



# BASHFUL BANANA BAKERY & CAFÉ

Healthy Gourmet Food with Appeal

Lunch Menu served all day

946 BOARDWALK Ocean City, NJ 609 398 9677

[www.Bashfulbananacafe.com](http://www.Bashfulbananacafe.com)

All sandwiches include choice of fruit or homemade coleslaw. Choice of bread (unless specified): white, whole wheat, rye. Hoagie roll: white or whole grain, white kaiser or whole grain ciabatta roll. Choice of wraps: plain, whole wheat, tomato or spinach. Sub bread & fruit for side mixed green or Caesar salad for \$1.50 extra. Add cheese .75, roasted peppers, or sautéed spinach \$1.00 Gluten free choice: homemade bread, Ezekiel bread, brown rice wrap or ef hoagie roll .75. Plate share \$1.00

## SANDWICHES OR WRAP IT \$8.95

**Classic Chicken-** Grilled chicken breast with lettuce, tomato and a side of honey Dijon sauce.

**Balsamic Chicken** – Grilled marinated chicken topped with provolone, grilled red onion and roasted peppers served on a whole grain ciabatta or white Kaiser or choice of wrap.

**Turkey Almond** –Our own baked on premise turkey breast tossed with nayonaise ( soy based mayonnaise-dairy free) celery & toasted almonds with lettuce, tomato & sprouts.

**Chicken Bruschetta-** Grilled chicken topped with melted provolone, served with homemade bruschetta and lettuce.

**Turkey Breast-** Baked fresh daily on premise served with provolone, lettuce, tomato and roasted peppers.

**Chicken Caesar-** Grilled chicken breast in our own garlic parmesan dressing with romaine lettuce served in a wrap.

**Turkey Reuben-** Turkey breast grilled and topped with sauerkraut or coleslaw, Russian dressing, Swiss cheese and served on either rye bread, or choice of wrap.

**Chicken or Tofu Fajita-** Chicken breast grilled with peppers, onions & spices served with 2 white tortillas with salsa, lettuce & tomato on the side. Sub grilled shrimp for \$1.00.

**Garden ( vgt)-** A succulent blend of grilled squash, onions, peppers, spinach & feta cheese with tomato in a wrap.

**Tuna-** All white Tuna mixed with Nayonaise(a soy based mayo-dairy free) carrots & celery with lettuce, tomato and sprouts.

**Homemade Hummus ( vgt, veg)-** Our own recipe of hummus which includes grilled veggies, with tahini, chick peas and a special blend of spices served with lettuce, tomato, onions, roasted peppers & sprouts.

**Shrimp Salad-** Medium sized Steamed shrimp topped with homemade lemon dill dressing with lettuce, tomato & sprouts.

**Rice & Bean Burrito (vgt, veg)-** Two homemade Burritos in whole wheat tortillas made with refried beans, spices, brown rice , peppers and onions served with salsa.

**Chicken, Spinach & Feta-** Grilled chicken topped with sautéed spinach and melted feta cheese.

## VEGGIE, SALMON OR TURKEY BURGERS \$8.95

**Veggie Burgers are homemade,** GF & vegan. All burgers are served on your choice of whole grain ciabatta or white Kaiser

**Bashful Burger** – with lettuce, tomato, onion & sprouts.

**Spinach & Feta Burger-** Sautéed spinach with onion & garlic topped with melted feta cheese.

**Hummus Burger-** Hummus & roasted peppers with lettuce and tomato.

**Mushroom Burger-**Sautéed mushrooms & onions topped with melted Swiss cheese.

**Roasted Pepper Burger-** Topped with melted provolone and our own roasted peppers.

**Naked Veggie Burger-** without the bun, served on a platter of tossed greens , tomato, cucumber, carrots, sprouts and hummus.

**Veggie Ball Sub vgt-** Take our veggie burger and reshape it, stuff it in a whole grain hoagie roll with tomato sauce and mozzarella cheese.

## TURKEY CHEESE STEAKS \$8.95

Save fat & calories without sacrificing taste, turkey breast diced & grilled in your choice of hoagie roll or wrap. You won't ask "Where's the beef?"

**Traditional-** topped with melted American cheese with lettuce, tomato and grilled onion.

**Pizza Steak-** with tomato sauce & melted mozzarella.

**Spicy Hot-** Sautéed onions & peppers with hot sauce, melted provolone and lettuce & tomato.

**Spinach & Feta-**Sautéed spinach with melted feta cheese.

**Multiple Mushroom-** Piled high with sautéed mushrooms & onions topped with melted Swiss cheese, lettuce & tomato.

**Turkey Bacon Turkey Cheese Steak-** crisp turkey bacon, melted American cheese, lettuce & tomato.

**Low Carb Turkey Cheese Steak Plate-** Choose any of the above turkey cheese steaks sub the roll & your cheese steak will be served on a platter of mixed greens topped with tomato, red onion and cucumber served with your choice of dressing.

**Veg =Vegan –no meat, fish, dairy or eggs.**

**Vgt=Vegetarian- No meat or fish**