



# ESSENCE BAKERY CAFE

## GLUTEN FREE

### BREAKFAST

**Huevos Frenchos**

**The Big Breakfast**

Substitute sliced tomatoes in place of toast, and fingerling potatoes in place of potato cake.

**Essence French Scrambled Eggs**

With seasoned tomatoes.

**Eggs a la carte**

**Schreiner's Breakfast Sausages**

**Warm Pepper Bacon**

**Roasted Fingerling Potatoes**

**Sautéed Fresh Mushrooms**

**Bowl of Fresh Seasonal Fruit**

**Organic Green Salad with Zinfandel Vinaigrette**

**Homemade Organic Yogurt**

### LUNCH

*(order any of the following without bread)*

**J&H Grass Fed Beef Hamburger**

**Chicken Club**

**Roasted Vegetable and Hummus**

**Lemon & Basil Chicken Salad**

**Essence Egg Salad with Bacon**

**Greek Caesar Salad**

Hold croutons and roll.

**Organic Spinach and Cranberry**

**Organic Arugula and Pepper Bacon Salad**

**Mediterranean Platter**

## VEGAN

### BREAKFAST

**Eugenia's Hot Breakfast Cereal**

Hold the yogurt.

**Roasted Fingerling Potatoes**

**Sautéed Fresh Mushrooms**

**Bowl of Fresh Seasonal Fruit**

**Baguette Toast with Jam**

Hold the butter.

### LUNCH

**Mediterranean Platter**

Substitute green salad with zinfandel vinaigrette in place of greek village salad.

**Organic Spinach and Cranberry Salad**

Hold feta cheese and substitute baguette for roll.

**Hummus with Crusty Bread or Cucumbers**

**Buy local. Eat well. Preserve the Planet.**