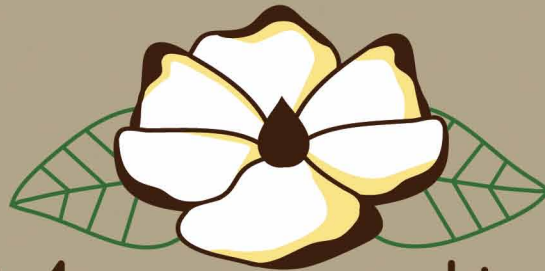


210 York Street, S.E. Aiken, South Carolina 29801



Magnolia

Natural Market & Cafe

Hours

Monday – Thursday: 11:30 – 5:00

Friday: 11:30 – 3:00

Saturday: 11:30 – 2:00

Sunday: Closed

803.649.3339

Email: Magnolianaturalmarket@yahoo.com

On The Web: magnolianaturalmarket.com

Mostly Organic... 100% Happy!

Beverages

From Your Servers

Mango unsweetened black iced tea **1.75**

A mango laced organic black tea, brewed daily.

Raspberry & Ginger Lemonade **2.00**

Made with fresh lemons, raspberries & organic ginger.

Adam Snow **2.00**

Half mango tea & half raspberry-ginger lemonade.

Self Serve

Coffee **1.75**

Freshly ground organic, fair trade. Our coffee is roasted two blocks away at Moon Beans on Laurens Ave. Pick out a mug and help yourself!

Hot Tea **Free**

Pick a mug and choose from a variety of herbals, blacks, and greens.

Filtered Aiken Water **Free**

Market Cooler

Beer & Wine

Tazo Teas	2.25	St. Peter's English Ale Pint Organic	6.75
Natural Soda	1.50	Sam Smith Lager Organic	3.75
Dry Soda	2.25	Sam Smith Tadcaster Ale Organic	3.75
Ginger Beer (non-alcoholic)	1.89	**Sam Smith Hard Apple Cider Pint	6.25
Ayala's Herbal Waters	2.25	**Grist Gold Beer	3.00
Kombucha	4.25	**Estella Daura Lager	3.00
Vitamin Water	2.25	Rayun Sauvignon Blanc Sustainable	4/9
Coconut Water	2.25	Naked Chardonnay Organic	5/13
Bottled Water	1.50	Emerald Bay Merlot Sustainable	5/10
Pellegrino	2.50	Maestro Super Tuscan Sustainable	7/18

Daily Menu

Soup, Salad & Quiche

Soups are homemade and changed daily.

Soup Special **9.95**

Bowl of soup, side salad & a homemade muffin.

Side Salad **3.95**

Small bed of organic mixed greens, shredded carrots, cucumbers, cabbage & grape tomatoes.

Garden Salad **8.9**

Large bed of organic mixed greens, shredded carrots, cabbage, cucumbers, grape tomatoes & Rasta relish (black-eyed pea relish).

Mediterranean Plate Salad **9.95**

Organic mixed greens, grape tomatoes, cucumbers, red onion slivers & feta served with quinoa tabouli, Magnolia's homemade hummus & pita. Served with Goddess dressing on the side.

Grilled Chicken Salad **9.95**

Seasoned & grilled chicken on a garden salad. Served with Goddess dressing on the side.

"Mark" Salad **8.95**

HCG diet Friendly! 100 grams of grilled breast of chicken seasoned with organic rosemary served on a bed of organic mixed greens, grape tomatoes & cucumbers. Braggs apple cider vinegar & lemon juice on the side.

Fresh Salmon Salad **12.95**

When Available - Fresh, wild caught salmon, seasoned, cedar planked to perfection on the grill, served on a garden salad. Goddess dressing served on the side.

Mango Shrimp Salad **11.95**

When Available - Fresh South Carolina shrimp gently tossed with diced mangoes, heart of palm, tomatoes & cilantro in a light Thai sauce. Served on a garden salad with Goddess dressing on the side.

Daily Menu

Baby Spinach Quiche **8.95**

Made with organic baby spinach & aged Swiss cheese. Served with a cup of soup or a side salad.

Quiche of the Day **Varies**

Wraps

Served with a side of Flax Chips

All Good Wrap **6.95**

Avocado, cucumbers, shredded carrots, sprouts, lettuce, tomato & aioli in a spinach wrap.

Goddess Wrap **7.95**

Quinoa Tabouli, avocado, cucumbers, feta cheese, lettuce & goddess dressing in a spinach wrap.

Marrakesh Express Wrap **7.95**

Magnolia's homemade hummus, cucumbers, sprouts, thinly sliced red onion & feta cheese in a whole-wheat wrap.

Uptown Tuna Salad Wrap **8.95**

Yellow fin Tuna salad made with capers & toasted almond slices, with lettuce, tomato & aioli in a whole-wheat wrap.

Cranberry Pecan Chicken Salad Wrap **9.95**

Natural chicken breast salad, seasoned with fresh thyme, tossed with toasted pecans & dried cranberries, served with lettuce & tomato in a whole wheat wrap.

Grilled Chicken Wrap **9.95**

Seasoned & grilled breast of natural chicken with avocado, cucumber, lettuce, tomato & aioli in a whole-wheat wrap.

Mango Shrimp Salad Wrap **11.95**

When available - Magnolia's mango shrimp salad with avocado, cucumber, shredded carrots, lettuce & tomato in a spinach wrap.

Order To-Go

Paninis

Served with a side of Flax Chips.

Chicken Panini **10.95**

Grilled seasoned natural chicken with honey mustard & Swiss cheese.

Pamela's Panini **9.95**

Vegetable panini with avocado, tomato, thinly sliced red onion, fresh basil, kalamata olives & Swiss cheese. Named after our friend Pamela, who invented it! Very tasty!

Uptown Tuna Panini **9.95**

Uptown tuna salad with thinly sliced red onions & Gouda.

Burgers

Served with a side of Flax Chips.

*** Swiss or Gouda + 1.75 or Avocado + 2.00

Turkey Burger **8.95**

Natural turkey burger seasoned & grilled. Served with aioli, lettuce & tomato. ***

Magnolia Burger **9.95**

Local MiBek Farms pasture raised beef, seasoned & grilled. Served with Gorgonzola, white balsamic, arugula & tomato on a sprouted wheat bun. ***

A Fine Finish

Handcrafted Desserts

Cobblers, Cakes, Pies, Puddings, etc. Chef's Choice & Changes Daily.

Organic Ice Creams **3.00**

Order To-Go

Depending on availability... may be ordered ahead

Cranberry Pecan Chicken Salad . . . **12.00/lb**

Uptown Tuna Salad . . . **12.00/lb**

Mango Shrimp Salad . . . **20.00/lb**

Hummus . . . **10.00/lb**

Tabouli . . . **10.00/lb**

Quiche . . . **23.00/Vegetable** or **28.00/Crab**

Key Lime, Lemon, or Coconut Cream Pie . . . **25.00**

Key Lime Cheesecake . . . **45.00**

Mother's Pound Cake . . . **35.00**

Italian Cream Cake . . . **48.00**

Appetizers available for special order. Please see Cindy.

And don't forget Tuesdays at Magnolias...

Each Tuesday, Magnolia's hosts a European-style organic produce market in our yellow dining room. A plethora of vegetables, fruits, nuts, coffees & teas are available... all certified organic. For more details, check out Aiken Naturals on the web at www.me.com/aikennaturals/.