

O₃ BUILD YOUR OWN 5.25 PLUS *ADDITIONS

1. SALAD CHOICE OF ORGANIC GREENS:
ROMAINE, BABY SPINACH OR FIELD GREENS

SALAD DRESSING: HOUSE VINAIGRETTE, GREEK, CAESAR, CITRUS VINAIGRETTE , OR VEGAN (APPLE CIDER VINEGAR) ITALIAN

2. WRAP FLOUR (V) OR SPINACH
CHOICE OF ORGANIC GREENS: ROMAINE, BABY SPINACH OR FIELD GREENS.

3. SANDWICH CHOOSE BREAD (TOASTED UPON REQUEST)
FRESH CHIBATTA, ORGANIC WHOLE GRAIN OR GLUTEN-FREE ROLL.
CHOOSE ORGANIC GREENS: ROMAINE, BABY SPINACH OR FIELD GREENS.
CHOOSE CONDIMENTS: MAYO, MUSTARD, HORSERADISH, AND RED ONION

***CHOOSE YOUR ADDITIONS:**

FRUITS, VEGGIES & NUTS 1.25 EA
ORGANIC: CARROT, APPLE, AVOCADO, CUCUMBER, KALAMATA OLIVES, CHIC PEAS, TOMATO, HOUSE ROASTED BEETS, ROASTED RED PEPPER, OMEGA 3 FRUIT & NUT MIX, SPICY HOUSEMADE PECANS

PROTEINS 3.25 EA
HOUSEMADE ORGANIC HUMMUS, HOUSE ROASTED ORGANIC TURKEY, WILD ALBACORE TUNA (MAYO), ANTIBIOTIC FREE, FREE RANGE CHICKEN, HOUSE MADE ORGANIC EGGSALAD, WILD ALBACORE TUNA (ITALIAN STYLE)

CHEESE 1.95 EA
ORGANIC: COLBY, PROVOLONE, FETA, MOZZARELLA.
GOAT CHEESE & MAYTAG BLUE

EGGS ARE SERVED 9 AM - 11:30 AM MON-SAT & SUNDAYS (BRUNCH 11-4)
AVAILABLE AT THE [ELMWOOD LOCATION ONLY.](#)

O₃ BREAKFAST WRAPS

EGG & AVOCADO WRAP WITH RED ONION, TOMATO & CHEDDAR CHEESE. FRESH FRUIT GARNISH 9.50

POPEYE SPINACH, PORTABELLA MUSHROOM, FETA CHEESE, EGG & TOMATO. FRESH FRUIT GARNISH 9.50

SALSA ALARM JALAPENO PEPPERS, PROVOLONE CHEESE, EGG, & HOUSEMADE SALSA. FRESH FRUIT GARNISH 9.50

CAPRESE & EGG WITH TOMATO, BASIL OIL, MOZZARELLA CHEESE & PAN SEARED BANANA PEPPERS. FRESH FRUIT GARNISH 9.50

TOFU WRAP HOUSE SEASONED 9.50
GRILLED IN A VEGAN FLOUR TORTILLA. FRESH FRUIT GARNISH

1. SPINACH, TOMATO & FETA
2. BLACK BEAN & RICE WITH SALSA & ORGANIC CHEDDAR
3. ROASTED ASPARAGUS, PORTABELLA MUSHROOM & PROVOLONE

VEGAN CHEESE SUBSTITUTE AVAILABLE UPON REQUEST

O₃ GLUTEN FREE EGG SANDWICH 9.50

2 EGG OMELET SERVED ON GLUTEN FREE GRILLED ROLL
CHOOSE 2 INGREDIENTS:
MUSHROOMS, ONION, TOMATO OR HOUSE SALSA, AVOCADO, SPINACH, CHEDDAR, GOAT, FETA, PROVOLONE OR MOZZARELLA CHEESE (additional ingredients 1.25)

O₃ BREAKFAST SMOOTHIES 6.95

1. **SPA GREEN** ORGANIC PINEAPPLE, BANANA, COTTAGE CHEESE & SPINACH
2. **BERRI-SKINNY** ORGANIC SKIM MILK, YOGURT, WHEY PROTEIN, OATMEAL & MIXED ORGANIC BERRIES
3. **PURPLE POWER** ORGANIC PEACHES, BLUEBERRIES, CHIA SEEDS, YOGURT

