



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

ORGANIC BREAKFAST

Bagel & Cream Cheese

Bacon & Egg Wrap

Vegan Tempeh Bacon & Tofu Scramble Wrap

BREAKFAST ADD ONS:

Avocado

Breakfast Potatoes

Cheese

ORGANIC VEGAN SANDWICHES & WRAPS

AMAZING VEGGIE WRAP

Roasted veggies, hummus, walnut pesto, lettuce, tomato on wheat wrap

HUMMUS FALAFEL WRAP

Hummus, falafel, walnut pesto, spinach, tomato, cucumber, sprouts on wheat wrap

TEMPEH RUEBEN

Marinated Tempeh, sauerkraut, 1001 Island dressing on sprouted wheat bread

TEMPEH BLT

Fakin bacon, lettuce, tomato, garlic aioli, salt, pepper on sprouted wheat bread

RAW MOCK TUNA WRAP

Mock tuna, lettuce, tomato, onion, cucumber, sprouts on our "RAW WRAP"

SPECIALTY BURGER

Choose from our "Mushroom" or "Veggie" burger with lettuce, tomato, onion, sprouts, & veganaise on sprouted wheat toast

EGG-LESS EGG SALAD

Our famous egg-less egg salad, lettuce, tomato, onion, sprouts on sprouted wheat bread

CHICKEN-LESS CHICKEN SALAD

Our famous chicken-less chicken salad with lettuce, tomato, onion, sprouts on sprouted wheat bread

ORGANIC SANDWICHES & WRAPS

CHICKEN BELLA

Roasted chicken, provolone, sundried tomato spread, spinach, garlic aioli, on sprouted wheat bread

TURKEY RUEBEN

Roasted turkey, swiss, sauerkraut, 1001 Island dressing, on sprouted wheat bread

TURKEY MELT

Roasted turkey with Swiss cheese, tomato, garli aioli on sprouted wheat bread

TURKEY BURGER

Turkey burger, lettuce, tomato, onion, sprouts, garlic aioli on sprouted wheat bread

TUNA MELT

Tuna salad with white cheddar & tomato on sprouted wheat bread

TUNA SALAD

Tuna salad, lettuce, tomato, onion, sprouts, on sprouted wheat bread

CHICKEN SALAD

Chicken salad, lettuce, tomato, onion, sprouts, on sprouted wheat bread

EGG SALAD

Egg salad, lettuce, tomato, onion, sprouts on sprouted wheat bread

B.L.T.

Pork bacon, lettuce, tomato, garlic aioli, salt, pepper on sprouted wheat bread

ORGANIC OPTIONS:

Add Avocado

Add Bacon (2 slices)

Add Cheese

Add Chicken

Add Turkey

Whole Wheat Wrap

Sprouted Wheat Bread



ORGANIC SUPERFOOD PROTEIN SMOOTHIES

GREEN MACHINE

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

HEART CHAKRA

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

ORGANIC FRUIT SMOOTHIES

ABACO

Mango, banana, pineapple, apple juice

BERRY ISLAND

Mixed berries, banana, apple juice

EXUMA

Strawberry, banana, pineapple, apple juice

4th GEN GREEN SMOOTHIE

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

ORGANIC JUICES

PRESENT MOMENT

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

SWEET BLOOD

Apple, carrot, beet

ORGANIC SHOTS

WHEATGRASS

1 oz, 2 oz, 4 oz

BLUE GREEN ALGAE (E3 LIVE)

1 oz or 2 oz

LEMON GINGER

1 oz or 2 oz

APPLE CIDER VINEGAR

1 oz or 2 oz

ORGANIC ACAI BOWLS

ACAI BOWL

Acai, granola, fresh fruit, hemp seeds, chia
seeds



4th Generation Organic Market & Cafe

75 SE 3rd Street Boca Raton, FL 33432

Phone: 561-338-9920 Fax: 561-338-9930

4thGenerationMarket.com

Be Healthy... Eat Organic!