

beverages

specialty  
\$6

**ESPRESSO DELIGHT**

honey, cinnamon, milk, espresso

**LAVENDER VANILLA LATTE**

lavender, vanilla, milk, espresso

**VANILLA BOURBON LATTE**

vanilla bean, buffalo trace and bitters

**DARK CHOCOLATE MOCHA**

dark chocolate, bitters

**COOKIES & CREAM**

white chocolate, vanilla, graham cracker dust

**CUBAN**

breve, brown sugar and espresso

**FREDDOCINO**

double shot of espresso, simple syrup, frothed milk over ice

**DOUBLE WINGS**

Red Bull, cold brew coffee, splash of vanilla over ice

**GREEN SMOOTHIE**

**FRUIT SMOOTHIE**

traditional

**DRIP 12/16oz**  
3/4

**ESPRESSO**  
4

**LATTE 12/16oz**  
5/6

**CAPPUCCINO**  
5

**MACCHIATO**  
4

**CORTADO**  
4

**NITRO COLD BREW 12/16oz**  
4/5

**DRAFT LATTE**  
6

extras

**ADD SHOT**  
1

**SYRUPS - WHITE CHOCOLATE,  
SALTED CARAMEL, VANILLA BEAN**  
0.50

**MILK ALTERNATIVE**  
1



tea soda \$5

(iced)

**16 OZ**

#### **DANCING DRAGON**

Sarsaparilla, honeybush, roasted yerba mate, and earthy puerh tea create a soda that tastes like the scratch-made root beer of simpler times.

#### **JASMINE ROSE**

A refreshingly light blend of aromatic flower blossoms and medium-bodied green tea. Its delicate flavor boasts clean floral notes that are fragrant without being bitter.

#### **LIME TWIST**

South African green rooibos blended with organic ginger, lemony herbs, and essential lime. Our uniquely refreshing flavor reminiscent of ginger ale and citrus sodas.

#### **BLUE MNT. SUNSHINE**

Bold Nilgiri black tea from the Blue Mountains of India blended with lemongrass and lemon myrtle. A sparkling sweet tea that's our twist on a southern classic.

tea latte \$5/\$6  
(hot or iced)

**12 OZ/16 OZ**

#### **MATCHA**

Matcha Latte is a blend of fine Japanese matcha, fruit pectin, and sugar.

#### **GINGER CHAI**

Luscious, malty Assam black tea blended with house-roasted masala spices and boosted with ginger. Our rich, low-sugar, all-natural chai concentrate makes a quick and perfect tea latté every time!

Natura  
CAFE

hot tea options \$3

black tea

**EARL GREY  
YUNNAN BREAKFAST**

green tea

**HOJICHA**

herbal tea

**CHAMOMILE CITRUS  
GOLDEN TURMERIC**

black iced tea \$3/\$4  
(sweet or unsweet)

**12 OZ/16 OZ**



Natura  
CAFE

7AM - 4PM

## breakfast

### **THE UTOPIA OMELETTE 13**

Benton's country ham, Montchevre goat cheese, Bloomsdale spinach, petite greens, grilled sourdough

### **ACAI POWER BOWL 12**

acai puree, farro, barley and quinoa, kiwi, banana, and fresh berries

### **NASH'S SMASHED AVOCADO 12**

Cage-free sunny up egg, dried cranberry, roasted seeds, micro mustard greens on toasted sourdough, house-made fresno jelly

### **THE BREAKFAST SANDWICH 12**

House sausage or Benton's country ham, Superfine English muffin, cage-free soft scrambled egg, white cheddar, strawberry-quince jam, served with iron skillet potatoes

### **STATESIDE BREAKFAST 15**

Roasted red peppers and white cheddar egg scramble, hickory bacon and sausage, grilled sourdough, jam



**ASSORTED PASTRIES BY OUR IN-HOUSE BAKERY,  
SUPERFINE BAKESHOP**

210 4TH AVENUE NORTH AT DREAM NASHVILLE  
615-622-1490 | NATURANASHVILLE.COM

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

The logo for Natura CAFE is a dark red, rounded hexagon. Inside, the word "Natura" is written in a white, elegant script font, with a small leaf icon above the 'a'. Below it, the word "CAFE" is written in a white, all-caps, sans-serif font.

Natura  
CAFE

11AM - 4PM

*lunch*

**FARMERS MARKET SALAD 12**

Mixed greens, brined and smoked Spinger Mountain chicken, Montchevre goat cheese, seasonal veggies, raspberry vinaigrette

**WARM BEET SALAD 10**

Roasted and marinated local red and candy striped beets, whipped Montchevre goat cheese spread, blood orange, rye crouton, fresh mint

**BLACKENED SALMON CAESAR 23**

Pan-seared Sixty South Salmon dusted with blackened seasoning, crisp romaine, creamy parmesan dressing, sourdough croutons

**TURKEY REUBEN 15**

House-smoked turkey, grilled Swiss, huntsman slaw, Gulden's mustard, sliced rye

**CHIMICHURRI TRI TIP SANDWICH 16**

Marinated shaved tri tip, Havarti cheese, curtido pickled relish, toasted baguette



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