



# 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 home made 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. Sub toast on egg plates for homemade breakfast roll, bagel or croissant \$1.00 **Veg=Vegan-no meat, fish,**

### **Eggel** vgt \$5.7

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 \$6.25

Eggel plus sautéed spinach vgt \$6.75

### **EBCOT** \$7.25

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

### **ESCOT** \$7.25

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

### **Build your Breakfast Burrito** \$8.25

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 \$6.25

With hardboiled egg and hot sauce \$7.25

With your choice of turkey bacon or sausage \$7.25

With tomato, red onion & sprouts sveg \$7.25

With tomato & black bean roasted corn salsa \$7.25

With Bruschetta and Vegan Cheese \$8.25

### **Scrambled Eggs** vgt \$6.50

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

### **Eggs Florentine** vgt, low carb \$8.25

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

### **Fresh Fruit Plate** vgt \$12.95

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

### **2fer Meal** \$9.25

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** \$10.25

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

### **Whipolope** \$9.75

Half a cantaloupe stuffed with banana whip and topped with more fruit– Add granola .60

### **Sides:**

**Home Fries** 4.25 **Fresh Fruit** \$1.95 **Fruit Cup** \$6.25

**Scrambled Eggs, Egg Beaters, or Egg Whites** \$4.95

**Yogurt Parfait** \$6.75 **Toast** \$1.25 **GF Oatmeal** \$5.75

**Overnight Oatmeal** (served chilled) \$6.75

**Bacon, Turkey Bacon (3 ) or Turkey Sausage (2 )** \$3.95

**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 \$5.25