



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. Or white roll. Choice of wraps: plain, honey wheat, or tomato. GF options: Home baked bread, hoagie roll, Kaiser, Udi's Bagels, or Gf Wrap 1.00 Add cheese .95 Add turkey bacon or turkey 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 \$6.95

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

Eggel plus peppers, onions & tomatoes vgt \$7.50

Eggel plus sautéed spinach vgt \$7.95

EBCOT \$8.50

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

ESCOT \$8.50

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

The Vegarrito: \$9.95 Tofu, nutritional yeast, turmeric, onion, peppers, tomatoes, hot sauce & potatoes.

The Eggurito- \$9.95 Scrambled eggs, onions, peppers, tomatoes, potatoes, hot sauce & Mexican cheese. **Each Add on for the Breakfast Burritos:** .50 Bacon & turkey bacon, Sweet Potatoes, Roasted Corn Black Bean Salsa, Sausage. Add Vegan cheese or Guacamole \$1.00

Avocado Toast

Avocado on half of a toasted hoagie roll sveg \$8.95

With hardboiled egg and hot sauce \$9.95

With your choice of turkey bacon or sausage \$9.95

With tomato, red onion & sprouts sveg \$9.95

With tomato & black bean roasted corn salsa \$9.95

With Bruschetta and Vegan Cheese \$10.95

Scrambled Eggs vgt \$8.25

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

Eggs Florentine vgt, low carb \$9.95

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

Fresh Fruit Plate vgt \$14.95

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

2fer Meal \$10.95

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

Whipolope \$11.50

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

Sides: Home Fries 5.50 Fresh Fruit \$2.95 Fruit Cup

\$7.50 Scrambled Eggs, Egg Beaters, or Egg Whites

\$5.95 Yogurt Parfait \$7.25

Toast \$1.95 GF Toast \$2.95

Overnight Oatmeal (served chilled) \$7.95

Maple Cured Bacon, Turkey Bacon (3) or

Turkey Sausage (2) \$4.25

Bagel \$2.95 with cream cheese \$4.50

with Flavored cream cheese \$4.95

with butter or jelly \$3.50

with vegan butter or vegan cream cheese \$5.50

with vegan cream cheese, sliced tomato, red onion and sprouts \$7.25