



BASHFUL BANANA BAKERY & CAFÉ

Healthy Gourmet Food with Apeel

Whip, Smoothie & Juice Menu

946 Boardwalk (located on Ocean Colony Walk) Ocean City, NJ

609 398-9677 www.mybashfulbanana.com

What is Banana Whip? Bananas that are ripened to just the right sweetness, frozen and put through a juicer and the result is a creamy frozen all fruit custard with no preservatives or additional sweeteners.

This is proof you do not have to sacrifice great taste for Healthy Fare! ***Yes it is Just Bananas!***

Small \$7.75 Medium \$8.75 (includes tax)

Add Flavor or topping to your whip .70 or 3 for \$1.95 (tax included)

Flavor Choices: Strawberry, Blueberry, Peach, Pineapple, Raspberry & Mango

Topping Choices: Strawberries, Raspberries, Blueberries, Allergy free Dark Chocolate Chips (GF, SVEG, Organic), coconut, walnuts, almonds, peanut butter chips, flax, chia, pumpkin seeds, cheerios, granola, pretzel pieces, craisins, peanut butter sauce (SVEG), whipped topping (contains dairy) or All fruit fudge sauce (SVEG, GF)

Our Special Creations-cannot be modified, tax included.

Banana Whip Split \$11.25

Banana Whip topped with strawberries, blueberries, almonds, all fruit fudge sauce & whipped topping.

Heaven on Earth \$10.75

Brownie topped with Banana Whip, all fruit fudge sauce & whipped topping. Make it GF \$1.00

Fruit Cup Whip \$11.75

Freshly cut fruit topped with Banana Whip and Granola.

Sundae Whip \$10.75

Banana Whip topped with topped with all fruit fudge sauce, chocolate chips & Whipped topping.
Kiddie Size \$9.25

Pina Colada Whip \$12.75

Mango, Peach & Pineapple added to banana whip, layered with coconut and whipped topping served in a 16oz cup.

Heidi Special \$10.75

Banana whip topped with peanut butter sauce, all fruit fudge sauce, chocolate chips and whipped topping.

All Fruit Parfait \$13.50

Strawberry whip topped with strawberries, blueberry whip topped with blueberries, raspberry whip topped with raspberries layered in a 16oz cup and topped with whipped topping.

Upside Down Cereal Bowl \$10.75

Banana whip topped with choice of Cheerios or Granola, strawberries and blueberries.

Coconut Joy \$10.25

Banana Whip with all fruit fudge sauce, coconut & almonds. Kiddie Size \$9.25

Peanut Butter Cup \$9.75

Banana whip with all fruit fudge sauce and choice of peanut butter sauce or peanut butter chips.
Kiddie size \$8.75

Double Dip Pretzel Whip \$11.25

Banana whip with Peanut butter, pretzels, fudge sauce and chocolate chips.

Veg=Vegan-no meat, fish, dairy or eggs.

Sveg= Strictly Vegan-Vegan plus no honey.

VGT- Vegetarian- No meat or Fish.