



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

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