



BASHFUL BANANA BAKERY & CAFÉ

Healthy Gourmet Food with Apeel

ENTRÉE MENU

946 Borardwalk (located on Ocean Colony Walk) Ocean City, NJ
609 398 9677 WWW.mybashfulbanana.com Like us on Facebook

All Entrees are served starting at 3pm and come with a complimentary bruschetta bread basket (make it Gluten Free \$1.00). Add a side garden or Caesar salad for \$2.00. Early bird specials from 3pm-5pm include a complimentary side salad.

ENTRÉE BOWLS

Vegan Pasta Primavera \$14.95

Broccoli, onions, peppers, spinach, mushrooms, roasted tomatoes, carrots, garlic, and peas tossed in our homemade vegan cheese sauce with noodles. (sveg) Sub gluten free pasta \$1.00 (gf). Contains nuts.

Chicken Bruschetta \$14.95 or **Shrimp Bruschetta** \$15.95 Chicken or Shrimp sautéed with zucchini and our homemade bruschetta served on a bed of brown rice (gf) or spaghetti with parmesan cheese. Vegan option sub tofu for chicken & no cheese (sveg) Sub Gluten free pasta \$1.00 (gf).

Sweet Sweet Turkey or Lentil Meatballs \$14.95

Three homemade turkey meatballs simmered in our homemade sweet orange pineapple sauce with peppers, onions and broccoli on a bed of rice. Sub gluten free turkey meatballs (gf). Sub Vegan Lentil Meatballs (sveg).

Peanut Noodles \$14.95

Your choice of tofu or chicken sautéed with our homemade peanut thai sauce with peppers, onions, broccoli, edamame and carrots tossed with noodles. (with tofu sveg) sub gluten free pasta \$1.00 (gf).

Balsamic Chicken \$14.95

Tender chicken breast sautéed with peppers, onions, broccoli, raisins, almonds and roasted tomatoes in a rich balsamic honey glaze on a bed of brown rice. (gf) Sub tofu for chicken (veg).

Vegetarian Paella \$14.95

Peppers, onions, squash, mushrooms, carrots, tomatoes, chick peas, broccoli and edamame in a white wine sauce with turmeric, smoked paprika and brown rice (gf, sveg).

Spanish Paella \$16.95

Peppers, onions, squash, mushrooms, carrots, tomatoes, chick peas, broccoli, edamame, chicken, shrimp and scallops in a white wine sauce with smoked paprika and brown rice (gf).

Orange Cranberry Walnut Chicken \$14.95 **with Shrimp** \$15.95 **with Tofu** \$14.95

Your choice of chicken, shrimp or tofu sautéed in our homemade orange pineapple sauce with cranberries, broccoli, peppers, and walnuts on brown rice. (GF) (sub tofu sveg).

Spicy Vegan Orange Tofu \$14.95

Tofu sautéed with peppers, red onion, broccoli and edamame with a spicy orange pineapple sauce served on brown rice. (gf, sveg). Sub chicken for tofu \$1.00

The Meatball and Spaghetti Bowl \$14.95

Three turkey meatballs simmered in our own tomato sauce over pasta with parmesan cheese on top.

Gluten Free \$14.95 Three GF turkey meatballs in our own tomato sauce over gf pasta with parmesan cheese (GF)

Vegan Lentil Balls \$14.95

Three of our own homemade lentil balls in our homemade sauce with homemade vegan mozzarella cheese over pasta. (sveg).