

**frutas.** 100% natural



## ***Frutas 100 Natural Menu***

<https://menulist.menu>

4232 Bonita Rd, Bonita, CA 91902, United States, National City  
+16197652821 - <http://www.frutas100natural.com/>



The restaurant from National City offers 17 different **dishes and drinks on [the menu](#)** at an average price of \$6.6. What [Ivan P](#) likes about Frutas 100 Natural:

The food is great but DO NOT ORDER THROUGH DOORDASH. Call the place directly. The food is more expensive through DoorDash and also takes longer for them to prepare since they don't get the DoorDash orders right away [read more](#). The restaurant offers complimentary WiFi for its visitors, And into the accessible spaces also come guests with wheelchairs or physical limitations. What [Alicia A](#) doesn't like about Frutas 100 Natural: I love their bionico but skip the açai bowl. They pre-arrange it so the container already has the acai frozen in it and seems watered down. The consistency is icy rather than soft like other places. I know they probably do this to save time but they're still charging \$8 for it. [read more](#). Get excited about the *diverse, scrumptious Mexican cuisine*, which is traditionally cooked with corn, beans and chilies (hot peppers), The dishes of this restaurant can also be ordered at on-site or at the celebration thanks to a [catering service](#). You can also look forward to **scrumptious [vegetarian](#) cuisine**.

# Frutas 100 Natural Menu



## Salads

TUNA SALAD \$6.0

## Specials

ESCAMOCHA SPECIAL \$7.0

## Salad

GREEN SALAD \$6.0

## Drinks

SMOOTHIES

## A la carte

TORTA

## Bagel

SALMON BAGEL \$7.0

## For the small hunger

BAGEL

## Speisen

BREAKFAST BAGEL \$5.5

## Popular Items

LOMO TORTA \$8.2

## Ice Cream Specials

BIONICO SPECIAL \$7.0

## Ingredients Used

FRUIT

*These types of dishes are being served*

BREAD

## Restaurant Category

VEGETARIAN

MEXICAN

## Sandwiches

LOMO SANDWICH \$5.5

CRAB SANDWICH \$6.0

TURKEY TORTA \$7.5

# ***Frutas 100 Natural Menu***



## ***Frutas 100 Natural***

4232 Bonita Rd, Bonita, CA  
91902, United States, National  
City

**Opening Hours:**  
Monday 07:00-20:00  
Tuesday 07:00-20:00  
Wednesday 07:00-20:00  
Thursday 07:00-20:00  
Friday 07:00-20:00  
Saturday 07:00-20:00  
Sunday 08:00-19:00

Made with [menulist.menu](https://menulist.menu)

