



## Salads, Soups, Quiche

### Organic Bay Chef Salad VGN,R 8.99

Red & Green leaf, Romaine, grape tomato, shredded carrot and beets, cucumber, avocado & microgreens

ADD: **Hummus** VGN,GF +2.00

**Tempeh** +3.50

**Tofu** GF +3.50

**Fakin Bacon** +3.50

\***Tuna Salad** GF +3.00

**Dill Chicken Salad** GF +3.00

\***Curry Chicken Salad** GF +3.00

**Grilled Chicken: 2Strips** GF +4.00

**Salad Dressings:** Goddess **VGN, GF;**

Balsamic Vinaigrette **VGN, GF;** Ginger **VGN, GF;**

Lemon Thyme Vinaigrette **VGN, GF**

Olive Oil & Apple Cider Vinegar **GF**

### Organic Caesar Salad GF 8.99

Romaine, Caesar dressing, GF croutons  
Parmesan Reggiano.

### House Soups

see counter for selection

**8oz 4.99**

**16oz 6.99**

**Quiche Slice: Spinach & Cheese 4.99**

### Combos: 8.85

**Soup 8oz & 1/2 Sandwich**

**Side Salad & 1/2 Sandwich**

**Soup 8oz & Side Salad**

**Quiche Slice & Soup 8oz**

**Quiche Slice & Side Salad**

## Burritos, Bowls, Burgers, Sandwiches

Burritos, Burgers & Sandwiches served with side: Tortilla chips

**Add \$2 Cucumber Quinoa, Beet Slaw or Side Salad**

Sandwiches are served on Fresh Baked Dave's Killer Organic 21 Grain Bread

Available: Sourdough, Millet & Flax, Wheat Wrap, Lettuce Wrap

**Upcharges: 1.95 Gluten Free, Sourdough, or Millet & Flax Bread, 1.95 Coconut or Almond Wrap, 1.75 Cheese D, 1.75 Avocado Qtr. 2.50 Daiya Vegan Cheese DF**

### Breakfast "All Day Long" Burrito VGN + 7.99

fakin' bacon, eggless egg salad, tomato, Veganaise mayo

**Hummus Burrito** VGN + **6.99**

house hummus, lettuce, tomato, carrot

**Avocado & Cucumber Burrito** V + **7.99**

cucumber, roasted red pepper, lettuce, tomato

**Lentil Burrito** V or VGN + **6.99**

house recipe lentil, salsa & monterey jack cheese

**Philly Tempeh Burrito** V + **7.99**

marinated Tempeh, grilled green pepper & onion,

monterey jack cheese, spicy mayo

**Smoked Potato Burrito** V + **7.99**

red potato, fakin bacon, monterey jack cheese, tomato,

veganaise mayo

**Avocado Grill Sandwich** + **7.99**

mozzarella cheese, slice tomato, roasted red pepper,

fresh basil, balsamic drizzle on sourdough bread

**Turkey Kale Burrito** + **8.99**

Hormone free shredded turkey, Avocado, Kale,

cranberry sauce, veganaise mayo

### Roasted Veggie Quinoa Bowl VGN GF SF 8.99

quinoa, brussels sprout, cauliflower, butternut squash, mushrooms, grape tomato, pickled onion,

**Beyond Burger** V **10.99**

lettuce, tomato, sprout, ketchup, spicy mustard & Veganaise mayo

\***Tuna Salad Sandwich** + **7.99**

fresh baked line caught tuna, chopped pecans & celery

lettuce, tomato with house-made mayo

**Chicken Salad Sandwich** + **7.99**

(\*Curry w/ pecans) or Dill) hormone free chicken

breast, celery, house-made mayo, lettuce, tomato

**Chicken Caesar Burrito** + **9.99**

Grilled Chicken strips w/ Caesar salad

**Chicken Strip Burrito** + **8.99**

Cast ironed grilled hormone free Chicken Breast cut

into tenders, red leaf lettuce & sliced tomato

**Cheese Quesadilla 6.59 Add: organic spinach .75**

**Foods prepared in Bay Natural's Organic Kitchen may contain: pecans, walnuts, peanuts, tree nuts, seeds, wheat, fish, milk, eggs, soy & sesame oil \* indicates item contains nuts, + contains wheat, # item contains fish/shellfish**

Diet specific menu items: Gluten Free (GF), Vegetarian (V), Vegan (VGN) & Raw (R) Dairy Free (DF), Soy Free (SF), Lactose Free (LF)

**If you have ALLERGIES, Please inform kitchen staff**

Consuming raw or undercooked meats, poultry, crustacean shellfish or eggs may increase risk of foodborne illness.

