



# Roy's Raw Food Menu

## Veggie Wrap

Tomato, Avocado, Sprouts,  
Onion, Cucumber & Carrots wrapped in Organic Romaine leaf.

Served with House slaw: Organic Green cabbage,  
Shredded Organic carrots, Organic Celery, Parsley,  
Pecans, Walnuts, Sesame Oil, Raw Cider Vinegar.  
Serving ----- \$6.88

## Just Banana Ice Cream

Frozen Organic Bananas run through a Champion Juicer.  
6 oz ----- \$2.95

## Raw Apple Pie

Filling: Raw Organic Apples, Dates, Raisins,  
Organic Cinnamon, Psyllium Husk Powder  
Crust: Raw Organic Almonds, dates, Vanilla,  
Organic Cinnamon  
Topping: Cashews, Dates, Lemon Juice.  
One Slice ----- \$5.99

## Raw Chocolate Torte

Filling: Pecans, dates, Cocoa Powder, Vanilla, Coconut  
Oil, Agave Nectar, Sea Salt.  
Crust: Raw Organic Almonds, dates, Vanilla,  
Organic Cinnamon.  
One Slice ----- \$5.99

**Organic Lemonade** ----- \$5.99  
16oz ( Raw Honey Sweetened)

## Organic Juices Made to Order

6oz ----- \$2.25  
12oz ----- \$4.99  
16oz ----- \$5.99  
Quart ----- \$11.79

Choose your fruit/vegetable: Apple, Grapefruit,  
Orange, Carrot, Celery, Cucumber, Mixed Green,  
Parsley.

**Organic Wheat Grass Juice** ----- \$1.99  
Made to order 1 oz

A wonderful source of vitamins A,B,C,E, and minerals.  
It is a potent detoxifier and aids in metabolizing  
Nutrients.

**Smoothies** – Check Roy's Regular Menu  
All fruit used in Smoothies is Organic

## Perfect Pasta

Oregano, Zucchini.

**Served with Raw Marinara Sauce:** Organic Tomatoes, Organic Sun-dried tomatoes, Organic Onion, Organic dates, garlic, basil, Herbs.

**Served with Raw Organic Bread Stix:**

Serving ----- \$8.88

## Vegetable Teriyaki

Organic Mushrooms, Organic Broccoli, Organic Red Bell Pepper, Organic Celery, Organic Red Onion, Organic Carrot, Organic Tamari, Organic Sesame Oil, Agave Nectar, Lemon Juice, Garlic, Organic Pepper, Organic Ginger.

**Served with Flax Crackers:** Gold Flax Seeds, Yams, Lemon Juice, Carrots, Pumpkin Seeds, Spinach, Fennel, Gold Beets, Tangerines, Gala Apples, Italian Parsley, Sea Salt, Mustard Seeds, Celery Seeds, Thyme, Sage, Rosemary.

Serving ----- \$8.88

## Gazpacho Soup

Organic tomato, Organic Celery, Organic Cucumber Organic Onion, Organic Red Pepper, Herbs, Parsley, Basil, Organic Corn, Cumin, Olive Oil, Sea Salt, Cayenne Pepper.

Cup ----- \$3.50

Bowl ----- \$5.88

## Tomato Bisque Soup

Organic tomatoes, Olive Oil, Organic Onions, Organic Garlic, Oregano, Rosemary, Organic Almonds, Sea Salt, Black Pepper.

Cup ----- \$3.50

Bowl ----- \$5.88

## Roy's Natural Market

6025 Royal Lane, Suite 130  
Dallas, Texas 75230  
214-987-0213

## Organic Salad Bar – Your choice of Organic Vegetables served with your choice of Raw Organic Dressings:

**Raw Nut Dressing:** Olive Oil, Agave Nectar, Organic Lemon Juice, Organic Almonds, Organic Pecans, Sesame Seeds, Sea Salt.

**Raw Ranch Dressing:**

Cashews, Organic Lemon Juice, Garlic Powder, Onion Powder, Sea Salt, Dill, Basil.

## Edamame Organic Veggie Salad

Organic Cucumbers, Organic Carrots, Organic Red Bell Pepper, Organic Tomatoes, Edamame.

**Served with Spicy Sesame Dressing:** Sesame Seeds, Organic Almonds, Ginger, Nama Shoyu, Miso, Lemon Juice, Cayenne, Dates. ----- \$5.25

## Light Summer Cole Slaw

Organic green Cabbage, shredded organic Carrots, Organic celery, parsley, English walnuts, Sesame Oil, Organic Lemon Juice..

**Served with Raw Mayonnaise Dressing:** Cashew, Organic Lemon Juice, Dates, Sea Salt, Onion Powder, Garlic Powder, Extra Virgin Olive Oil.

Salad ----- \$5.25

## Organic Raw Apple Relish

Organic Apples, Organic Green Bell Pepper, Organic Red Bell Pepper, Organic Onion, Organic Celery, Agave Nectar, Organic Lemon ----- \$5.25