

100% Organic Raw Juices

For maximum nutrient retention, juices at Medea's are made using our proprietary Slow-Processed Cold-Pressed method.

Doctor Green – 16 oz.	\$8.50
Kale, spinach, romaine, parsley, celery, cucumber, ginger root, turmeric root, whole lemon, cayenne, Celtic® Sea Salt	
Green Goddess – 16 oz.	\$7.95
Kale, spinach, romaine, green apple, parsley, celery, ginger root	
Green-Ade – 16 oz.	\$7.95
Spinach, romaine, cucumber, celery, parsley, green apple, whole lemon	
The Healer – 16 oz.	\$7.95
Kale, cucumber, green apple, ginger root, lime, aloe vera, Celtic® Sea Salt	
Detox Delight – 16 oz.	\$7.95
Carrot, green apple, ginger root, whole lemon	
Sunrise Surprise – 16 oz.	\$7.95
Carrot, beet, green apple, whole lemon, ginger root, turmeric root	
Red Zinger – 16 oz.	\$7.95
Beet, carrot, green apple, celery, whole lemon, ginger root	

Lose Weight • Reduce Inflammation • Feel Better
Ask About Our 3 Day Juice Detox Program

Wellness Shots

Organic Turmeric Shot – 1.25 oz.	\$4.50
Organic turmeric root, organic ginger root, organic whole lemon & organic MCT coconut oil as a bioavailability enhancer for the turmeric.	

Fermented Fruit Kvass

Fermented Green Apple Kvass – 16 oz.	\$6.95
A lacto-fermented non-alcoholic beverage rich in naturally occurring probiotics and enzymes. Made with organic apples & raw honey - organic cinnamon, peach blossom tea or ginger root & lemon.	

Organic Coffee & Tea

	12 oz.	16 oz.	20 oz.
Brewed Coffee To-Go Cup	\$1.95	\$2.25	\$2.65
Dynamite Roasting Co. medium, dark or decaf			
Pour-Over Coffee	\$2.65	\$3.15	\$3.65
Infusion Pot			\$3.65
Cold Brew Coffee	\$2.65	\$3.15	\$3.65
Chai Latte (AppalaChai)	\$2.95	\$3.75	\$4.25
Brewed Iced Tea			\$2.65
Rishi organic black or green tea In-house brewed coffee or iced tea is same as 20 oz. price and includes 1 free refill.			
Tea for One	Tea for Two	\$3.75	\$4.75
See tea menu for all our Rishi loose-leaf organic & fairly traded teas.			

Organic Espresso

	One Shot	Two Shots	
Espresso	\$1.95	\$2.65	
Macchiato – Italian Style		\$2.95	
	12 oz.	16 oz.	20 oz.
Americano	\$2.65	\$3.15	\$3.65
Shot In The Dark	\$2.45	\$2.75	\$3.15
Café au Lait	\$2.95	\$3.75	\$4.25
Latté or Cappuccino	\$2.95	\$3.75	\$4.25
Mocha or Breve	\$3.75	\$4.75	\$5.25
Sanoccino		\$4.45	
Americano blended with a Paleo Shot (butter & organic coconut oil).			
Super Sanoccino			\$6.45
Latté with a Paleo Shot, raw cacao & organic maca root powder.			
Frozen Frappé		\$4.75	
Natural Flavorings			
Vanilla Bean, Hazelnut or Salted Caramel ...			\$.75
Mocha or White Chocolate	\$1.00	\$1.25	\$1.50

Superfood Smoothies

Choice of milk: grass-fed whole, almond or coconut	
The Super Green	\$7.75
More greens - less sweet: kale, spinach, banana, Green Superfood	
Avocado Islander	\$7.50
Avocado, spinach, banana, pineapple, coconut milk concentrate & Avocado Seed Superfood	
Green Revolution	\$7.25
Fresh spinach, kale, banana, pineapple	
Strawberry Dreams	\$7.25
Strawberry, banana, orange.	
Mocha Madness	\$7.25
Raw cacao powder, chocolate sauce, 2 shots of espresso, banana.	
Berry Bliss	\$6.75
Blueberry, blackberry, pomegranate, acai, strawberry	
The Tropical	\$6.75
Pineapple, banana, unsweetened coconut milk concentrate	
Cacao Cup	\$6.75
Raw cacao powder, chocolate sauce, peanut butter, banana	

Super Food Add-Ins

Collagen Peptide Booster – Flavorless	\$3.25
Promotes strong bones & joints, youthful skin, improved immune, digestive, and central nervous systems. From Pasture-Raised Beef.	
Medea's Raw Avocado Seed Superfood	\$1.00
Rich in anti-oxidants & fiber, lowers blood sugar, improves digestion, reduces inflammation, boost immunity & supports healthy gut flora.	
Organic Almond Butter	\$1.75
RAW Organic Green Super Food	\$1.65
Vegan Grain-Free Protein Powder	\$1.35
Organic MCT Coconut Oil	\$1.35
Organic Chia, Hemp, Maca or Peanut Butter	\$1.00



REAL Food Café

Feel Better - Eat REAL Food!

