



Nature's Plate Menu

<https://menuweb.menu>

15 Main Street At West Front Street , Keyport, New Jersey, USA, 07735, KEYPORT, United States

(+1)7324970548 - <https://naturesplatenj.com/>



The *menu of Nature's Plate* from KEYPORT includes **106** courses. On average the **courses or drinks on [the menu](#)** cost approximately \$7.8. You can view the categories on the menu below. Nestled in Keyport, this delightful vegan restaurant is quickly gaining a devoted following. Diners rave about the exceptional falafel wraps, marinated tempeh sandwiches, and delectable nachos, all crafted with organic ingredients and expert care. Visitors are particularly impressed by the generous portion sizes and welcoming atmosphere provided by the owner, Mark, who showcases a passion for healthy, sustainable eating. The menu also features refreshing juices and indulgent desserts, such as chocolate cake and raw Fiesta pizza. Whether you're a committed vegan or a curious omnivore, this restaurant promises an unforgettable culinary experience that's worth supporting.

Nature's Plate Menu



Desserts

CHOCOLATE CAKE \$3.5

Pasta

PASTA SALAD

Oriental Dishes

FALAFEL

Main Courses

NACHOS \$14.0

Toast

AVOCADO TOAST \$10.0

Wraps

FALAFEL WRAP \$13.0

Breakfast

SCRAMBLED TOFU WRAP \$13.0

Side Dishes

HASHBROWN \$1.5

Starters & Salads

POTATO CHIPS

Soft Drinks

JUICE

Bowls

CHILI BOWL

Veggie

MARINATED KALE \$5.0

Shots

CLEANSE SHOT (2 OZ.) \$3.5

Juices

CITRUS WAKE UP \$9.0

Asiatische Baguettes

BANH MI \$15.0

Hot Drinks

COFFEE

Egg Dishes

OMELETTE

Tea

ICED BLACK TEA 16 OZ

Mango Mania

MANGO TWIST \$8.0

Signature Smoothies

GREEN DREAM \$8.0

Small Plates

RAW PIZZA \$12.0

Pockets

SEITAN GYRO \$13.0

Nature's Plate Menu



Featured Drinks

THE SWEETHEART \$8.0

Sandwich Board

THANKSGIVING SANDWICH \$15.0

Juices & Smoothies

LIVE LEMONADE \$9.0

Miscellaneous

RAW FIESTA PIZZA \$12.0

Brunch Eggs

MUSHROOM SPINACH SCRAMBLE \$16.0

Grab N Go

WHEATGRASS SHOT (2 OZ.) \$3.5

Salad Dressings

RUSSIAN DRESSING \$2.0

A Bit On The Side?

CASHEW CHEESE \$2.0

Beverages & More

HOT ORGANIC COFFEE (12 OZ.) \$2.5

Sauces Togo

SRIRACHA MAYO \$2.0

Iced Coffee And Tea

ICED GREEN TEA 24 OZ.

Assorted Bagels

BAGEL WITH HOUSEMADE VEGGIE CREAM CHEESE

Fresh Pressed Cocktails

THE HYDRATOR \$9.0

Spiked Milkshakes

THE BIG LEBOWSKI \$14.0

Vb Sides

CHILI CUP

World-Famous Buttermilk Pancakes

STRAWBERRY BANANA PANCAKES \$14.0

Dipz

VEGAN MAYO \$2.0

Restaurant Category

VEGAN

Traditional Cake Flavors

VANILLA CAKE \$3.5

Specials

ROASTED BUTTERNUT SQUASH SOUP (CUP) \$4.5

ROASTED BUTTERNUT SQUASH SOUP (BOWL) \$6.5

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Pancakes, French Toast, And Waffles

CHOCOLATE CHIP PANCAKES	\$14.0
BLUEBERRY PANCAKES	\$14.0

Uncategorized

BBQ SEITAN	\$15.0
COFFEE LOVER	\$8.0

Smoothies

TROPICAL BLISS	\$8.0
SMOOTHIE	
MANGO SMOOTHIE	

Beverages

FIJI WATER	\$2.0
JUICES	
ICED MATCHA LATTE 24 OZ.	

Popular Items

SEITAN RUEBEN	\$15.0
NATURES PLATE SALAD	\$15.0
FLAT BELLY	\$9.0

Salads

SUPER GREEN	\$9.0
SALAD	
CAESAR SALAD	
POTATO SALAD	

Drinks

PELLEGRINO SPARKLING WATER (SMALL)	\$2.5
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VITACOCO COCONUT WATER	\$2.5
SMOOTHIES	
GT'S SYNERGY KOMBUCHA	

Sauces

GARLIC AIOLI	\$2.0
TZATZIKI	\$2.0
AIOLI	
RANCH	

More Beverages

HOT MATCHA LATTE (20 OZ.	\$5.0
POLAND SPRINGS BOTTLED WATER (12 OZ.	\$1.5
HOT BLACK TEA (12 OZ.	\$2.5
HOT GREEN TEA (12 OZ.	\$2.5
COLD BREW ORGANIC COFFEE (24 OZ)	\$3.5

Dessert

BROWNIE	\$3.5
BLUEBERRY MUFFIN	\$8.0
CHOCOLATE CHIP COOKIE	\$2.5
BANANA CAKE	\$3.5
BROWNIES	
CREPES	

Sandwiches

	BUFFALO SEITAN WRAP	\$13.0
	BACON, EGG CHEESE	\$15.0
	EGG CHEESE SANDWICH	\$12.0
	HERB CRUSTED BAKED TOFU SANDWICH	\$13.0

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MARINATED TEMPEH SANDWICH \$13.0
CHICKPEA SALAD SUB \$13.0
B.L.T.

These Types Of Dishes Are Being Served



PIZZA
WRAP
PASTA
PANINI
SALAD
TUNA STEAK
BURGER

DESSERTS

Ingredients Used



CHOCOLATE
KALE
TOFU
PESTO
MINT
WATERMELON
CHEESE
AVOCADO
MANGO
BACON
EGG

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Street , Keyport, New Jersey,
USA, 07735, KEYPORT, United
States

Opening Hours:
Friday 11:00-17:40
Saturday 11:00-17:40



Made with [Menu](#)