

**HUMBLE BEE**  
LOCAL. ORGANIC. DELICIOUS!



**BAKERY  
& CAFE**

**Organic Brunch Menu  
October 17 & 18**

**Weekend specials:**

Substitutions on weekend specials are politely declined

**Fungus scramble** with two eggs, marinated cremini and portobello mushrooms, goat cheese, braised kale, arugula, pickled onion, shaved Parmesan, balsamic reduction and basil served with potatoes 15.50 GF

**Baked eggs and tomato** – two baked eggs with cumin dill tomato sauce, feta cheese, arugula, pickled cabbage and toast points 14.75

**Spaghetti squash carbonara** with bacon, arugula, garlic cream sauce, tomato, shaved Parmesan, basil and one poached egg 15

**Walk on the sunny side pizza** with garlic and rosemary sauce, turkey bacon, potatoes and a baked egg 14

**House Favorites:**

**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

**PB & J French toast** with house-made mixed berry jam and whipped cream 14.50

**Peach crumble short stack** of pancakes with maple syrup 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

**Italian cold cut** – salami, capicola, tomato, pickled peppers, lettuce, onion, aioli and mustard on a white roll with side salad or chips 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