O₃ HOUSE MUFFINS & BAKED FRESH DAILY COOKIES

O₃ RAW JUICE BAR 6.50

ORGANIC
ENERGIZER CARROT, CELERY, & PARSLEY

SKIN TONIC CARROT, APPLE, & GINGER

IMMUNE BUILDER CARROT, BEET, APPLE & CELERY

GO GREEN DRINK SPINACH, CELERY, CUCUMBER, APPLE

WHEATGRASS SPARKLER 1 OUNCE WHEATGRASS SHOT, ORGANIC APPLE (JUICED) & SPARKLING MINERAL WATER

O₃ WHEATGRASS 1 OUNCE SHOT 3.75

WHEATGRASS CARD 10 SHOT PUNCH CARD 31.03
(SAVE 6.47 ON 10 SHOTS)

O₃ SMOOTHIES ORGANIC

WITH YOGURT CHOOSE 2 FRUITS 5.95

STRAWBERRY, BANANA, BLUEBERRY, MIXED BERRY PEACH & PINEAPPLE
ADD: WHIPPED CREAM .50 ADDITIONAL FRUIT .75 WHEY PROTEIN 1.50

DAIRY FREE CHOOSE 2 FRUITS

1. **TEA** DAILY BREW REPLACES DAIRY 5.95
2. **JUICE** ORANGE JUICE REPLACES DAIRY 6.50
3. **COCONUT WATER** REPLACES DAIRY 6.50
4. **RICE MILK** REPLACES DAIRY 6.50

O₃ ESPRESSO BAR ORGANIC

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| ESPRESSO 2.95 | HOT COCOA 4.95 |
| DOUBLE ESPRESSO 3.95 | CAFÉ MOCHA 4.95 |
| HOT OR ICED | BREVE 5.95 |
| CAPPUCCINO 4.95 | MACCHIATO 3.25 |
| AMERICANO 3.75 | RED EYE 3.95 |
| LATTE 5.50 | CAFFÉ AU LAIT 3.95 |
| CHAI LATTE 4.95 | |

O₃ ORGANIC COFFEE

FRESH BREW FRESH GROUND, FILTERED WATER
12 OZ 2.75 16 OZ 3.25 20 OZ 3.75

DECAF (FRENCH PRESSED) 16 OZ 3.25

ORGANIC DAIRY. CHOOSE: HALF & HALF, WHOLE, 2%, SKIM OR SOY & RICE MILK. ORGANIC SUGAR

O₃ ORGANIC HOT TEA 16OZ 3.25

ORANGE BLOSSOM, LEMONGRASS, JASMINE PEARL, VANILLA BLACK, BLACK, CITRON GREEN, JADE GREEN, EARL GREY, CHINA BREAKFAST, GOLDEN YUNNAN
DECAF ROOIBOS: (BLUEBERRY, JAMAICAN RED BUSH, PEACH, MINT)

ORGANIC 3 CAFÉ
2 LOCATIONS

BUFFALO (716) 551. 0136 (EST. 2011)

739 **ELMWOOD AVE** BFLO. N.Y. 14222
HOURS: MON - SAT 9-9 & SUNDAY BRUNCH 10-3

SNYDER (716) 204. 0031 (EST. 2007)

4446 **MAIN ST** SNYDER N.Y. 14226 HOURS: MON-FRI 10-6 & SAT 10-5

O₃ SOUP GARLIC TOAST GARNISH

OUR SOUP IS MADE WITH FRESH ORGANIC INGREDIENTS
WE OFFER 3 CATEGORIES DAILY
POULTRY, VEGETARIAN & BEAN (ONE IS USUALLY VEGAN) ▼

CUP BOWL QUART
5.50 6.95 10.95

O₃ SALAD

OMEGA 3 SALAD MIXED ORGANIC GREENS, CRANBERRIES, ALMONDS, WALNUTS, PECANS, PISTACHIOS, PEPITAS, RED ONION, CRUMBLLED BLUE CHEESE, ORGANIC APPLE, ORGANIC TOMATO, & CUCUMBER, HOUSE VINAIGRETTE 10.95

