

BASHFUL BANANA BAKERY & CAFÉ –Daily Specials

SOUPS: Veggie Bean (GF, SVEG), **CHILIS:** Veggie Chili (SVEG, GF) Turkey Chili (GF)

Vegan Southwest Beyond Burger – Grilled Beyond Burger with lettuce and tomato, guacamole, and black bean corn salsa on a white roll. \$14.75 SVEG

Mahi Mahi Bowl- Blackened Mahi served on brown rice with avocado, black bean corn salsa, cherry tomatoes, sweet potatoes and watermelon \$15.95 (GF)

Mahi Mahi Fish Taco- Blackened Mahi with spring mix, cherry tomatoes, black bean corn salsa, and guacamole. \$14.95

Spicy Vegan Hot Sausage & Peppers Sandwich-Grilled Beyond Hot sausage with peppers and onions on a ciabatta roll. \$10.75

Vegan BBQ Pulled Pork Sandwich-Our own Jack fruit in our own bbq sauce served on a vegan ciabatta roll with a side of vegan coleslaw. \$10.75

Chicken Bruschetta Wrap- Grilled chicken with melted provolone, romaine, and homemade bruschetta in your choice of wrap. \$10.75

Summer Salad- Spring mix, cherry tomatoes, cucumber, pepitas, watermelon, walnuts, goat cheese and balsamic grilled chicken. (GF) \$13.75

Grilled Salmon Burger- Grilled Blackened Salmon Burger with fresh squeezed lime topped with grilled red onion, lettuce, tomato, and lemon dill dressing on a white roll. \$10.75 make it Gf sub homemade GF Kaiser for \$1.00

Spicy Buffalo Bleu Turkey Burger- Grilled Turkey Burger topped with hot sauce and blue cheese with lettuce and tomato on a roll \$10.75

Gluten Free Focaccia with Grilled Veggies-Home Baked GF Focaccia topped with grilled onions, mushrooms, spinach, broccoli, squash, roasted peppers and feta cheese. \$12.50 (VEG, GF) Strictly Vegan sub vegan cheese \$1.00

Please bring any allergies to the attention of your server. Many vegan options contain nuts.

Dinner Specials- starts at 3pm-

Vegan Pasta Primavera -Broccoli, onions, spinach, mushrooms, tomatoes, carrots, garlic, and peas tossed in our homemade vegan cheese sauce with noodles.\$17.95 (SVEG) sub gluten free pasta \$1.00 (GF)

Spicy Orange Rice Bowl -Chicken \$16.95 Shrimp \$17.95 or Tofu 16.95 sauteed with peppers, red onion, broccoli, and edamame with a spicy orange pineapples sauce served on brown rice. (GF, SVG with Tofu)

GF Vegan Lasagna- GF noodles layered with tofu ricotta, squash, spinach, tomato, carrots and tomato sauce. \$16.95 add 2 beyond meatball \$1.50. (GF, SVG)

GF Meat Lasagna- GF noodles layered with ricotta, mozzarella cheese meatballs and sauce. \$17.95 add a meatball \$1.50 (GF)

Shrimp \$17.95 or Scallop \$20.50 Scampi Bowl -8 Large Shrimp sauteed in a lemon garlic butter sauce with broccoli served over brown rice. \$17.95 (GF)

Maple Soy Marinated Salmon Bowl- 6oz Salmon Filet grilled and served on a bed of rice with marinade and steamed broccoli. \$17.95 (GF)

Blackened Salmon Bowl- 6oz Blackened Salmon served on a bed of brown rice with roasted sweet potatoes, cherry tomatoes and black bean roasted corn salsa with a side of siracha mayo. \$17.95

Bruschetta Bowls- Chicken 16.95, Shrimp \$17.95 or Scallops \$20.95 sauteed with homemade bruschetta and squash or choice of pasta or rice. Sub gluten free pasta \$1.00

Spaghetti Bowls- Pasta topped with homemade tomato sauce and choice of 2 Meatballs \$15.95, 2 Turkey Balls \$15.95 or 3 Vegan Beyond Meatballs \$16.95 sub GF pasta \$1.00 (GF) (SVG with Beyond Meatballs)

Sweet Sweet Meatball Rice Bowl- Brown rice topped with peppers, red onion, broccoli in a sweet pineapple apricot sauce with choice of 2 Meatballs 16.95, 2 Turkey Meatballs \$16.95 or 4 Beyond Meatballs \$17.95. (GF) (SVEG with Beyond Meatball)

Peanut Noodles- Your choice of tofu or chicken sauteed with our homemade peanut Thai sauce with peppers, onions, broccoli, edamame and carrots tossed with noodles. \$17.95 (with tofu SVEG) sub gluten free pasta \$1.00.

Veggie Paella- Peppers, onions, squash, mushrooms, carrots, tomatoes, chickpeas, broccoli and edamame in a white wine sauce, seasoning and brown rice. \$17.95

Spanish Paella- Peppers, onions, squash, mushrooms, carrots, tomatoes, chick peas, broccoli, edamame, chicken, shrimp and scallops in a white wine sauce over brown rice (GF) \$20.95

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