



Open for Breakfast, Lunch & Take-Out Dinner

**Monday - Saturday
8 am to 6 pm
Sunday and Holidays
9 am to 5 pm**

**Homemade Grab & Go
Take-Out Available 7 Days a Week**

**Catering Available
We serve only certified organic
chicken and certified organic beef.**



**WHOLE FOODS
MARKET**

**1770 Main St., Penticton, BC
(250) 493-2855**

Store Hours:

**Monday - Saturday 8 am to 7 pm
Sunday 9 am to 5:30 pm**

VEGGIE JUICES

Made from Fresh Vegetables

Morning Energizer

Carrots, apple, parsley, ginger 12 oz. \$3.98 16 oz. \$4.98

Mineral Melody

Carrots, kale, parsley, lemon 12 oz. \$3.98 16 oz. \$4.98

Calcium Express

Carrots, apple, kale, parsley 12 oz. \$4.98 16 oz. \$5.98

V6

Carrots, apple, celery, beet, parsley, ginger
12 oz. \$3.98 16 oz. \$4.98

Bug Zapper

Carrots, apple, lemon, red bell pepper, ginger, garlic
12 oz. \$5.98 16 oz. \$6.98



Popeye Power

Carrot, apple, parsley, kale, spinach, celery
12 oz. \$5.98 16 oz. \$6.98

Carrot

100% pure carrot juice 12 oz. \$3.98 16 oz. \$4.98

Wheatgrass

1 oz. \$1.78 2 oz. \$2.78

COFFEE & TEA

Organic Coffee

10 oz. \$1.60 16 oz. \$1.88

Tea

Herb & black 12 oz. \$3.98 16 oz. \$4.98

One free refill for coffee and tea



SMOOTHIES

Protein Power

Bananas, berries, apple juice, soy or dairy milk, protein
12 oz. \$5.98 16 oz. \$6.98

Chocolate Raspberry Ripple

Raspberries, bananas, apple juice, chocolate soy milk, protein
12 oz. \$4.98 16 oz. \$5.98

Tropical Sunset

Bananas, yogurt, pineapple coconut juice, dates, coconut milk
12 oz. \$4.98 16 oz. \$5.98

Iced Bambuccino

Ice, chocolate soy milk, chocolate protein powder, bambu coffee
12 oz. \$3.98 16 oz. \$4.98

IronMan

Bananas, strawberries, cranberry & apple juice, soy or dairy
milk, protein, Greens+
12 oz. \$5.98 16 oz. \$6.98

Samadi Bliss

Bananas, melon, papaya mango juice, soy or dairy milk, vitamin C
12 oz. \$4.98 16 oz. \$5.98

Blue Banana

Bananas, blueberries, apple juice, blueberry juice, soy or dairy milk
12 oz. \$4.48 16 oz. \$5.48

Cranberry Wave

Bananas, cranberries, orange juice, cranberry juice, soy or dairy milk
12 oz. \$4.48 16 oz. \$5.48

Morning Blastoff

Blueberries, raspberries, yogurt, orange juice, pomegranate
juice, wheat germ, honey, spirulina
12 oz. \$5.98 16 oz. \$6.98



Add-ons, \$0.98 each

Protein powder • Udo's Oil • Ginseng
Spirulina powder • Vitamin C • Bee pollen

BREAKFAST

- Toasted Veggie Breakfast Muffin**
Tofu, veggie bacon & soy cheese on an English muffin \$3.98
- Toasted Egg Breakfast Muffin**
Scrambled egg, veggie bacon, dairy cheese on an English muffin \$3.98
- Veggie Breakfast Bagel**
Tofu, veggie bacon & soy cheese on assorted bagels \$4.98
- Egg Breakfast Bagel**
Scrambled egg, veggie bacon & dairy cheese on a bagel \$4.98
- Bagel & Cream Cheese**
Choice of bagel & cream cheese \$1.98
- Ham & Egg Kaiser**
Two scrambled eggs, old fashioned ham, tomato slice & pesto on a toasted whole wheat kaiser \$4.98
- Breakfast Burrito**
Eggs, peppers, onion and seasoned potatoes with soy cheese and salsa in a tortilla wrap \$4.98
- Yogurt & Granola Fruit Cup**
Granola, non-fat yogurt and seasonal variety of fruit \$4.48
- Morning Jump Start**
Wheatgrass shot, 8 oz carrot juice and choice of muffin \$3.98

**Breakfast is served
until 10:00 am**



SANDWICHES & WRAPS

We roast fresh, certified organic beef & chicken for all our sandwiches, entrees and salads - taste the difference.

- Veggie**
Veggies, red pepper mayo & choice of cheese \$5.98
- The Usual - Organic Chicken** \$7.98
The Usual - Organic Roast Beef \$7.48
The Usual - Corned Beef \$6.98
The Usual - Turkey \$7.48
The Usual - Ham \$6.48
The usual includes veggies, mayo, mustard & choice of cheese
- Californian**
Avocado, cream cheese and all the veggies \$5.48
- Tuna Salad**
Tuna, green onions, mayo, and all the veggies \$4.98
- Salmon Salad**
Salmon, green onions, mayo, and all the veggies \$6.98
- Egg Salad**
Eggs, green onion, mayo, lettuce and sprouts \$4.98
- Organic Chicken Salad**
Organic chicken, mayo & all the veggies \$7.48
- Italian**
Pesto, smoked gouda & all the veggies \$5.98
- Vegan**
Veggies, vegan mayo, vegan butter & vegan cheese \$5.48
- Turkey Cranberry**
Sliced turkey, cranberry sauce and all the veggies \$6.98
- Organic Chicken Pesto**
Sliced organic chicken, pesto & all the veggies \$7.48
- Greek**
Veggies, tzatziki & soy or dairy feta cheese \$5.98

VEGETARIAN ENTREES

Also enjoy a variety of meat, chicken and fish entrees from our daily hot deli case menu.

- Falafel Burger** \$6.98
Veggie Burger \$6.98
Vegetarian Thin Crust Pizza Slice \$2.38
Vegetarian Spelt Crust Pizza Slice \$3.78
Vegetarian Pizza Bagel \$1.98
Vegetarian Lasagna \$5.98
Quiche \$3.98

SALADS

- Turkey Chef's Salad** \$6.98
Organic Chicken Chef's Salad \$8.98
Tuna Chef's Salad \$6.98
Salmon Chef's Salad \$6.98
Garden Salad \$3.98
Spinach Salad \$3.98
Side Salad \$1.98



SOUPS

Homemade Soups

- Vegetarian Soup**
8 oz. cup \$3.28 12 oz. bowl \$4.28
- Cream Soup**
Made with nut milk
8 oz. cup \$3.28 12 oz. bowl \$4.28
- Organic Chicken Soup**
8 oz. cup \$3.68 12 oz. bowl \$4.68
- Vegetarian Chili**
8 oz. cup \$3.28 12 oz. bowl \$4.28