



We buy fresh & local foods so you eat well!

# October - What's Fresh?

## BERRY FRESH BREAKFAST SPECIALS

### NEW! PUMPKIN CHEESECAKE STUFFED FRENCH TOAST

Challah bread stuffed with pumpkin cream cheese & graham cracker crumbs, dipped in almond scented egg batter, rolled in cornflakes. Topped with whipped cream & powdered sugar. **10.99**

### CAPTAIN CRUNCH FRENCH TOAST

Challah bread dipped in our almond fr toast batter. Topped with strawberries, blackberries & sliced bananas. Finished with powdered sugar & whipped cream. **10.99**

### NEW! PUMPKIN CHOCOLATE CHIP WITH COUNTRY CREAM PANCAKES

Pumpkin Pancakes topped with our housemade country cream & topped with chocolate chip pieces, whipped cream & powdered sugar. **11.99**

### NEW! CINNAMON NC APPLE 'N COUNTRY CREAM WAFFLE

Fresh made waffle topped with with our housemade country cream & topped with sauteed NC cinnamon apples, whipped cream & powdered sugar **11.99**

### NEW! STRAWBERRY BASALMIC, GOAT CHEESE & AVOCADO TOAST

Multi-grain toast topped with an avocado mash, goat cheese crumbles, fresh strawberries & a balsamic glaze, topped with 2 basted eggs & served with fresh fruit. **11.99**

Vegetarian Guests - Replace Eggs with Veggies

## QUICHES OF THE MONTH

### NEW! BACON, ONION AND GOUDA QUICHE

Bacon, Onion and Gouda Quiche - A fresh daily baked quiche with applewood smoked bacon pieces, sweet onions & smoked Gouda cheese topped with fresh made Hollandaise sauce. Your choice of fresh fruit or small bistro salad. **9.99**

### FRESH ASPARAGUS, MUSHROOM & GOAT CHEESE QUICHE W/HOLLANDAISE SAUCE

Served with choice fresh fruit or a small salad. **9.99**

### IRISH EGGS BENEDICT

Toasted English muffin topped with our homemade corned beef hash, poached eggs & freshly homemade Hollandaise sauce **11.99**

### NEW! CRABCAKE & FRIED GREEN TOMATO BENEDICT

Two poached eggs, served on top of lump crabcakes & deep fried green tomatoes, topped with our homemade Hollandaise sauce & served with choice of sides **13.99**

### EGG WHITE, SPINACH, AVOCADO CHICKEN & TOMATO SCRAMBLE

Egg whites, grilled chicken, spinach, avocado & diced tomatoes. Served with fresh fruit. **10.99**

### NEW! PULLED PORK PANCAKE

A stack of hot pancakes layered with tomato bacon jam BBQ glazed pulled pork, jalapeno, crema and pickled red cabbage & fresh cilantro. **12.99**

## HASHES OF THE MONTH

all Hashes served with a homemade biscuit

### NEW! GREEN EGGS 'N HAM HASH

Scrambled eggs with fresh spinach, ham, goat cheese & topped with a pesto Hollandaise sauce served on a bed of home fried potatoes. **10.99**

### NEW! FRIED GREEN TOMATO & PIMENTO CHEESE HASH

Fried Green Tomatoes, pimento cheese & smoked bacon pieces on a bed of red bliss potatoes. Topped with 2 eggs any style & homemade Hollandaise. **10.99**

### NEW! HACIENDA COLORADO HASH

Sriracha queso blanco spread over crispy red bliss potatoes, layered with scrambled eggs & chorizo sausage, than topped with red & green diced peppers, cilantro & fresh avocado. Drizzled with chipotle crema. **11.99**

## LUNCH SPECIALS

### SANDWICHES

### NEW! OPEN FACED GREEN GODDESS TURKEY AVOCADO TOAST SANDWICH

Multi grain toast, leaf lettuce, avocado, oven roasted turkey, fire roasted yellow & red tomatoes & fire roasted artichokes, alfalfa sprouts served open faced with a Green Goddess dressing drizzle. Served with fresh fruit **10.99**

### FGT & PIMENTO CHEESE BLT

Fried Green Tomatoes & pimento cheese, crispy bacon, lettuce, tomato with chipotle mayo served on toasted honey wheat bread. **10.99**

### NEW! TBJ BARBECUE PORK SANDWICH

Slow roasted pork sautéed in our house made tomato bacon jam BBQ sauce served on a toasted ciabatta bun with coleslaw, applewood bacon slices & melted cheddar cheese. Served with choice of sides. **11.99**

