



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 Brioche (*) 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

Boxed Lunch \$15.00

Soup (cup) OR Salad (side), Sandwich, Cookie OR Fresh Fruit



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 (seasonal) \$5.00

Ginger Lemonade (hot/iced) \$5.00

Tea: Peppermint, Rooibus, Red Raspberry, Green, Earl Grey, Chamomile, English Breakfast \$2.50 - 4.00

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