SPINACH-BEET SALAD BABY ORGANIC SPINACH, HOUSE ROASTED ORGANIC BEETS, GOAT CHEESE, SPICY ORGANIC PECANS, CITRUS VINAIGRETTE 10.95
WITH ORGANIC OVEN ROASTED TURKEY BREAST 13.95

GREEK SALAD CRISP ORGANIC ROMAINE LETTUCE, OLIVES, CUCUMBER, CHIC PEAS, RED ONION, TOMATO, CELERY, CARROTS, ORGANIC FETA CHEESE, HOUSEMADE GREEK DRESSING 10.95
WITH ANTIBIOTIC FREE, FREE RANGE CHICKEN 13.95

O₃ CAESAR SALAD CRISP ORGANIC ROMAINE LETTUCE, HOUSEMADE PARMESAN CRUSTINI, HOMEMADE ZESTY LEMON CAESAR DRESSING 8.95
WITH ANTIBIOTIC FREE, FREE RANGE CHICKEN 11.95

GARDEN SALAD ORGANIC MIXED GREENS, CUCUMBER, CELERY, CHIC PEAS, CARROT, TOMATO, ONION, HOUSE VINAIGRETTE
SMALL 6.95 LARGE 8.95

ADD SIDE TUNA 3.25 CHICKEN 3.25 TURKEY 3.25

O₃ COLD SANDWICHES

CHOOSE HOUSE BAKED CIABATTA OR SLICED ORGANIC WHOLE GRAIN BREAD

VEGETARIAN ORGANIC PROVOLONE CHEESE, ORGANIC GREENS, ORGANIC TOMATO, CUCUMBER, RED ONION, AVOCADO, HORSERADISH MAYO 9.95

WILD ALBACORE TUNA ORGANIC ROMAINE LETTUCE, ORGANIC TOMATO, (CHOOSE ITALIAN OR MAYO TUNA) 9.95

ORGANIC TURKEY & AVOCADO RED ONION, ORGANIC GREENS, TOMATO, BASIL OIL & ROASTED RED PEPPER AIOLI DRESSING 9.95

ORGANIC EGGSALAD ORGANIC ROMAINE LETTUCE, ORGANIC TOMATO, CHOOSE WHOLE GRAIN BREAD OR SPINACH WRAP 9.95

SOUP / SALAD COMBOS:

- * 2 SOUP & GARDEN SALAD
TWO 8 OZ SOUP (CUPS) & SMALL GARDEN SALAD 11.95
- * HALF COLD SANDWICH WITH A CUP OF SOUP 10.95
BOWL 11.95
- * HALF COLD SANDWICH WITH A SIDE GARDEN SALAD 10.95

O₃ COLD WRAPS BLUE CHIP GARNISH

TUNA SALAD & ORGANIC GREENS CARROTS & TOMATO 9.95

ITALIAN TUNA WRAP ALBACORE TUNA (OLIVE OIL, BALSAMIC, ONION, CAPERS, LEMON) ORGANIC FIELD GREENS, CARROTS & TOMATO 9.95

HUMMUS GARDEN WRAP HOUSEMADE ORGANIC HUMMUS, ORGANIC FIELD GREENS, CUCUMBER, CARROT, TOMATO, ONION 9.95

TURKEY & BEET WRAP OVEN ROASTED ALL NATURAL, ORGANIC TURKEY, ORGANIC ROASTED BEETS, GOAT CHEESE, ORGANIC BABY SPINACH, HOUSEMADE SPICY PECANS, CITRUS VINAIGRETTE 10.95

BEET WRAP VEGETARIAN ORGANIC ROASTED BEETS, BABY SPINACH, GOAT CHEESE, HOUSEMADE SPICY PECANS, CITRUS VINAIGRETTE 9.95

GREEK WRAP CRISP ORGANIC ROMAINE LETTUCE, ORGANIC FETA CHEESE, CUCUMBER, TOMATO, CARROT, CHIC PEAS, ONION, OLIVES 9.95
WITH ANTIBIOTIC FREE, FREE RANGE CHICKEN 10.95

