



# BASHFUL BANANA BAKERY & CAFÉ

Healthy Gourmet Food with A Peel

**Lunch Menu** served all day

946 Boardwalk Ocean City, NJ 609 398 9677

[www.mybashfulbanana.com](http://www.mybashfulbanana.com), Like us on Facebook

Choice of bread (unless specified): white, whole wheat, rye or roll. Choice of wraps: white, tomato or Honey Wheat. Sub bread for a side salad \$1.50. Add cheese, roasted peppers or spinach \$.95. Gluten free: homemade bread, Kaiser, Hoagie or brown rice wrap \$1.00. Add coleslaw, fruit cup, or potato chips .75. Bacon can be subbed

## SANDWICHES OR WRAP IT \$10.75

**Classic Chicken**-Grilled Chicken, lettuce, tomato and a side of Honey Dijon.

**Balsamic Chicken** -Grilled chicken & red onion with Provolone cheese, balsamic dressing & roasted peppers

**Chicken Caesar**-Grilled Chicken, romaine lettuce mixed with homemade Caesar in a wrap.

**Chicken, Spinach & Feta**-Grilled Chicken with spinach & feta cheese.

**Chicken or Tofu Fajita**- 2 white tortillas stuffed with lettuce, tomato seasoned grilled red onion, peppers, chicken or tofu. Sub 4 grilled shrimp for \$4.80

**Garden vgt**- Grilled squash, onion, pepper, spinach, tomato & feta cheese in a wrap (not on bread).

**Homemade Hummus** sveg-with lettuce, tomato, red onion, roasted peppers & sprouts.

**Turkey Breast**- Baked on premise with lettuce, tomato, provolone & roasted peppers. Add Turkey Bacon \$1.50

**Turkey Reuben**- Turkey breast with sauerkraut or coleslaw, Russian dressing, swiss cheese served on Rye or a wrap.

**Turkey Almond**- Turkey mixed with Veganaise (soy mayo-dairy free) celery & almonds with lettuce, tomato & sprouts. Add Turkey Bacon \$1.50

**Burrito**-Homemade refried beans, brown rice, grilled peppers and onions stuffed in your choice of wrap and grilled. With a side of salsa. (SVEG)

Add: lettuce and tomato .75 (SVEG)

Guacamole or avocado \$1.00 (SVEG)

Cheese .95 (VGT) Turkey Taco meat \$1.00

**The Grinder**- Grilled turkey breast peppers & onions topped with tomato sauce & provolone & baked in the oven. Sub turkey for Lentil Balls sub vegan cheese sveg \$1.00

## Build your Own BURGER-CHOICE OF: SPICY QUINOA sveg, SALMON OR TURKEY \$10.75 Beyond Burger \$13.75

All burgers are served on your choice of whole grain (sveg) or white Kaiser (veg) or on a side salad. Choose 2 of the following: 1) Lettuce, tomato, onion & sprouts 2) sautéed spinach 3) roasted peppers 4) sautéed mushrooms & onions 5) Hummus 6) choice of cheese: American, Swiss, Mozzarella Cheese, Provolone, Feta, Mexican Blend. Each Additional .50 Add guacamole, Avocado or Vegan Cheese \$1.00.

**TURKEY CHEESE STEAKS \$10.75** Save fat & calories without sacrificing taste, turkey breast diced & grilled in your choice of hoagie roll or wrap, sub bread for a side salad. You won't ask "Where's the Beef?"

**Traditional**- onions, Am Cheese, lettuce & tomato

**Spicy Hot**- onions & peppers with hot sauce & Provolone

**TBT**-turkey bacon, lettuce tomato, American cheese

**Pizza Steak**- tomato sauce & mozzarella baked in oven

**Mushroom**- mushrooms, onion, swiss, lettuce & tomato **Spinach & Feta**- sautéed spinach & feta cheese

**Veg= Vegan**- no meat, fish, dairy or eggs. **SVEG** --Strictly Vegan-Vegan plus no honey, **VGT=Vegetarian** - No meat or fish