



# BASHFUL BANANA BAKERY & CAFÉ

Healthy Gourmet Food with Appeal

## Breakfast Menu

946 Boardwalk (located on Ocean Colony Walk) Ocean City, NJ

609 398 9677 [www.mybashfulbanana.com](http://www.mybashfulbanana.com)

Served daily until 11:30 am & Sundays 1:00pm. Sub egg whites or egg beaters \$1.00. Choice of bread: white, whole wheat or rye. Choice of wraps: plain, honey wheat, or tomato. Choice of white or whole wheat hoagie or Kaiser rolls:. GF options: Home baked bread, hoagie roll or Kaiser– Udi's Bagels or English muffins, or Gf Wrap 1.00 Add cheese .75 Add turkey bacon or sausage \$1.50. Sub Keto Cauliflower hash brown for bread– served open face .75.  
**Veg=Vegan-no meat, fish, dairy or eggs. Sveg=Strictly Vegan– Vegan + no honey, Vgt –Vegetarian No meat or fish.**

### **Eggel vgt \$5.95**

Two eggs scrambled & topped with choice of cheese (American, swiss, Mexican, Provolone, Mozzarella) on choice of Bagel, homemade Kaiser or hoagie, croissant or wrap.

Eggel plus peppers onions & tomatoes vgt \$6.50

Eggel plus sautéed spinach vgt \$6.95

### **EBCOT \$7.50**

An eggel with Bacon or Turkey bacon, grilled red onion and tomato.

### **ESCOT \$7.50**

An eggel with Turkey sausage, grilled red onion and tomato.

### **Build your Breakfast Burrito \$8.95**

Choose from the following and add any additions, the filling is stuffed into your choice of wrap.

**The Vegarrito:** Tofu, nutritional yeast, turmeric, onion, peppers, tomatoes, hot sauce & potatoes.

**The Eggurito-**Scrambled eggs, onions, peppers, tomatoes, potatoes, hot sauce & Mexican cheese.

**Each Add on:** .50 Sweet Potatoes, Roasted Corn Black Bean Salsa, Sausage, bacon & turkey bacon. Add Vegan cheese or Guacamole \$1.00

### **Avocado Toast**

Avocado on half of a toasted homemade whole grain hoagie roll sveg \$6.75

With hardboiled egg and hot sauce \$7.75

With your choice of turkey bacon or sausage \$7.75

With tomato, red onion & sprouts sveg \$7.75

With tomato & black bean roasted corn salsa \$7.75

With Bruschetta and Vegan Cheese \$8.75

### **Scrambled Eggs vgt \$6.95**

Three eggs scrambled with grilled tomatoes, toast & choice of home fries or fruit.

### **Eggs Florentine vgt, low carb \$8.75**

Scrambled eggs, sautéed mushrooms, spinach & onions with grilled tomatoes and feta cheese.

### **Fresh Fruit Plate vgt \$13.50**

Layers of melon, berries, citrus & seasonal fruit cut to order served with yogurt & all fruit fudge sauce.

### **2fer Meal \$9.75**

Two eggs scrambled, two slices bacon (or sub turkey bacon or turkey sausage) and two pancakes or 2 slices of French toast served with home fries or fresh fruit.

### **Carb Lovers Platter \$10.50**

Two Whole Grain Pancakes, Two slices of French Toast with home fries.

### **Whipolope \$10.25**

Half a cantaloupe stuffed with banana whip and topped with more fruit– Add granola .70

### **Sides:**

**Home Fries 4.75 Fresh Fruit \$2.50 Fruit Cup \$6.75**

**Scrambled Eggs, Egg Beaters, or Egg Whites \$5.25**

**Yogurt Parfait \$6.95 Toast \$1.50**

**Overnight Oatmeal (served chilled) \$7.25**

**Bacon, Turkey Bacon (3 ) or Turkey Sausage (2 ) \$4.25**

**Bagel \$2.50 with cream cheese \$3.25**

with Flavored cream cheese \$3.50

with butter or jelly \$2.95

with vegan butter or vegan cream cheese \$4.25

with vegan cream cheese, sliced tomato, red onion and sprouts \$5.50