

Vegan Soft Serve

Our Signature Vegan Ice Cream | \$6.5 6oz serving
base of fresh coconut meat and our nut-mylks
- inquire about our seasonal availability

toppings .50 each
- candied coconut
- banana
- chia seeds

toppings \$1 each
- berries
- cacao nibs
- sprouted almonds
- our cacao sauce
- our caramel sauce

Seasonal Food

savasana (tropical parfait) \$6
our coconut meat yogurt layered with tropical chia pudding. topped w/ candied coconut & fresh pineapple.

rainier (pesto pasta) \$10
marinated zoodles, our pecan pesto, fresh & sun-dried tomato, olive oil, pine nuts & our walnut parmesan.

big sur (savory waffle) \$12.5
topped w/ our pecan pesto, tomato, walnut parmesan, olive oil & cashew cream.

green glacier (tropical smoothie bowl) \$11
base: our coconut mylk, mango, pineapple, spinach.
toppings: kiwi, shredded coconut, pineapple, berries, candied coconut.

smith rock (blt toast) \$7.5
seeded bread, olive oil, avocado, smokey "meat", tomato, our "ranch", mixed greens.

Seasonal Drinks

acclimate (alkalizing smoothie) \$8
green apple juice, pineapple, spinach, banana, lemon juice & ginger juice.

downhill (blueberry lavender smoothie) \$8
our sprouted almond mylk, banana, blueberries, local lavender flowers, lemon juice, & dates.

lift (meal replacement smoothie) \$10
our sprouted almond mylk, almond butter, roasted sunflower seed butter, coconut nectar, protein powder, oats, & pink salt with a cacao sauce drizzle.

soar (meal replacement smoothie) \$10
our coconut mylk, mango, mint, lime, barley grass juice powder, vanilla protein powder, coconut oil, & dates.

Cold Pressed 12 oz

- flight of juice \$8
a sampling of our most popular juices
- carabiner \$9
celery, cucumber, green apple, orange, kale, cilantro, lemon
- compass \$9
celery, cucumber, kale, cilantro, lemon
- mojo \$9
carrot, green apple, beet, kale, lemon, ginger
- pear-a-glide \$8.5
pear juice & house-made cashew coconut mylk
- sunrise \$9
carrot, mandarin orange, ginger
- vertical \$9
green apple, wheatgrass, lemon
- belay \$9
pineapple, cucumber, orange, lemon
- rappel \$8.5
green apple, lemon, ginger
- evergreen \$8.5
cucumber, celery, romaine, lemon, ginger
- high-route \$9
golden beet, carrot, orange, turmeric
- vertical-limit \$9.75
green apple, lemon, wheatgrass, jalapeño

NW Raw is driven
by a love of nature and vibrant health

Our organic eatery hopes to provide people with the highest quality dietary options; fostering a culture of an active lifestyle and promoting sustainability in all that we do.

We hope to educate, equip and empower people to live the best physical, spiritual and mental lives possible.

Our team designed NW Raw to be a synergistic space with the goal of providing you with an outdoor (al fresco) experience while inside.

NW Raw chefs work tirelessly to create cuisine that is vibrant in color, pleasant in texture and flavor. Our whole, organic provisions lend themselves to an active outdoor lifestyle (they also fit nicely in your backpack).

get whole,
get healthy,
get into nature,
get raw.



Indoor restaurant to inspire a
thriving outdoor lifestyle.

370 E Main St. | 541.708.6363
open 7 days a week
7am to 7pm

www.nwraw.com



@nwraw



@nwraw

Food Menu

Kids Menu

- toboggan \$4.5**
coconut roll up with almond butter, bananas & our moon pudding
- cannon ball \$3.5**
house-made crackers, celery & carrot sticks served with our "ranch" dressing
- juice \$4**
orange or apple
- nut mylk \$3.5**
sprouted almond, coconut or coconut cashew

Toasts

- alvord \$5**
avocado, olive oil & pink salt.
- steens \$7**
guac, nut-based "meat", black beans, tomato, green onion, cilantro & cashew cream.
- painted hills \$5.5**
almond butter, berries, raspberry chia jam & chia seeds.
- fort rock \$5**
almond butter, banana & cacao nibs.

Breakfast

served all day

- pct oatmeal \$8.5**
cranberries, hemp hearts, coconut, chia, currants, sprouted almonds, flax & sunflower seeds, maple syrup, spices, & our sprouted almond mylk. topped with berries and apple.
- grizzly peak granola bowl \$8**
house-made granola, & fruit served with a side of our cashew coconut mylk.
- purple glacier \$9**
smoothie bowl with frozen blueberries & frozen banana blended with our house made coconut mylk. topped with our PCT granola, cacao nibs & banana.
- el capitan waffle \$6.5**
toppings \$1 each:
- melted coco oil/butter
- berries
- banana
- toppings \$2 each:
- real maple syrup
- candied walnuts
- almond butter