### NEW! FRIED CHICKEN & NORTH CAROLINA APPLE PO BOY

Ciabatta layered & stuffed with deep fried hormone-free fresh chicken, creamy coleslaw, fresh NC apples, jalapeno aoli, fresh cilantro served with your choice of sides. **11.99**

## VEGETARIAN

### QUINOA BURGER

Berry Fresh Cafe homemade quinoa black bean veggie burger, grilled & served with lettuce & tomato, provolone cheese, cucumber, sprouts & avocado aioli. Your choice of a side. **9.99**

### GRILLED LOCAL VEGETABLE SANDWICH

Summer squash, eggplant, jicama, zucchini, peppers, tomatoes, basil pesto, parmesan cheese & drizzled with balsamic glaze on grilled 7-grain bread. Your choice of a side. **9.99**

Visit us online

**BERRYFRESH.CAFE**

## SALADS

all Salads served with Corn Bread & Pineapple Butter

### NEW! GRILLED CHICKEN, COCONUT, STRAWBERRY & APPLE SALAD

Mixed fresh greens topped with a medley of fresh strawberry & apple pieces, bleu cheese crumbles, candied walnuts & tomatoes. Dusted w/coconut & served with citrus dressing. **11.99**

### NEW! SHRIMP, SPINACH & CITRUS SALAD

Fresh Spinach leaves, roasted red pepper, sliced almonds, fresh orange slices, caramelized onions, goat cheese, lightly seasoned grilled shrimp with honey bacon Dijon dressing. **12.99**

### PECAN CRUSTED CHICKEN & NORTH CAROLINA APPLE SALAD

NC sliced apples & pecan-crust chicken, served golden on field greens, goat cheese, craisens & topped with fresh fruit salsa. Served with a honey Dijon bacon dressing. **11.99**

### NEW! MEDITEREAN SPINACH QUINOA SALAD W/ TOMATO CITRUS DRESSING

Fresh spinach, kale quinoa mix, fire-roasted red, yellow tomatoes & artichoke hearts, fresh mushrooms, alfalfa sprouts. Served with a tomato citrus dressing. **10.99**  
Add grilled chicken • **3.99** • Add grilled shrimp • **5.99**

## CAFE BOWLS

### NEW! CALIFORNIA QUINOA BOWL

A bowl filled with organic quinoa salad, mushrooms, fresh spinach, gorgonzola cheese, sun dried tomatoes and artichoke hearts topped with sprouts topped & 2 poached eggs. **9.99**  
Add grilled chicken, miso glazed tofu • **3.99**  
Add grilled shrimp • **5.99**

### NEW! SPRING BERRY ACAI BOWL

Organic Acai puree on a bed of granola topped with coconut, bananas, blueberries, blackberries, strawberries & pineapple. Drizzled with Florida Honey • **9.99**

## HOMEMADE SOUPS

### CHICKEN NOODLE • TOMATO BASIL

Available all month. Cup **3.50** • Bowl **4.99**

### WEEKLY SOUP SPECIALS:

- Week 1 - Pear 'N Pumpkin Soup
- Week 2 - Sweet Potato Corn & Kale Chowder
- Week 3 - Butternut Squash Soup
- Week 4 - Caribbean Black Bean Soup

## LOCALLY CRAFTED DRAFT BEVERAGES

**MOE'S FERMENTED KOMBUCHA** - 16 oz. • 5.95

All natural probiotic-infused green tea, made locally in small batches.

**PUMP HOUSE COLD BREW COFFEE** • 5.95

## BOTTLED CRAFT BEER

**ISLAMORADA CITRUS ALE**

A Citrus Ale - Craft Brewed in Islamorada, FL • 5.95

**NEW! GOOSE ISLAND IPA**

An Indian Pale Ale brewed in Chicago, IL • 6.95

**BUD LIGHT** • 3.50

## BUBBLES

**HOME OF THE 22 OZ MEGAMOSA**  
Mega size any of our Mimosa selections

**NEW! CARMEL APPLE CIDER MEGAMOSA**  
Apple Cider, Champagne & a touch of Carmel • 9.95

**MIMOSA**

Champagne and fresh squeezed OJ • 5.95

**22 OZ MEGA MIMOSA** • 9.95

**NEW! MEGA BELLINI MIMOSA**  
Champagne & Peach Nectar • 9.95

**BELLINI**

Champagne & Peach Nectar • 5.95

## A.M. COCKTAILS

**NEW! 22 OZ. MEGA BACON BLOODY MARY**  
House-made Bloody Mary mix & wine-based vodka. Garnished with a celery stalk, lime wedge & crispy bacon slice. Rimmed glass with celery salt & cayenne • 9.99

