

HUMBLE BEE
LOCAL. ORGANIC. DELICIOUS!



**BAKERY
& CAFE**

**Organic Brunch Menu
January**

Eggs Benedict served with potatoes and your choice of:

Turkey sausage 16 Canadian bacon 16

Huevos rancheros aromatic black beans, cheddar cheese, two easy eggs in a flour tortilla served with salsa, sour cream, pickled peppers and pickled cabbage 13.75

Protein punch burrito zesty ground turkey in tomato sauce

Tofu scramble (vegan) with turmeric tofu, bell peppers, onions, zucchini, spinach, potatoes and salsa 13.5
GF

Basic burrito – scrambled eggs, black beans, cheddar cheese, potatoes wrapped in a house-made flour tortilla served with salsa and sour cream 11.50 Add bacon or turkey sausage 2.25

English butty – turkey sausage, easy egg and cheddar cheese on a house-made English muffin served with potatoes and pickled cabbage 10.50

Eggs Benedict served with potatoes and your choice of:

Turkey sausage 16 Canadian bacon 16

Ham and cheddar omelet with grilled onions, spinach, salsa and potatoes 14.75 GF

Biscuits and country gravy - with turkey sausage, two buttermilk biscuits and a sunny egg 12

French toast – with fresh berries, whipped cream and maple syrup 14.50

Short stack of pancakes with fresh berries and powdered sugar 14.25 Sub gluten-free 2

Panwich – Two medium eggs and two turkey sausages sandwiched in a large pancake topped with maple mascarpone and julienned apples 14.25 Substitute gluten-free 2

House-made granola served with whole-milk yogurt or milk with fresh berries and honey 10

A la carte breakfast:

Fruit cup 5.5

Turkey bacon 4.5 * Turkey sausage 4.5 * Pork bacon 5

Egg 2 each * Substitute egg whites 3

Pancake with butter and maple syrup 4.25 * Potatoes 3.25

Toast 3.5 * Buttermilk biscuit 2.25

Lunch (available after 11am):

Tuna melt – house-made tuna salad with fresh dill served on wheat bread with cheddar cheese. Served with a side salad or chips 15

Beet panini – roast beets, arugula, goat cheese and carrot-beet slaw. Served on wheat bread. With chips or a side salad 15

Turkey reuben – turkey pastrami, sauerkraut, 1000 island dressing and Gruyere cheese on house-rye with chips or a side salad 15

Almond ginger chop salad – shredded romaine, carrots, purple cabbage, almonds and sesame seeds with a zesty ginger vinaigrette 14 Add chicken or tuna 4.50

Da Beet salad – red leaf lettuce with roasted beets, candied nuts, blue cheese and julienned apples served with a poppyseed dressing 14 Add chicken or tuna 4.50

Kale Caesar – Shredded nero kale with Parmesan cheese and citrus segments with an eggless Caesar dressing 14 Add chicken or tuna 4.50

Americana pizza – red sauce with pepperoni, mozzarella, provolone, Parmesan and basil
Personal 12 Large 21

Lauren's Vegan pizza – Roasted garlic and rosemary spread with seasonal vegetables
Personal 12 Large 21

Drinks:**Coffee**

Organic drip coffee 3.75

Organic espresso Single 2.50 Double 3

Latte or Cappuccino 5.75

Mocha 6.50

Americano 4.25

Chai tea latte 5.50

Hot chocolate 5.50

Add organic syrup 1 * Sub organic almond, soy or oat milk 1 * Add extra shot of espresso 1.50

Tea

Organic iced tea 3.50

Organic Numi hot tea 3.50

Breakfast blend, Chamomile lemon, Earl Grey, Gunpowder green, Moroccan mint

Refreshments

Fresh Squeezed organic orange juice 6.25

Fresh Squeezed organic carrot orange juice 6.75

Fresh Squeezed organic lemonade 4.75

Fresh Squeezed organic lavender lemonade 4.75

Arnold Palmer 4.25

Specialty Juices

Dr. Feelgood – carrot, orange, beet, lemon, ginger, cayenne and fresh turmeric 8.5

Purple Heart – beet, orange, mixed berries, grapes and celery 8.5

Basic Bee – carrot, apple, orange, lemon, ginger, strawberry and celery 8.5

Green Flash – green apple, celery, spinach, kale, lemon and ginger

Strawberry Mojito – orange juice, lemonade, strawberries, ginger and muddled mint 7