



ALL menu items are made with ORGANIC ingredients from scratch in our kitchen

ORGANIC BREAKFAST

Bagel & Cream Cheese	3.99
Bacon & Egg Wrap	6.99
Vegan Tempeh Bacon & Tofu Scramble Wrap	6.99
BREAKFAST ADD ONS:	
Avocado	2.00
Breakfast Potatoes	1.00
Cheese	1.00

ORGANIC VEGAN SANDWICHES & WRAPS

AMAZING VEGGIE WRAP	11.99
Roasted veggies, hummus, walnut pesto, lettuce, tomato on wheat wrap	
HUMMUS FALAFEL WRAP	11.99
Hummus, falafel, walnut pesto, spinach, tomato, cucumber, sprouts on wheat wrap	
TEMPEH RUEBEN	11.99
Marinated Tempeh, sauerkraut, 1001 Island dressing on sprouted wheat bread	
TEMPEH BLT	11.99
Fakin bacon, lettuce, tomato, garlic aioli, salt, pepper on sprouted wheat bread	
RAW MOCK TUNA WRAP	14.99
Mock tuna, lettuce, tomato, onion, cucumber, sprouts on our "RAW WRAP"	
Substitutie WW Wrap 12.99 Substitutie Sprouted Bread 12.99	
SPECIALTY BURGER	11.99
Choose from our "Mushroom" or "Veggie" burger with lettuce, tomato, onion, sprouts, & veganaise on sprouted wheat toast	
EGG-LESS EGG SALAD	11.99
Our famous egg-less egg salad, lettuce, tomato, onion, sprouts on sprouted wheat bread	
CHICKEN-LESS CHICKEN SALAD	11.99
Our famous chicken-less chicken salad with lettuce, tomato, onion, sprouts on sprouted wheat bread	

ORGANIC SANDWICHES & WRAPS

CHICKEN BELLA	12.99
Roasted chicken, provolone, sundried tomato spread, spinach, garlic aioli, on sprouted wheat bread	
TURKEY RUEBEN	12.99
Roasted turkey, swiss, sauerkraut, 1001 Island dressing, on sprouted wheat bread	
TURKEY MELT	12.99
Roasted turkey with Swiss cheese, tomato, garli aioli on sprouted wheat bread	
TURKEY BURGER	12.99
Turkey burger, lettuce, tomato, onion, sprouts, garlic aioli on sprouted wheat bread	
TUNA MELT	12.99
Tuna salad with white cheddar & tomato on sprouted wheat bread	
TUNA SALAD	11.99
Tuna salad, lettuce, tomato, onion, sprouts, on sprouted wheat bread	
CHICKEN SALAD	11.99
Chicken salad, lettuce, tomato, onion, sprouts, on sprouted wheat bread	
EGG SALAD	11.99
Egg salad, lettuce, tomato, onion, sprouts on sprouted wheat bread	
B.L.T.	11.99
Pork bacon, lettuce, tomato, garlic aioli, salt, pepper on sprouted wheat bread	

ORGANIC OPTIONS:

Add Avocado	2.00
Add Bacon (2 slices)	3.00
Add Cheese	1.00
Add Chicken	5.00
Add Turkey	5.00
Whole Wheat Wrap	
Sprouted Wheat Bread	



ORGANIC SUPERFOOD PROTEIN SMOOTHIES

GREEN MACHINE

Protein powder, green powder, E3Live, maca, vanilla,
banana, hemp chia melk

8.95

HEART CHAKRA

Protein powder, mesquite, cacao, lucuma, maca, banana,
hemp chia melk

8.95

ORGANIC FRUIT SMOOTHIES

ABACO

Mango, banana, pineapple, apple juice

6.95

BERRY ISLAND

Mixed berries, banana, apple juice

6.95

EXUMA

Strawberry, banana, pineapple, apple juice

6.95

4th GEN GREEN SMOOTHIE

Spinach, kale, mango, pineapple, banana, apple juice

9.95

ORGANIC JUICES

PRESENT MOMENT

Kale, chard, collards, bok choy, celery, cucumber.
Add apple, carrot, or beet upon request at no charge.

8.95

SWEET BLOOD

Apple, carrot, beet

6.95

ORGANIC SHOTS

WHEATGRASS

1 oz - 2.25, 2 oz - 3.95, 4 oz - 6.95

BLUE GREEN ALGAE (E3 LIVE)

1 oz - 3.95, 2 oz - 6.95

LEMON GINGER

1 oz - 2.25, 2 oz - 3.95

APPLE CIDER VINEGAR

1 oz - 2.25, 2 oz - 3.95

ORGANIC ACAI BOWLS

ACAI BOWL

Acai, granola, fresh fruit, hemp seeds, chia seeds
Small 7.95 Large 12.95



4th Generation Organic Market & Cafe

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4thGenerationMarket.com

Be Healthy... Eat Organic!