



Natural Foods Cafe + Yogurt

1006 S. Coast Hwy, Laguna Beach, CA 92651

(949) 715-5188

Call ahead for To Go orders. Gift cards available

Bowls

Wholesome Bowl

Organic brown rice, organic black and red beans, cheddar cheese, cabbage, salsa, avocado, cilantro, OG sauce
Add Sour Cream: \$0.75

LB Rice Bowl

Organic brown rice, prosciutto, goat's milk cheese, apples, citrus, dates, basil

Lentil Goodness Bowl

Organic brown rice, lentils, garbanzo beans, carrots, cucumber, onions, tomatoes, sprouts, OG sauce

Quinoa Lentil Bowl

Organic quinoa, lentils, kale, garbanzo beans, cucumber, carrots, tomatoes, onions, sunflower seeds, lemon vinaigrette and slammin' sauce

Veggie Bowl

Organic Brown rice, carrots, cabbage, onions, tomatoes, sprouts, sunflower seeds, OG sauce

Evolution Bowl

Organic brown rice, organic quinoa, lentils, cucumber, onions, cranberries red pepper, almond slices, mint, slammin' sauce

Breakfast Bowl

Organic quinoa, organic almond milk, organic granola, walnuts, honey, cinnamon, fresh seasonal fruit

Bountiful Bowl

Greek yogurt, organic açai, organic granola, flaxseeds, bananas, blueberries, strawberries, raw and organic agave nectar

Delightful Bowl

Greek yogurt, organic açai, organic granola, bananas, apples, oranges, almond slices, raw and organic agave nectar

Deutsches Müsli bowl

Greek yogurt, German müsli mix, bananas, apples, oranges, grapes, raw and organic agave

Endless Summer Bowl

Greek yogurt, watermelon, lime, mint

Classic Açai Bowl

Vegan, Gluten Free

Blended: Organic açai, bananas, strawberries, apple juice

Topped With: Organic granola, bananas and honey

Velvet Açai Bowl

Vegan, Gluten Free

Blended: Organic açai, bananas, strawberries, our homemade raw and organic almond milk

Topped With: Organic granola, bananas, strawberries, blueberries and honey

*optional add-ins mixed with blended base - spirulina, bee-pollen, protein powder, maca powder, chia seeds - \$1

find us on facebook Facebook.com/activeculture

Wraps

Southwest Wrap

Organic brown rice, organic black and red beans, cheddar cheese, cabbage, avocado, cilantro, salsa, OG sauce

Lentil Wrap

Organic brown rice, lentils, garbanzo beans, carrots, cucumber, onions, tomatoes, sprouts, OG sauce

Veggie Wrap

Organic brown rice, carrots, cabbage, onions, tomatoes, sprouts, OG sauce

Hummus Wrap

Organic brown rice, homemade organic hummus, onions, tomatoes, cucumber, sprouts and seasoning.

Bagels

The Morning Bagel

Toasted and open-faced, peanut butter, apples, bananas honey

The AC Bagel

Toasted and open-faced, cream cheese, avocado, tomatoes, seasoning

The Garden Patch Bagel

Toasted and open-faced, avocado, tomatoes, red onions, cucumber, sprouts, seasoning.

Add Cream Cheese: \$0.75

Fiesta Bagel

Toasted and open-faced, organic black and red beans, cheddar cheese, red onions, avocado, cilantro, seasoning, OG sauce

Hummus Bagel

Sprouted wheat bagel, homemade organic hummus, onions, tomatoes, cucumber, sprouts and seasoning

Prosciutto Bagel

Toasted and open-faced bagel, prosciutto, avocado, tomatoes, onions, seasoning

Bagel with Cream Cheese

Toasted and open-faced, cream cheese

Soups

Our soups are made fresh daily. They are made without fats, dairy, or gluten*! Served hot and with a slice of fresh bread.

*(Unless otherwise stated on the soup board)

Small Bowl

Large Bowl

Self Serve Frozen Yogurt

We offer 10 self serve frozen yogurt flavors and over 25 different topping options, including fresh fruit cut daily. Frozen yogurt and toppings are **41 cents** per ounce.

Our certified organic frozen yogurt is carefully crafted to meet the USDA's National Organic Program standards for all the ingredients and milk. Our Certified organic frozen yogurt is nonfat, gluten-free, low in sodium and kosher certified. Made without artificial sweeteners or colors.

