



BASHFUL BANANA BAKERY & CAFÉ

Healthy Gourmet Food with A Peel

Lunch Menu served all day

946 Boardwalk Ocean City, NJ 609 398 9677

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Choice of bread (unless specified): white, whole wheat, rye, homemade whole grain or white Kaiser or hoagie- sveg. Choice of wraps: white, tomato.sveg, Honey Wheat veg, Sub bread for a side salad \$1.50. Add cheese , roasted peppers .75 or spinach \$1.00. Gluten free choice: homemade bread, Kaiser, Hoagie or brown rice wrap sveg .\$1.00. Ezekiel Bread or Roll \$1.00. Add coleslaw, fruit cup, or potato chips .75. Bacon can be subbed for turkey bacon.

SANDWICHES OR WRAP IT \$9.75

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 grilled shrimp for \$3.00

Tuna-Mixed with carrots, celery, Veganaise (soy mayo-dairy free), with lettuce, tomato & sprouts.

Garden vgt- Grilled squash, onion, pepper, spinach, tomato & feta cheese in a wrap.

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.

Shrimp Salad- Steamed shrimp, lettuce & tomato with homemade lemon dill dressing and sprouts.

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 .75 (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 and vegan cheese sveg

Build your Own BURGER-CHOICE OF: VEGGIE sveg, SPICY QUINOA sveg, SALMON OR TURKEY \$9.75 All burgers are served on your choice of whole grain (sveg) or white Kaiser (sveg) 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 \$9.75 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