

build your own sandwich

choose your protein

blackened tofu	hummus
blackened chicken	lentil loaf
tempeh salad	oven roasted turkey
chicken salad	tuna salad
egg salad	veggies
eggless egg salad	cheese
fakin' bacon	

choose your bread

whole wheat bread	spinach wrap
rye bread	whole wheat wrap
ciabatta bread	collard wrap
gluten free bread	

choose your veggies

arugula	mushrooms
basil	lettuce
beets	red onion
cabbage	spinach
cucumber	sprouts
carrots	tomato
kale	zucchini

choose your condiments

apple cranberry relish	garlic bleu cheese spread
balsamic vinegar	sesame ginger dressing
canola mayonnaise	sriracha sun dried tomato veganiase
dijon mustard	veganaise
extra virgin olive oil	
herb vinaigrette	

extras \$75¢ each

avocado	olives
cashew cream	provolone cheese
cheddar cheese	roasted almonds
goat cheese	roasted peppers
hummus	swiss cheese
mozzarella cheese	vegan cheddar cheese

our commitment

Dean's consciously chooses the highest quality ingredients when serving you fresh salads, wraps and entrées. We use organic ingredients whenever possible and never serve food with GMO's or artificial ingredients, or proteins with hormones or antibiotics. We deeply respect the dignity of all life and strive to support farms who raise animals humanely.

**While we strive to be 100% organic and use only organic ingredients, occasionally we may use conventional ingredients when organic is not available.*

location & hours

dean's café
31 new street
metuchen, nj
732.243.1200

m-f: 6am - 7pm
sat & sun: 8am - 5pm

market locations

dean's natural food market

1119 Route 35 north
ocean township, nj
732.517.1515

490 broad street
shrewsbury, nj
732.842.8686

25 mountainview blvd
basking ridge, nj
908.495.1600

270 route 206 south
chester, nj
908.888.2256

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coffee, juice bar & eatery
organic + natural

eatery
MENU