The live and active cultures in our organic frozen yogurt are: bifidobacterium, lactobacillus acidophilus, lactobacillus delbruecki bulgarcus, lactobacillus parcasei, streptococcus thermophilus



The Kids Page

Active Culture - Natural foods Cafe + Yogurt

1006 So. Coast Hwy, Laguna Beach, CA, 92651

949-715-5188

Breakfast Bites

Blossom Bowl

Greek yogurt, organic granola, strawberries, blueberries and banana topped with a squeeze of honey

Silly Sashi Cereal

Organic granola, with your choice of: organic whole milk, our homemade organic almond milk, rice dream, topped with sliced strawberries

Itsy-Bitsy Bagel

Toasted sprouted wheat or plain bagel served open-faced, cream cheese, served with a side of fresh berries

Cheeky Monkey Bagel

Toasted sprouted wheat or plain bagel served open-faced, organic peanut butter, banana slices, and a drizzle of honey

Abbi's Apple Dippers

Granny Smith apple slices drizzled in a bit of honey and served with a side of organic peanut butter for dipping

Main Mini Bites

Beach Bum Bowl

Organic brown rice, organic beans, cheddar cheese

Fancy Beach Bum Bowl

Organic brown Rice, organic beans, cheddar cheese, avocado, and OG sauce

Happy Harper's Burrito

Organic tortilla, organic brown rice, organic beans, cheddar cheese, sour cream

Kid's Açai Bowl

Blended: Organic Açai, bananas, strawberries, almond milk

Topped With: Organic granola, bananas, strawberries, blueberries, honey

Delish Drinks

Very Vanilla Shake

Organic vanilla frozen yogurt, organic milk, organic vanilla, ice

Cora Bora Chocolate Shake

Organic chocolate frozen yogurt, organic milk, organic coco nibs, ice

Sandy Sammy Strawberry Smoothie

Strawberries, banana, organic homemade almond milk (*can sub apple juice upon request)

Small (8oz) glass of:

All Natural Orange Juice

Organic Almond Milk

All Natural Apple Juice

Organic Milk



Natural Foods Cafe + Yogurt

1006 S. Coast Hwy, Laguna Beach, CA 92651

(949) 715-5188

Salads

Simple Salad

Vegan, Gluten and Soy Free

Organic mixed greens, organic garbanzo beans, carrots, red cabbage, cucumber, red onions, tomatoes, avocado, sprouts, sunflower seeds, house vinaigrette

Big Salad

Vegan, Gluten and Soy Free

Organic mixed greens, organic brown rice, lentils, garbanzo beans, carrots, red cabbage, cucumber, red onions, tomatoes, avocado, sprouts, sunflower seeds, house vinaigrette

Heaven's Blend

Gluten and Soy Free

Organic mixed greens, carrots, beets, red onions, fennel, cranberries, walnuts, goat cheese, house vinaigrette

Eastern Trade Winds

Gluten and Soy Free

Organic quinoa, kale, garbanzo beans, red pepper, cucumber, red onions, dates, peanuts, walnuts, slammin' sauce

Rustic Kale Salad

Gluten and Soy Free

Thinly sliced kale, cranberries, grapes, walnuts, almond slices, parmigiano reggiano cheese, and homemade lemon vinaigrette

Hummus Quinoa Salad

Organic mixed greens, organic quinoa, homemade organic hummus, carrots, red cabbage, cucumber, red onions, tomatoes, sprouts, sunflower seeds, homemade lemon vinaigrette

Smoothies

Pick-Me-Up Smoothie

Raw, Vegan, Gluten and Soy Free

Our homemade raw and organic almond milk, kale, watermelon, pineapple.

