



## **Bakery Menu - ALL ORGANIC, ALL THE TIME**

### **Strucla - Our Specialty Pastry, from Aunt Bella's Recipe**

**Sweet Flavors \$6.00:** Classic Apricot, Raspberry, Fig, Apple (seasonal), Butter Pecan  
**Savory Flavors \$8.00:** Spinach and Cheese, Portabella Mushroom, Tomato Basil (seasonal)

### **Cookies \$2.50**

Chocolate Chip  
Chocolate Chocolate Chip  
Ginger Cookies  
Oatmeal Raisin Cookies  
Peanut Butter Cookies  
Pecan Shortbread Cookies  
White Chocolate Chip

### **Sweet Breads \$6.00**

Pumpkin, Banana, Zucchini, Ginger

### **Bella's Baby Cakes \$12.00**

Carrot,  
German Chocolate,  
White Chocolate,  
Caramel

### **Mini Pound Cakes \$6.00**

Sour Cream, Hibiscus, Caramel, Lemon

### **L'il Pies \$6.00**

Apple, Pecan, Sweet Potato ...

**Scones \$3.00 Sticky Buns \$4.00**



## **LUNCH MENU - ALL ORGANIC, ALL THE TIME**

### **Salads / Dips Side \$4.50 / Full \$6.00 Includes Toasted Pita or 1/2 Mini Loaf**

- Carrot & Raisin Salad** - Grated, Organic Carrots, Veganaise, Organic Golden and Jumbo Dark Raisins.  
**Tossed Greens** - Organic Field Greens, vinaigrette, & tomatoes, onions and house-made croutons  
**Kale Salad** - Organic Kale, Red Onions, Grated carrots, Golden Raisins, Thai P-nut Dressing  
**Hummus (dip)** - Organic Chick Peas, Organic Tahina, Garlic, Olive oil, Lemon

### **Soups (\$4.50 p /cup, \$6.00 p /bowl) Includes Toasted Pita or 1/2 Mini Loaf**

- Black Bean** - Organic Black Beans, Onions, Garlic (sour cream upon request)  
**Black-eyed Peas** - Organic Black eyed Peas, Onions, Garlic  
**Collard Greens** - Organic Collards, Garlic, Onions, and a few secrets ....  
**Hearty Vegetable** - Organic Tomatoes, Kidney Beans, Barley, Lentils, Carrots, Kale  
**Potato Soup** - Organic Yukon Gold Potatoes, Leeks, Cream / Cheese Base,  
**Split Pea** - Organic Split Peas, Onions, Potatoes, Carrots, Garlic  
**Tomato Basil** - Organic Tomato, Fresh Organic Basil  
**White Bean Soup** - Organic Navy Beans, Tomatoes, Celery, Onion, Garlic

### **Vegan / Vegetarian Sandwiches & Wraps \$8 - \$10.00 (\*)**

- (\*)**House made Veggie Burgers** - Organic Black eyed Peas, Carrots, Barley, Brown Rice, Kale, Onions, Garlic  
**Falafel Wrap** - Organic Chick Peas, Garlic, Parsley, Cumin  
(\*)**Fried Green Tomato**—Organic Green Tomatoes, batter dipped, grilled onions, cheese (seasonal)  
**Grilled Cheese** (Hot—on BB Honey Whole Wheat) or (\*) **Pimento Cheese** (Cold on Organic Ciabatta)  
**Tempeh** - Organic Fermented Soy, grilled with Onion, Peppers & P-nut Sauce  
(\*) **Grilled Portabella** - Organic Portabella Mushroom, Onions, Lettuce, Tomato, Cheese on Organic Ciabatta

### **Entrees \$8.00**

- Vegetable Lasagna** - Organic Pasta, Tomato Sauce, Ricotta and Mozzarella  
**Vegetable Pot Pies** - Our Hearty Vegetable Soup enveloped in our Special Pastry Crust (seasonal item)  
**Quiche** - Organic Free Range Eggs, Spinach, Sharp, Jack and Farmer's Cheeses

### **Breads \$3.00 +**

Honey Whole Wheat , Cornbread, Broccoli Bread



### **Breakfast Menu - ALL ORGANIC, ALL THE TIME**

**Eggs** - Scrambled, Fried - \$4.00

**Pancakes (2)** - \$5.00

**Waffle** - \$5.00

**French Toast** - \$8.00

**Honey Whole Wheat Toast** - \$3.00

**Scones, Biscuits** - \$3.00

**Sticky Buns** - \$4.00

Fresh Squeezed **Orange Juice** - \$6.00

**Granola** - \$5.00

**Oatmeal** - \$5.00

**Omelettes** - \$9.00 (includes 2 fillings, grits or potatoes) additional fillings \$1.50 ea

**Grits** - \$3.00

**Home Fries** - \$3.00

**Vegan Sausage** - \$3.00

**Vegan Bacon** - \$3.00

**Tofu Scramble** - \$5.00

**Breakfast Sandwiches:** \$6.00

Egg, Egg & Cheese, - on your choice of Biscuit, Honey Whole Wheat Bread, Ciabatta;

Add ons (\$1.50 ea): Vegan Bacon, Vegan Sausage, Lettuce & Tomato, Onions & Peppers, Spinach, Mushrooms, Tomatoes

### **Beverage Menu \$2.50 - \$7.00**

Organic FAIR TRADE Coffee (Cameroon) \$3.00

Organic Hibiscus tea (hot/iced) \$5.00

Organic Apple Cider (hot/iced) \$3.00

Strawberry Lemonade \$5.00

Tea: Peppermint, Earl Grey, Chamomile, English Breakfast \$2.50 - 4.00

Smoothies – Fruit \$6.00 Green \$7.00 (w/protein, add \$1.50)