

## nectar BREAKFAST

Multigrain, Artisan Bread.

\*We use Cage-Free Eggs, No Hormones or Antibiotics.

**EGG, CHEESE & TURKEY SAUSAGE OR VEGGIE SAUSAGE** \$4.5

**EGG & CHEESE** \$3

**EGG, CHEESE & BACON** \$3.5

**NECTAR BREAKFAST "SIGNATURE" PANINI:**

**EGG, CHEESE, ORGANIC TOMATO & HOUSE MADE PESTO** \$5.5

**TRUFFLE EGG, CHEESE, ORGANIC TOMATO** \$5.5

**HAVARTI & BLUEBERRY JAM** \$4

**ADD: ORGANIC TOMATO, ORGANIC GREENS OR ONIONS** \$1 EACH

**MAKE IT A COMBO- ADD COFFEE FOR \$1.00**

> OUR Artisan BREAD contains NO PRESERVATIVES, and ALL NATURAL INGREDIENTS

> WE USE ONLY SEA SALT ON OUR RECIPES

> OUR PANINI ARE BRUSHED WITH OLIVE OIL

## nectar SOUPS & SALADS

Soups and Salad come with multigrain bread

### TUNA SALAD

Organic Mixed Greens, Organic Tomato, Red Onions, Topped with NECTAR Tuna Salad & House Made Croutons \$8.50

### CHICKEN SALAD

Smoked Chicken, Organic Mixed Greens, Organic Tomato, Red Onions topped with Nectar Sherry Vinaigrette Dressing & House Made Croutons \$8.50

### HEARTS OF PALM SALAD

Hearts of Palm, Organic Mixed Greens, Organic Tomato, Red Onions, Cranberries, Raw Pumpkin Seeds with Nectar Sherry Vinaigrette Dressing & House Made Croutons \$8.50

### SOUP OF THE DAY

CUP \$3.95 BOWL \$6.50

## nectar PANINI

SERVED WITH CHIPS, SIDE SALAD, OR ORGANIC APPLE

Home Made Soup (add \$1.50)

**Pick Your Artisan, All Natural Bread**

### SMOKED CHICKEN

Hormone Free Chicken, House Made Pesto, Mozzarella cheese, Organic Tomato, Organic Mixed Greens \$8.50

### SMOKED TURKEY

Sweet Onion Chutney, Swiss Cheese, Organic Tomato, Organic Mixed Greens \$8.50

### VEGGIE PANINO

Roasted Mixed Veggies, Havarti cheese (Vegan Cheese Upon Request), Nectar House Made Pesto, Organic Tomato, Organic Mixed Greens \$8.50

### SMOKED CHICKEN + BACON

Hormone Free Chicken, Swiss Cheese, French Dijon Mustard, Organic Tomato, Organic Mixed Greens \$8.50

### NECTAR TUNA MELT

Tuna Salad (Albacore Tuna with Capers, Fresh Celery and Lemon), Mozzarella Cheese, Organic Tomato, Organic Mixed Greens \$8.50

### NECTAR TURKEY REUBEN

House Made Russian sauce made with our own Roasted Garlic, Rye Bread, Swiss Cheese, Smoked Turkey, Sauerkraut \$8.50

### TRUFFLE PANINO

Havarti, Swiss, Sharp Cheddar Cheese, Organic Tomato, Organic Mixed Greens drizzled with White Truffle Olive Oil \$8.00

### WALNUT CHICKEN SALAD

Chicken Salad made with hormone free chicken breast, walnuts, cranberries served with organic greens and organic tomatoes \$8.00

**NINO PANINO (KIDS UNDER 10)** \$4.00

Mozzarella, Sharp Cheddar.  
**SIDE: Whole Organic Apple or Banana**

### ORGANIC PEANUT BUTTER & JELLY PANINO

Your classic PB&J made for kids and grown ups also \$4.00 (No Side)

### PANINO DOLCE (No Side)

Nutella, Fresh Sliced Fruit of the Day \$5.00  
Add Vanilla Ice Cream \$2.00

## nectar SMOOTHIES

**BUILD YOUR OWN SMOOTHIE**

**16 OZ. - \$3.99, 24 OZ.- \$5.29**

**KIDS - \$2.99 (10 & UNDER)**

### STEP 1) Pick Your Liquid

Orange Juice, Apple Juice, Pomegranate Juice,  
**ADD \$ .75:** Soy Milk, Non Fat Natural Yogurt

### STEP 2) Pick Your Fruit UP TO 3 FRUITS

Blueberry, Mango, Peach, Strawberry, Pineapple, Organic Banana

**ADD \$1.25 each:** Acai, Coconut, Cacao, Acerola, Nutella, Organic Peanut Butter

### Step 3) Add "SUPER FOODS"

**ORGANIC FLAXSEED** Fiber, Antioxidants, Omega 3 \$0.75

**WHEY PROTEIN POWDER** Muscle Builder, Weight Manager \$ .99

**HEMP SEEDS** Omega 3 & 6. Protein \$ .99

**SOY PROTEIN POWDER** Best substitute for Meat \$ .99

**ORGANIC GINGKO** Memory and Attention Enhancer \$ .99

**ORGANIC GUARANA** Energy Booster \$ .99

**ORGANIC CACAO** Antioxidants, Focus, Alertness \$1.25

**ALOE VERA** Digestion, Build Immune System \$1.25

**KAVA KAVA** Relaxation with Focus \$2

## mega SMOOTHIES

"Super Fruits" from the Amazon are 100% PULP No Preservatives (Acai, Acerola, Coconut, Cacao) \$5.99 – 16OZ