Berry Tasty Smoothie

Raw, Vegan, Gluten and Soy Free

Organic açai, blueberries, strawberries, bananas, apple juice

Citrus Sunrise Smoothie

Raw, Vegan, Gluten and Soy Free

Bananas, citrus, orange juice, raw and organic agave nectar

Detox Smoothie

Raw, Vegan, Gluten and Soy Free

Watermelon, grapes, lime sea salt, cayenne mix

Tropical Harmony Smoothie

Raw, Vegan, Gluten and Soy Free

Pineapple, bananas, citrus, kiwis, orange juice

Blue-Green Envy Smoothie

Raw, Vegan, Gluten and Soy Free

Banana, blueberries, kale, almond butter, maca powder, cocoa nibs, chia seeds, almond milk

Shakes

Naked Coconut Shake

Organic, Vegan, Gluten and Soy Free

Our Homemade raw and organic almond milk, raw and organic agave nectar, organic frozen coconut base
Add: Bananas, strawberries or blueberries - \$1

Chocolate Bliss Shake

Organic, Vegan, Gluten and Soy Free

Our homemade raw and organic almond milk, organic frozen coconut base, fair-trade organic dark chocolate and raw cocoa powder, organic vanilla

Moonlight Mint Shake

Organic, Vegan, Gluten and Soy Free

Our homemade raw and organic almond milk, organic frozen coconut base, fair-trade organic dark chocolate and raw cocoa powder, fresh mint

Strawberry State-Of-Mind Shake

Raw, Vegan, Gluten and Soy Free

Our homemade raw and organic almond milk, raw and organic agave nectar, organic vanilla, bananas, strawberries

Cinfully Good Cinnamon Shake

Raw, Vegan, Gluten and Soy Free

Our homemade raw and organic almond milk, raw and organic agave nectar, organic vanilla, bananas, cinnamon

Protein Dream Shake

Vegan, Gluten and Soy Free

Our homemade raw and organic almond milk, organic hemp protein powder, organic almond butter, organic agave nectar, organic vanilla, bananas

Piña Colada Shake

Vegan, Gluten and Soy Free

Our homemade raw and organic almond milk, bananas, pineapple, organic frozen coconut base

Date Shake

Gluten and Soy Free

Organic frozen vanilla frozen yogurt, homemade raw and organic almond milk, organic dates, walnuts

Build Your Own Shake

Create your own personalized shake - indulge or customize a nonfat, guilt-free shake!

1: Choose a frozen yogurt flavor (we recommend vanilla or chocolate)

2: Choose 2 fruits or 2 toppings

Add additional items: \$0.50

Drinks / Coffee

Organic Hot Chocolate

Hot Tea

Iced Tea

Fresh Squeezed Lemonade

Self Serve Kean Coffee

Small

Large

Small Orange Juice

Small Apple Juice

Small Organic Milk

Mug

Iced Coffee



Back of the Kid's Page

About our Kid's Page:

We understand how difficult it is to find healthy food options for kids on-the-go (we have young children ourselves), so we created well balanced, thoughtful choices that your child will enjoy eating. We strongly believe in whole foods and a well balanced diet for our active, imaginative children and each menu item on the "Kid's Page" has been tested and approved with two-thumbs up! Enjoy!

All of our "for here" kids plates, bowls and cutlery are all BPA free. All of our "to-go" bowls, cups, napkins, forks and spoons are all 100% biodegradable and compostable

About our Kid's Page Ingredients:

Organic Granola:

Homemade in California, our organic granola for the "Silly Sashi Cereal" is made with a protein rich blend of organic oats, quinoa flakes, nuts and seeds. Lightly sweetened with wild honey, our granola is a healthy, tasty treat for kids and adults alike.

Organic Brown Rice:

Whole grains are an important part of any diet and have often been labeled the healthiest grains that anybody can eat. Organic brown rice is dense in natural nutrition and fiber and is the perfect food to fuel babies, toddlers and kids!

Organic Red and Black Beans:

Among all groups of food commonly eaten worldwide, no group has a more health-supportive mix of protein-plus-fiber than legumes. From a single, one-cup serving of black beans you get nearly 15 grams of fiber and 15 grams of protein (nearly one third of the Daily Value and equivalent to the amount in 2 ounces of a meat). You won't find this outstanding protein-fiber combination in fruit, vegetables, grains, meats, dairy products, nuts and seeds, or seafood.

Organic Homemade Almond Milk (Raw):

We make our organic almond milk daily. We use the very best almonds—100% raw and organic almonds—for our almond milk used in our kids shakes and smoothies. Almonds are an excellent source of "good fats" (those that lower cholesterol and reduce the risk of heart disease), potassium, magnesium and of course, protein! Our almond milk is amazing on it's own or in any of our delicious blended treats!