

Natural Selection

305 N Santa Anita Ave 91006-2842 · +16262940466 · Updated: Jan 14, 2026

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SOUPS 4

Potato Soup (Monday)	AVAILABLE OPTIONS
	8 Oz.: \$3.95
	16 Oz.: \$5.98
Vegetable Soup (Tuesday)*	AVAILABLE OPTIONS
	8 Oz.: \$3.95
	16 Oz.: \$5.98
Lentil Soup (Wednesday)	AVAILABLE OPTIONS
	8 Oz.: \$3.95
	16 Oz.: \$5.98
Barley and Spinach Soup (Thursday)	AVAILABLE OPTIONS
	8 Oz.: \$3.95
	16 Oz.: \$5.98

SALAD 5

Chipotle Salad	\$9.95
Pico de gallo, black beans, jack cheese and our signature chipotle sauce.	
Sesame Salad	\$9.95
Mandarin oranges, almonds, cilantro, carrots, onions and ourb signature sesame dressing.	
Mediterranean Salad	\$9.95
Cucumber, onion, tomato, kalamata olives, feta cheese, hummus, mint, oregano and our signature Mediterranean dressing.	
Teriyaki Salad	\$9.95
Broccoli, pineapple, sesame seeds and our signature teriyaki sauce.	
Pesto Salad	\$9.95
Cucumber, feta cheese, tomatoes, onion and our signature pesto sauce.	

WRAPS 5

Chipotle Wrap	\$9.95
Pico de gallo, black beans, jack cheese and our signature chipotle sauce.	
Sesame Wrap	\$9.95
Mandarin oranges, almonds, cilantro, carrots, onions and ourb signature sesame dressing.	

Mediterranean Wrap	\$9.95
Cucumber, onion, tomato, kalamata olives, feta cheese, hummus, mint, oregano and our signature Mediterranean dressing.	
Teriyaki Wrap	\$9.95
Broccoli, pineapple, sesame seeds and our signature teriyaki sauce.	
Pesto Wrap	\$9.95
Cucumber, feta cheese, tomatoes, onion and our signature pesto sauce.	

BOWL 5

Chipotle Bowl	\$8.95
Pico de gallo, black beans, jack cheese and our signature chipotle sauce.	
Sesame Bowl	\$8.95
Mandarin oranges, almonds, cilantro, carrots, onions and our signature sesame dressing.	
Mediterranean Bowl	\$8.95
Cucumber, onion, tomato, kalamata olives, feta cheese, hummus, mint, oregano and our signature Mediterranean dressing.	
Teriyaki Bowl	\$8.95
Broccoli, pineapple, sesame seeds and our signature teriyaki sauce.	
Pesto Bowl	\$8.95
Cucumber, feta cheese, tomatoes, onion and our signature pesto sauce.	

FROM THE GRILL 6

Pesto Sandwich	\$9.95
Grilled chicken breast, jack cheese, organic: spring mix, tomatoes and onions with a yogurt-based mayo and pesto sauce.	
Turkey Sandwich	\$9.95
Turkey, jack cheese, organic: lettuce, tomatoes, onions, cucumbers and yogurt-based mayo.	
Turkey Burger	\$9.95
Ground turkey patty, jack cheese, organic: tomatoes, onions, lettuce and a yogurt-based mayo.	
Natural Veggie Burger	\$9.95
Vegan patty, veggie bacon, jack cheese, organic: tomatoes, onions, lettuce and yogurt-based mayo.	
Hawaiian Burger	\$9.95
Veggie or turkey patty, jack cheese, grilled organic: pineapple, organic tomatoes, onions, lettuce, yogurt-based mayo and teriyaki sauce on a whole wheat bun.	
The Burrito	\$9.95
Chicken, veggie chorizo or avocado. Rice, black beans, feta, lettuce, pico de gallo and our signature salsa.	

MEXICAN FOOD 5

Chicken Burrito	\$7.95
Grilled chicken breast, Mexican-style, organic brown rice, organic black beans and salsa.	