- All Organic Produce •
- Antibiotic & Hormone-Free
- Meat & Dairy Products
- GLUTEN-FREE • VEGAN
- VEGETARIAN • PALEO

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- Dine In • Take Out •
- Home Delivery •

200 Julian Lane, Suite 220
Arden, NC 28704

1 mile east of I-26 off Long Shoals Road
In the Overlook at Lake Julian

Mon-Fri 6am-9pm
Sat & Sun 8am-9pm

www.MedeasRealFoods.com

Breakfast Served All Day!

Start Your Day Right

- Signature Breakfast Sandwich or Wrap \$5.95
City Bakery focaccia or wheat wrap, homemade aioli, pastured egg, cheddar & Hickory Nut Gap Farm ham.
– Gluten-free \$1.50 • Sub avocado, bacon or turkey for ham • Sub swiss, habanero jack, provolone or goat cheese for cheddar.
- Amazing Mini Soufflé \$5.95
Two pastured eggs, spinach, onion & cheddar, served with fresh arugula & tomato. 12 to 15 minutes cooking time.
– Add meat or avocado for \$1.00 • Add kale or mushroom for \$.50 ea. • Sub swiss, habanero jack, provolone or goat cheese for cheddar.
- Southwestern Breakfast Crispy Taco \$7.95
Pastured egg, avocado, habanero jack, romaine, black bean hummus & salsa fresca served in a crispy folded tortilla.
– Gluten-free \$1.50 • Add meat or extra ½ avocado for \$2.00 ea.
- Paleo Friendly Breakfast Salad \$8.95
Spinach, kale, arugula, onion & cherry tomato salad adorned with two pastured eggs, drizzled with homemade aioli.
– Add meat or ½ avocado for \$2.00 ea.
- Farm Fresh Breakfast Pizza \$10.95
One pastured egg nestled on a bed of chopped spinach, onion, ham, turkey, bacon & cheddar on pesto naan bread.

Vegetarian Appetizers

- Vietnamese Spring Rolls \$8.50
Two rice paper wraps filled with romaine, cilantro sauce, carrot, rainbow slaw, avocado, cucumber & spring mix, served with your choice of our own delicious GF dipping sauces - sesame ginger or spicy peanut.
- Goat Cheese Quesadilla \$8.50
Fresh goat cheese, sliced tomatoes & pesto between two wheat tortillas. Add \$3.00 for two gluten-free Ivory Teff tortillas.
- Homemade Salsa Fresca & Fresh Guacamole ... \$8.95
Made to order, served with organic blue tortilla chips.
- Hummus Plate \$8.95
Traditional hummus, served with carrot, celery and warm naan bread.
- Broiled Baby Bellas \$9.95
Six baby bella mushrooms marinated in our homemade Balsamic Vinaigrette, stuffed with goat cheese & pesto, broiled to perfection and served on a bed of organic arugula.

Bone Broths & Soups

- Beef or Poultry Bone Broth 16 oz. \$7.25
Locally pastured beef or poultry bones slowly simmered with vegetables & herbs. Served hot in-house or to-go. Available frozen to take home.
– Make your broth extra creamy and boost the nutritional value even higher by adding an emulsified pastured egg for \$1.00, add onion & kale for .50
- Nourishing Soups & Vegan Broth 16 oz. \$7.45
Made with all organic ingredients, ask what we have available today!
Served hot in-house or frozen to take home.

OPEN 7 DAYS A WEEK
M-F 6am-9pm • Sat-Sun 8am-9pm

Fresh Organic Salads

- Add Turkey, Ham, Roast Beef, Bacon or ½ Avocado - \$2.00 ea.
- Power Greens Salad \$5.95 \$8.95
Dino kale, spinach, romaine & arugula topped with green apple slices, organic pumpkin & sunflower seeds.
– Your choice of our delicious homemade dressings: Olive Oil & Bragg Aminos, Tahini-Lemon, Miso-Ginger or Honey-Bacon Vinaigrette.
- Caprece Verdura \$6.95 \$9.95
Sliced cherry tomatoes, fresh mozzarella & basil pesto tossed with extra virgin olive oil & fresh black pepper on a bed of mixed greens
- Gorgeous Greek Salad \$6.95 \$9.95
Romaine, spring mix, arugula, cucumber, cherry tomatoes, Kalamata olives & feta cheese served with our famous homemade Greek dressing.
- Medea's Mixed Greens \$7.95 \$10.95
Mixed greens topped with julienned carrot, cucumber, cherry tomatoes, & arugula topped with broiled goat cheese medallions. Excellent with our homemade Balsamic Vinaigrette