It is highly recommended you do not consume sprouts/microgreens if you are pregnant, breast feeding, or have compromised immune system.

# Organic Breakfast

Monday - Saturday served until 11am

Breakfast Served ALL DAY ON SUNDAY

## Avocado Toast 4.99

2slices grain toast, avocado half, tomato,  
Red leaf lettuce & local microgreen mix

## Vegan Bay Plate 5.99

Tofu scramble, fakin bacon slices, sautéed spinach,  
grill red potato, toast

## Bacon & Egg Keto Wrap 6.99

2slices turkey or pork bacon, 2eggs, fresh spinach,  
grape tomato on coconut wrap

## 2EGGS w/ toast 2.99 OR 2PANCAKES GF 3.99

grill red potatoes +1.00

### protein

chicken sausage +3.50

turkey bacon +3.50

pork bacon +4.50

## FBLT 7.89

Fakin bacon, tomato, lettuce on 21 grain bread:  
For additional charge: Substitute Turkey Bacon or  
Pork Bacon

## BAY BAGEL 4.99

With cream cheese

## Omelet 5.99

3eggs w/mild cheddar cheese and grill red potato  
**In the omelet add: \$1 upcharge each** tomato, spin-  
ach, mushrooms, jalapeno, green/red bell pepper, on-  
ion, salsa, lentil, goat feta, cheddar, Monterey jack,  
mozzarella

## Egg and Cheese Quesadilla 4.99

## Signature Organic Smoothies

All 16oz smoothies are made with frozen organic fruit

Choose liquid base: **apple juice, unsweetened almond milk or coconut water**

## Full of Fruit "Classic" 6.49

bananas, strawberries, pineapple & blueberries

## Power Scoop 7.99

Full of fruit classic with protein powder

## Acai Boss 8.99

strawberry, acai, almond butter, non dairy ice cream,  
plant protein, chocolate syrup, almond milk

## Chocolate Chiller 7.99

banana, dairy free ice cream, chocolate syrup,  
chocolate protein, almond milk

## Cliffy Immune 8.99

Strawberry, pineapple, blueberry, banana,  
liquid goldenseal, liquid echinacea & vitamin c

## Swamp Water 7.99

Strawberry, blueberry, banana, pineapple, spirulina & honey

## Banana Nut 8.99

House almond butter, organic banana, almond milk

## Green Peach 7.99

Fresh spinach, peach, banana, peach protein,  
almond milk

## Kale Yeah 9.99

fresh kale, mango, peach, almond milk

## Grass is Greener 9.99

wheatgrass, fresh spinach, kale, mango, pineapple,  
banana, apple juice

## Blueberry Almond Tart 8.99

banana, blueberries, almond butter

## Sun Dragon 9.99

Dragon Fruit, peaches, pineapple, mango, elderberry shot

## Elderberry Boost 8.99

House elderberry juice, spinach, pineapple, peach,  
banana, apple juice

ADD TO ANY SMOOTHIE.....

## POWER UP BOOST 2.25

2OZ MIX CHIA SEEDS, HEMP SEEDS, FLAX MEAL

**Smoothie upcharges:** almond butter, peanut butter,  
hemp protein, plant protein, whey protein, flax oil, frozen  
acai, fresh spinach, liquid B12, spirulina, ginseng, kava,  
devils claw, echinacea & goldenseal, chocolate syrup, honey,  
extra fruit, hemp seeds, chia seeds, coconut flakes, MCT oil.

## Frozen Organic Bowls

### Acai Bowl 9.99

frozen acai, frozen banana, almond milk. Garnished  
with fresh strawberries, fresh blueberries,  
fresh banana, granola

**Build Acai Bowl 10.99 see blackboard options**

### Build Dragonfruit

## Fresh Organic Juices & Shots

Juices 16oz, Shots 2oz

### Purple Dinosaur 8.99

carrot, red apple, beet, lemon, ginger

### Root Awakening 8.99

carrot, red apple, lemon, ginger root, turmeric root

### Apple Mimi 8.99

green apple, carrot, kale, celery, parsley

### Green Matt 8.99

cucumber, kale, parsley & celery

### Carrot 6.49

### Wheat Grass shot 5.79

### Gut Lemonator shot 3.29

### Ginger Shot 3.25

### House Elderberry shot 3.25

**upcharges:** Beet, Celery, Kale, Spinach, Parsley,  
Ginger Root, Turmeric Root, Garlic,  
Red or Green Apple, Lemon, Orange