Bowls

- denali pad thai \$10**
zucchini noodles, purple cabbage, carrots, green onion, sprouted almonds, sunflower sprouts & black sesame with almond sauce.
- yellowstone (coconut curry) \$6.5 | \$9.5**
house-made cashew coconut curry sauce over a bed of rainbow quinoa garnished with shreds of carrot, purple cabbage, cilantro & green onions.
- maverick \$9**
our guacamole, cilantro, sunflower sprouts, black beans, shredded carrot, & green onion. Served with a side of our chili lime sauce. choose your base: mixed greens or quinoa (+\$.50)
- barrel \$9**
our probiotic tahini pate, shredded beets & carrots, our candied coconut, purple cabbage. Served with a side of our dragon sauce. choose your base: mixed greens or quinoa (+\$.50)

 = raw
always organic | always gluten free | always plant based

Food Menu

Salads

\$10.5

- north**
romaine, pine nuts, green onions, sun-dried tomatoes, green raisins, shredded coconut, sauerkraut & avocado. Matcha rosemary vinaigrette.
- south**
greens, carrots, cilantro, red bell pepper, cherry tomatoes, green onions, sunflower sprouts, avocado, pepitas & hemp hearts. Cilantro lime dressing.
- east**
massaged kale, shredded carrots & beets, purple cabbage, currants, citrus slices, sprouted almonds, sesame seeds. Probiotic tahini dressing.
- west**
baby spinach, apple, seasonal berries, sunflower sprouts, candied walnuts, dried cranberries, chia seed. Creamy balsamic dressing.
- southwest taco salad \$13.5**
romaine, nut-based taco "meat", cabbage, tomatoes, avocado, cilantro, green onions & sprouts with our chili lime sauce, cashew cream & lime.

Soups

8 oz | 16 oz | cold | 120° | hot

- longitude soup \$6 | \$9**
creamy mushroom & avocado soup with cashew cream & green onions.
- meridian \$7.5 | \$11.5**
tortilla soup with a veggie & spice soup base & fresh avocado chunks topped with crunchy flax cracker pieces, cashew cream, cilantro, green onion & cherry tomatoes

Lite Bites

- shasta \$7.5**
sauerkraut, avocado, red bell peppers & red pepper flakes. Served with a side of our dragon sauce.
- funa salad \$7**
sprouted sunflower pate with shallots, dill & pickles topped with green onion and tomatoes. Served as a dip with raw garlic & onion flax crackers & celery.

Protein

add some bulk to any meal

- quinoa \$2
- black beans \$1
- nut-based "meat" \$4
almonds, cashews & spices
- smoky "meat" \$4

Dessert Menu

full sized cakes also available

- base layer (salted caramel hazelnut cake) \$7.5**
topped with cashew cacao sauce, hazelnuts & himalayan salt.
- pilot rock (chocolate torte) \$7.5**
topped with cacao sauce, berries & cacao nibs.
- pike's peak (raspberry & lemon cheezecake) \$7.5**

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Drink Menu

Elixirs

- lodge day \$7**
green apple, orange, lemon, ginger, garlic, cayenne
- blazer \$6.5 | 2 oz**
wheat grass, liquid light, colloidal silver
- bushwack \$7**
green apple, orange, lemon, ginger, elderberry, echinacea, oregon grape

Smoothies

12 oz. | we start with a base of our house-made nut mylks. no water added!

- alpine \$8**
coconut cashew mylk, turmeric juice, cinnamon, black pepper, dates, banana, coconut oil, & vanilla
- pace \$7**
sprouted almond mylk, mixed berries, vanilla, banana, maple
- glissade \$7**
sprouted almond mylk, banana, dates, vanilla, himalayan salt
- bunny hill \$7**
coconut mylk, raspberries, banana, coconut nectar
- summit \$7.5**
spinach, kale, coconut mylk, pineapple, banana
- power slide \$7.5**
coconut mylk, cacao nibs, banana, cacao powder, vanilla, maple syrup, pink salt

Extras

- | | | |
|---------------|-----------|------------|
| protein | chia seed | matcha |
| super greens | cbd (5mg) | bee pollen |
| cacao nibs | avocado | turmeric |
| raw spirulina | maca | kale |

Espresso

with our signature nut mylk

- | | |
|-----------------|-------------------|
| americano \$3.5 | latte \$4.75 |
| macchiato \$3 | mocha \$5.5 |
| cappuccino \$4 | + coconut oil 50¢ |

Nut Mylk Mixes

12 oz | cold | 120° | Hot

- golden mylk \$6.5**
cashew coconut mylk, fresh turmeric juice, coconut oil, cinnamon, black pepper
- ridgeline \$6**
coconut mylk, cacao, coconut nectar, vanilla, himalayan salt
- treeline \$7**
probiotic peppermint super greens, sprouted almond mylk
- matcha latte (orange) \$6.5**
cashew coconut mylk, matcha, vanilla, maple, cinnamon & doTERRA wild orange essential oil
- marathon \$7**
cashew coconut mylk, cold brew coffee
- ultra \$7**
cashew coconut mylk, chai

Shots

\$4 | 2 oz

- wheat grass**
- aloe vera**
- ginger wellness**  ginger, garlic, lemon, cayenne

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