Chorizo Burrito	\$7.95
Veggie chorizo, Mexican-style organic brown rice, organic black beans and cheese.	
Grilled Chicken Quesadilla	\$7.95
Grilled chicken breast, mozzarella cheese and homemade chipotle sauce. Served on a whole wheat tortilla with organic black beans.	
Spinach Quesadilla	\$7.95
Whole wheat tortilla, mozzarella cheese and spinach. Served with a side of organic black beans and chipotle sauce.	
Mexican Rice Bowl	\$7.95
Grilled chicken breast or veggie chorizo, organic: brown rice and black beans and topped with homemade chipotle sauce and cheese.	

SIDES 8

Fruit	\$2.00
Salad	\$2.00
Bowl Rice	\$2.00
Black Beans	\$2.00
Avocado	\$2.00
Pico de Gallo	\$2.00
Dressing	\$2.00
Salsa	\$2.00

SMART JUICE 5

Vitamin C	AVAILABLE OPTIONS
Orange, cucumber, pineapple and parsley.	16 Oz.: \$5.95
	24 Oz.: \$7.95
Immunity	AVAILABLE OPTIONS
Orange, carrot and beet.	16 Oz.: \$5.95
	24 Oz.: \$7.95
Cleanse	AVAILABLE OPTIONS
Carrot, apple, spinach and bell pepper.	16 Oz.: \$5.95
	24 Oz.: \$7.95
Green	AVAILABLE OPTIONS
Lemon, spinach, lettuce, parsley. Celery and cucumber.	16 Oz.: \$5.95
	24 Oz.: \$7.95
Fat Burner	AVAILABLE OPTIONS
Orange, pineapple, celery and lemon.	16 Oz.: \$5.95
	24 Oz.: \$7.95

SMOOTHIES 3

Berry Lean Smoothie	AVAILABLE OPTIONS
Apple juice, mango and mixed berries.	16 Oz.: \$5.95
	24 Oz.: \$6.95
Orange Sensation Smoothie	AVAILABLE OPTIONS
Orange juice, banana and mango.	16 Oz.: \$5.95
	24 Oz.: \$6.95
Tropical Breeze Smoothie	AVAILABLE OPTIONS
Apple juice, strawberries and banana.	16 Oz.: \$5.95
	24 Oz.: \$6.95

SHAKES 3

Natural Muscle Shake	AVAILABLE OPTIONS
Milk, peanut butter, banana and chocolate protein.	16 Oz.: \$5.95
	24 Oz.: \$6.95
Very Berry Shake	AVAILABLE OPTIONS
Milk, mixed berries and vanilla protein.	16 Oz.: \$5.95
	24 Oz.: \$6.95
Nuts Shake	AVAILABLE OPTIONS
Milk, pecans, oatmeal, almonds and vanilla protein.	16 Oz.: \$5.95
	24 Oz.: \$6.95

BEVERAGES 4

Orange Juice	AVAILABLE OPTIONS
	16 Oz.: \$5.00
	24 Oz.: \$7.00
Organic Fruit Drink	AVAILABLE OPTIONS
	16 Oz.: \$2.50
	24 Oz.: \$2.95
Iced Tea	AVAILABLE OPTIONS
	16 Oz.: \$2.25
	24 Oz.: \$2.75
Hot Tea	\$2.25
12 oz.	

BREAKFAST 4

Breakfast Sandwich	\$8.95
Eggs with parmesan cheese, tomatoes, basil and our signature pesto sauce.	
Breakfast Wrap	\$8.95
Eggs, homestyle potatoes, spinach, broccoli, feta cheese and our signature cilantro dressing.	

Breakfast Chorizo Burrito	\$8.95
Eggs, veggie chorizo, homestyle potatoes, grilled onions, black beansd, jack cheese, and our signature salsa.	
Breakfas Burrito	\$8.95
Eggs, turkey bacon, homestyle potatoes, onions, pico de gallo, jack cheese and our signature salsa.	