



# BASHFUL BANANA BAKERY & CAFÉ

Healthy Gourmet Food with Apeel

## ENTRÉE MENU

946 Borardwalk (located on Ocean Colony Walk) Ocean City, NJ  
609 398 9677 WWW.mybashfulbanana.com Like us on Facebook

All Entrees are served starting at 3pm and come with a complimentary bruschetta bread basket (make it Gluten Free \$1.00). Add a side garden or Caesar salad for \$2.00. Early bird specials from 3pm-5pm include a complimentary side salad.

## ENTRÉE BOWLS

### **Vegan Pasta Primavera** \$14.95

Broccoli, onions, peppers, spinach, mushrooms, roasted tomatoes, carrots, garlic, and peas tossed in our homemade vegan cheese sauce with noodles. (sveg) Sub gluten free pasta \$1.00 (gf). Contains nuts.

**Chicken Bruschetta** \$14.95 or **Shrimp Bruschetta** \$15.95 Chicken or Shrimp sautéed with zucchini and our homemade bruschetta served on a bed of brown rice (gf) or spaghetti with parmesan cheese. Vegan option sub tofu for chicken & no cheese (sveg) Sub Gluten free pasta \$1.00 (gf).

### **Sweet Sweet Turkey or Lentil Meatballs** \$14.95

Three homemade turkey meatballs simmered in our homemade sweet orange pineapple sauce with peppers, onions and broccoli on a bed of rice. Sub gluten free turkey meatballs (gf). Sub Vegan Lentil Meatballs (sveg).

### **Peanut Noodles** \$14.95

Your choice of tofu or chicken sautéed with our homemade peanut thai sauce with peppers, onions, broccoli, edamame and carrots tossed with noodles. (with tofu sveg) sub gluten free pasta \$1.00 (gf).

### **Balsamic Chicken** \$14.95

Tender chicken breast sautéed with peppers, onions, broccoli, raisins, almonds and roasted tomatoes in a rich balsamic honey glaze on a bed of brown rice. (gf) Sub tofu for chicken (veg).

### **Vegetarian Paella** \$14.95

Peppers, onions, squash, mushrooms, carrots, tomatoes, chick peas, broccoli and edamame in a white wine sauce with turmeric, smoked paprika and brown rice (gf, sveg).

### **Spanish Paella** \$17.50

Peppers, onions, squash, mushrooms, carrots, tomatoes, chick peas, broccoli, edamame, chicken, shrimp and scallops in a white wine sauce with smoked paprika and brown rice (gf).

### **Orange Cranberry Walnut Chicken** \$14.95 **with Shrimp** \$15.95 **with Tofu** \$14.95

Your choice of chicken, shrimp or tofu sautéed in our homemade orange pineapple sauce with cranberries, broccoli, peppers, and walnuts on brown rice. (GF) (sub tofu sveg).

### **Spicy Vegan Orange Tofu** \$14.95

Tofu sautéed with peppers, red onion, broccoli and edamame with a spicy orange pineapple sauce served on brown rice. (gf, sveg). Sub chicken for tofu \$1.00

### **The Meatball and Spaghetti Bowl** \$14.95

Three turkey meatballs simmered in our own tomato sauce over pasta with parmesan cheese on top.

**Gluten Free** \$14.95 Three GF turkey meatballs in our own tomato sauce over gf pasta with parmesan cheese (GF)

### **Vegan Lentil Balls** \$14.95

Three of our own homemade lentil balls in our homemade sauce with homemade vegan mozzarella cheese over pasta. (sveg).