All Dressings Served On The Side. - Extra Dressing \$1.50

Naan Pizzas

- Margherita \$8.50
Basil pesto, tomato, fresh mozzarella, Italian seasoning & olive oil
- Greek \$8.50
Olive oil, spinach, feta & Kalamata olives
- Meat-A-Tarian \$9.95
BBQ sauce, ham, turkey, bacon, onion & cheddar

Hot Sandwiches

GF focaccia or multigrain \$1.50
Served with a 4 oz. Side of Your Choice

- Three Cheese & Tomato Melt \$8.50
Habanero jack, cheddar & provolone cheeses melted together with juicy tomato slices, sea salt & black pepper on toasted multi-grain.
– Kid's version available without habanero jack or tomato, sub cheddar
- Blue Ridge Bliss \$9.50
Goat cheese, mixed greens, arugula, onion & green apple together with basil pesto served on toasted City Bakery focaccia.
- BLT with Avocado & Pesto \$9.50
Hickory Nut Gap Farm bacon, avocado, romaine & tomato slices on toasted multi-grain adorned with basil pesto & homemade aioli.
- The Carolina "New Yorka" \$9.50
Thinly sliced Hickory Nut Gap Farm roast beef, cheddar cheese, onion, horseradish & Lusty Monk Original Sin mustard served on deli rye.
- Mexican Turkey \$9.50
Turkey breast, habanero jack, sliced tomato, cilantro sauce & onion adorned with Lusty Monk's Chipotle mustard on City Bakery focaccia.
- Sweet & Savory \$9.75
Turkey breast, bacon, provolone cheese, green apple, onion & arugula on City Bakery focaccia adorned with homemade aioli & Lusty Monk Honey mustard.

Gluten-free focaccia & multi-grain available

Gluten-Free Ivory Teff Wrap Available \$1.50
Served with a 4 oz. Side of Your Choice

Garden Fresh Wraps

- Love-Your-Veggies \$8.50
A delicious mix of homemade cilantro hummus, avocado, julienned carrot, cucumber, spinach, romaine & arugula.
- Greek Isle \$8.50
Spring mix, romaine, sliced cherry tomatoes, cucumber, Feta cheese & Kalamata olives, served with our famous homemade Greek dressing.
- South Of The Border \$8.50
Black bean hummus, habanero jack, cheddar, avocado, homemade salsa fresca & crispy romaine lettuce.
- Protein Power Turkey Wrap \$9.50
Turkey, provolone, cheddar, spring mix & tomato slices, wrapped together in our homemade honey mustard aioli.

GF & Vegan Side Dishes

- Sweet Potato Chips \$2.25
Jackson's Honest Sweet Potato Chips. Kettle cooked with non-GMO sweet potatoes, organic coconut oil & sea salt. 1.2 oz bag.
- Petite Garden Salad \$3.50
Mixed greens, cucumber and shredded carrot. Choose Your Dressing: Honey-Bacon Vinaigrette, Balsamic Vinaigrette, Olive Oil & Bragg Aminos, Olive Oil & Lemon, Tahini-Lemon or Miso-Ginger.
- Miso Soup \$3.75
This nourishing broth is made with Miso Master Organic Traditional Red Miso paste & topped with finely sliced organic scallions. 16 oz.
- Rainbow Slaw \$3.75
Refreshing and colorful mix of red & green cabbage, carrot and tart green apple in our own lemon & raw apple cider vinaigrette. 8 oz.
- Cucumber & Sea Vegetable Salad \$5.25
A wonderful combination of mineral-rich wakame and arame seaweeds, crunchy cucumber, onion & carrot topped with sesame seeds. 8 oz.
- Quinoa Tabouli \$5.25
A delicious high protein & gluten-free side made with organic quinoa, chickpeas, tomatoes, onion, parsley, olive oil & lemon juice. 8 oz.

Sweets & Treats

- Organic Juicesicles \$2.80
Organic raw cold-pressed juices blended with organic fruit purees for a healthy treat that is gluten-free, sugar-free & dairy-free!
- Dolci di Maria \$3.25 – \$5.00
Local delicious baked goods: gluten-free, dairy-free or vegan!
- Silvermoon Chocolate Medicine Balls \$3.50
Locally handcrafted with 15 highly nourishing superfoods, these raw organic chocolates are so deliciously satisfying you'll be back for more!
- Check our Pastry Case for More Dessert Options
Try our rotating selection of delicious offerings from French Broad Chocolates, Perfectly Pretty Sweets & other local food artisans.

Home Delivery • Catering • Gift Cards

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www.MedeasRealFoods.com