**NEW! 22 OZ. MEGA STRAWBERRY RITA**  
Our Margarita mix made from cold-pressed Valencia oranges & Persian limes, 100% agave nectar, mixed with strawberry puree & our wine-based Tequila. Shaken & garnished with lime & orange wedge • 9.99

**NEW! 22 OZ. MEGA BEET MOJITO**  
Our Mojito mix made from cold pressed Persian limes, 100% agave nectar, 100% mint oil mixed with fresh pressed Beet Retreat juice. Blended with our wine-based rum. • 9.99

## WINES BY THE GLASS

**PINOT GRIGIO • CHARDONNAY  
CABERNET SAUVIGNON** • 5.00

# Beverage Menu

## OUR SPECIALTY COFFEES

All Coffees available in Decaf!

**ESPRESSO** • 2.95 | **DOUBLE ESPRESSO** • 3.95  
**CHOCOLATE ESPRESSO** • 3.25 | **MACCHIATO** • 3.50  
**CAFÉ LATTE** • 3.95 | **CAFÉ AMERICANO** • 3.95  
**CAPPUCCINO** • 3.95 | **DOUBLE CAPPUCCINO** • 4.95  
**CHOCOLATE CAPPUCCINO** • 4.95

## ICED COFFEE

with Ice Cubes made from Coffee!

**PLAIN** • 2.95      **FLAVORED** • 3.95  
**VANILLA • MOCHA • CARMEL ICED LATTÉ** • 3.95  
**ICED CAPPUCCINO** • Smooth & refreshing 3.95  
**ICED FRAPPUCCINO**  
Topped with Whipped Cream & Cinnamon 5.25

## HAND-SHAKEN ICED TEAS & LEMONADES

**FLAVOR OF THE MONTH:**

**AVOCADO-MATCHA GREEN TEA** • 4.95  
Avocado, Matcha Japanese Green Tea, local Florida honey, almond milk, & vanilla protein.

**REGULAR • SWEET TEA** • 2.59  
Add Blueberry or Strawberry for \$1 ea.

**LEMONADE** • 2.95 One FREE Refill!  
Add Blueberry or Strawberry for \$1 ea.

**NEW! GRANNY SMITH APPLE LEMONADE** • 3.95  
**ARNOLD PALMER** Iced Tea & Lemonade • 2.95

## ORGANIC LOOSE-LEAF TEAS • 3.95

Table-Brewed • Take Home a Table Brewer! \$20

**ENGLISH BREAKFAST, CHAMOMILE,  
FAIRCHILD TROPIC GREEN TEA, BLACK CURRANT,  
DECAF TEA: SNOW IN THE TROPICS**

## Juice Bar FRESH PRESSED! 16 OZ.

**NEW! FEEL ALIVE** (Hydration) 6.95  
Coconut H2o, Pineapple, Lemon, Lime, NC Apples, FL Honey, Cayenne

**MORNING GREEN GLORY** (Energy) 6.95  
Kale, Spinach, Orange, Cucumber, Parsley

**BEET RETREAT** (Detoxifies) 6.95  
Beets, Carrots, Apple, Orange, Ginger

## FRESH FRUIT SMOOTHIE BAR

Made with Low-Fat Yogurt

**STRAWBERRY • BLUEBERRY • BANANA** • 4.95  
Combination of 2 or more - Add \$1

**PEANUT BUTTER CUP** • 4.95  
Peanut Butter, Chocolate, Banana

**~ SMOOTHIE OF THE MONTH ~**  
**NEW! PUMPKIN BANANA SMOOTHIE** • 5.95

Pumpkin Puree, Banana, Low fat Yogurt  
garnished with a hint of Cinnamon spice

**~ SUPER FOODS! ~**

**GREEN COLADA** • 5.95

Spinach, Pineapple, Banana, Coconut Milk

**ACAI BERRY** • 5.95

Organic Acai, Strawberry, Banana, Blueberry, Coconut Milk garnished  
w/whipped cream & toasted Coconut

## NON-ALCOHOLIC BEVERAGES

**HANKS ROOT BEER** • 3.50

Gourmet Root Beer made with Pure Sugar Cane • Gluten Free • 3.75

**ORANGE SPLASH** • 4.95

Cold pressed Valencia Orange Margarita mix and a splash of soda water

**MINT SPLASH** • 4.95

Our Cold pressed Mojito mix and a splash of soda water

## MUFFIN OF THE MONTH

**PUMPKIN CREAM N CHOCOLATE CHIP MUFFIN**

Visit us online **BERRYFRESH.CAFE**