesto Pasta

~Organic brown rice pasta tossed with pine nuts and peas in an organic spinach, pesto and parmesan dressing. Perfect for summer barbecues and picnics!

Quinoa Tabouli

~Organic quinoa and chickpeas mixed with English cucumber, fresh tomatoes, parsley and bell peppers in a classic lemon-mint dressing.

Chili Lime Sweet Potato

~Oven-roasted organic sweet potatoes combined with red bell peppers and organic cilantro in a chili-lime dressing.

Edamame Sesame

~Organic steamed edamame beans mixed with carrots, sweet organic corn, red bell peppers, and sesame seeds in our secret honey ginger vinaigrette.

Vegan Potato Salad

~A classic summer mix of creamy organic potatoes, celery, carrots, green onions and parsley in a dill-dijon eggless mayonnaise dressing. Great for potlucks, picnics and the beach.

DID YOU KNOW...

All take-out containers from the Apple Delis are made from corn & are 100% biodegradable!



Open 7 Days a Week • Visit Our Website for Store Hours

www.naturesfare.com

Kelowna • Kamloops • Lakeshore • Vernon • Westbank