### 1) ACAI BERRY, ORGANIC BANANA,

**ORANGE JUICE, GUARANA** (100%Acai Pulp) ENERGY BOOSTER, IMMUNE SYSTEM BUILDER ANTIOXIDANTES, WEIGHT LOSS

### 2) COCONUT PULP, PINEAPPLE, ORGANIC BANANA , SOY MILK

METABOLISM BOOSTER DETOX, ENERGY

### 3) AMAZON ACEROLA CHERRY, ORGANIC BANANA, ORANGE JUICE

LOADED WITH VITAMIN C, IMMUNE SYSTEM BUILDER, ANTIOXIDANTS

### 4) NUTELLA, ORGANIC BANANA, SOY MILK

PROTEIN, BRAIN STORMER, ENERGIZER

### 5) CACAO PULP, ORGANIC CACAO POWDER, BLUEBERRY, ORGANIC BANANA , SOY MILK

LOADED WITH ANTIOXIDANTS, PROTEIN, FEEL SEXY

### 6- HIGH PROTEIN SMOOTHIE

ORGANIC PEANUT BUTTER, ORGANIC BANANA, SOY MILK, PROTEIN POWDER (WHEY OR SOY)

## nectar JUICES

**100% RAW FRESH JUICES**  
**MADE TO ORDER**  
12 OZ - \$4.29

### ORGANIC CARROT JUICE

#### SUN SALUTATION

Organic Carrot, Organic Apple, Beet, Ginger

#### FIVE-A- DAY

Organic Carrot, Organic Apple, Beet,  
Cucumber, Greens

#### PURIFIER

Organic Carrot, Beet, Celery

#### DAILY DETOX

Organic Carrot, Celery, Lemon, Ginger

#### GREEN OF THE DAY

Celery, Cucumber, Organic Apple, Organic Carrots

#### \*ADD "SUPERFOODS" To Your JUICE

**ORGANIC FLAXSEED** Fiber, Antioxidants, Omega 3 \$0.75

**WHEY PROTEIN POWDER** Muscle Builder,  
Weight Manager \$.99

**HEMP SEEDS** Protein \$.99

**SOY PROTEIN POWDER** Best substitute for Meat \$.99

**ORGANIC GINGKO** Memory and Attention Enhancer \$.99

**ORGANIC GUARANA** Energy Booster \$.99

**ORGANIC CACAO** Antioxidants, Focus, Alertness \$1.25

**ALOE VERA** Digestion, Build Immune System \$1.25

**KAVA KAVA** Relaxation with Focus \$2

## nectar SHOTS

**MADE TO ORDER**

#### WHEAT GRASS SHOT

Organic, Local Grower \$1.99 (1OZ)

#### DETOX SHOT

Wheat Grass, Fresh Ginger and Fresh Lemon Shot  
\$3.29 (2OZ)

#### FRESH LEMON SHOT

#### FRESH GINGER SHOT

*We donate our food waste to the  
"Oakhurst Community Garden"  
compost pile!*

## nectar ICE CREAM

**1 Scoop** \$3.29 **2 Scoops** \$4.39 **3 Scoops** \$5.49

**Kids Scoop** \$2.69 (10 & UNDER)

## nectar beverages

Guarana (Brazilian Soda)

Yerba Mate Tea

Coffee

Organic Hot Tea

San Pelegrino



*\*Inquire About Our Ingredients if you  
have any food allergies.*

*\*We handle peanuts and walnuts in this facility.*

## nectar FYI:

**GUARANA** Amazonian Energy Booster

**GINGKO** Memory and Attention Concentration  
Enhancer.

**HEMP SEEDS** Omega 3 & 6. Protein

**ALOE VERA** Digestion and Immunity Booster.

**CACAO** Loaded with Antioxidants, Increases Focus  
and Alertness and Contains Nutrients to Keep You  
Happy. Energizing!

**FLAXSEED** High Fiber, Antioxidants, and Omega-3

**ACEROLA** Brazilian Cherry has 65 Times the  
Vitamin C of a Single Orange, Antioxidant,  
Astringent.

**ACAI** Brazilian Berry, Loaded with Antioxidants,  
Amino Acids, Essential Omegas, Fibers and Protein.

**COCONUT** Strengthens the Immune System and  
helps Detoxify and Flush Toxins out of the Body.  
Increase Metabolism. Boost your Daily Energy  
Rejuvenate your Skin and Prevent Wrinkles.

**KAVA KAVA** Promotes Relaxation Without  
Disrupting Mental Clarity *(Do Not Operate a  
Vehicle for 8 Hours, Do Not take with Alcohol or if  
you have Liver Problems, are Pregnant, or are Nursing).*

\*\*These statements have not been evaluated by the Food and Drug  
Administration. These products are not intended to diagnose, treat,  
cure, or prevent any disease.

*We Now Deliver Lunch!*



## Your Local Juice and Panini Bar

### OAKHURST VILLAGE

707-C East Lake Dr.

Decatur, GA 30030

(In the heart of Oakhurst Village)

**404-378-4006**

### EMORY

1365 Clairmont Rd.

Decatur, GA 30033

(Corner of Clairmont Rd & N. Decatur  
Old Smoothie King Location)

**404-633-4400**

*Delivery*  
*Monday - Friday 11 -2pm*

We use as much local & organic  
ingredients as possible.

[www.nectarfoods.net](http://www.nectarfoods.net)

*Catering Now Available!*