O₃ TRIO APPETIZER HOUSE ORGANIC GUACAMOLE, HUMMUS & SALSA 10.95 ▼

FRESH GUACAMOLE APPETIZER WITH ORGANIC BLUE CHIPS 8.95 ▼
HALF ORDER 5.95

FRESH HUMMUS APPETIZER
WITH RAW CARROT STICKS & GRILLED CIABATTA BREAD 7.95 ▼

FRESH SALSA APPETIZER WITH ORGANIC BLUE CHIPS 6.95 ▼

O₃ GRILLED WRAPS BLUE CHIP GARNISH

ORGANIC BLACK BEAN & RICE
WITH ORGANIC CHEDDAR CHEESE, & SALSA. BLUE CHIPS
AND ORGANIC SOUR CREAM GARNISH 10.25
WITH ANTIBIOTIC FREE, FREE RANGE CHICKEN ADD 1.25

ITALIAN TUNA (OLIVE OIL, BALSAMIC, ONION, CAPERS, LEMON)
ORGANIC PROVOLONE CHEESE & TOMATO 10.25

SOUTHWESTERN PAN SEARED BANANA PEPPER WRAP
W/ ORGANIC BABY SPINACH, SALSA AND TOMATO 10.25
CHOOSE ORGANIC PROVOLONE, OR GOAT CHEESE
WITH ANTIBIOTIC FREE, FREE RANGE CHICKEN ADD 1.25

CHIPOTLE CHICKEN ORGANIC BABY SPINACH, CARAMELIZED RED ONION,
GOAT CHEESE, ANTIBIOTIC FREE, FREE RANGE CHICKEN,
CHIPOTLE PEPPER DRESSING (LIME, CILANTRO, GARLIC) 10.25

SIDE ORGANIC: SOUR CREAM .75 SALSA .75 EXTRA BLUE CHIPS 1.

O₃ GRILLED PANINI

THREE ORGANIC CHEESE & TOMATO WITH BASIL-GARLIC PESTO
(COLBY, MOZZARELLA, & PROVOLONE) 10.25

HOUSE ROASTED TURKEY & TOMATO ORGANIC FREE RANGE
TURKEY, ORGANIC TOMATO, HOUSEMADE BASIL & RED PEPPER AIOLI 10.25
WITH ORGANIC PROVOLONE CHEESE ADD 1.

ITALIAN TUNA PANINI (OLIVE OIL, BALSAMIC, ONION, CAPERS, LEMON)
ORGANIC PROVOLONE CHEESE & ORGANIC TOMATO 10.25

ORGANIC PORTABELLA MUSHROOM (BALSAMIC MARINATED) WITH
ROASTED RED PEPPER AIOLI, CARAMELIZED ONION & ORGANIC PROVOLONE
CHEESE 10.25

ADD PAN SEARED BANANA PEPPERS TO ANY WRAP OR PANINI 1.50

O₃ PIZZETTA INDIVIDUAL PIZZA 12.

ELMWOOD LOCATION ONLY
HOUSEMADE THIN CRUST ORGANIC 10"

1. SPINACH, TOMATO, FETA & SWEET ONION
2. EGGPLANT, GOAT CHEESE & TOMATO
3. TOMATO, BASIL & MOZZARELLA
4. ROASTED VEGETABLES WITH GOAT CHEESE

O₃ TURKEY BURGER 12.95 (2 WAYS) choose:

ELMWOOD LOCATION ONLY

1. KALAMATA OLIVE & FETA CHEESE OR
2. TRADITIONAL (HOUSE SEASONED)

O₃ VEGETARIAN BURGER (HOUSEMADE) 12.95

ELMWOOD LOCATION ONLY

*BURGERS ARE SERVED ON GRILLED CIABATTA ROLL WITH LETTUCE, TOMATO, RED ONION &
CHOICE OF HOUSE POTATO SALAD. FRESH GREEN BEAN & POTATO ▼ OR TRADITIONAL

O₃ COLD BEVERAGES

DAILY BREW ORGANIC ICED TEA 2.95 DAILY BREW ORGANIC ICED COFFEE 3.25
ORGANIC HARNEY & SONS BEVERAGES 3.50 HONEST TEA, IZZY SPARKLING
JUICE, GINGER BREW, ORGANIC LEMONADE, S.PELLEGRINO 2.95
BOTTLED SPRING WATER 1.50 SMART WATER 2.95 TAZO GREEN TEA 2.95
YERBA MATE' TEA 3.95 COCONUT WATER 3.75 PULP OR NO PULP