



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 rolled in corn flakes stuffed with cream cheese & pumpkin puree filling. Topped with our homemade country cream, whipped cream & powdered sugar. **10.99**

### NEW! SALTED CARAMEL BANANA PUDDING PANCAKE SHORT STACK

A stack of sweet cream pancakes layered with banana pudding, topped with our house-made country cream, salted caramel & fresh bananas, crushed vanilla wafers, whipped cream & powdered sugar. **10.99**

### NEW! MEXI AVOCADO TOAST

Fresh avocado mash served on multi-grain toast, topped with a cilantro black bean/corn mixture, dusted with cotija cheese & pickled red onions, with two basted eggs & fresh fruit. **11.99**

### IRISH EGGS BENEDICT

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

### CRAB CAKE & FRIED GREEN TOMATO BENEDICT

Two poached eggs, served on top of lump crab cakes & 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. **11.99**

## HASHES OF THE MONTH

All Hashes are served with our homemade buttermilk biscuit & house-made apple butter

### NASHVILLE HOT CHICKEN HASH

Hand-breaded antibiotic-free chicken tenderers dipped in a spicy oil served over a bed of potatoes, crowned with 2 eggs & topped with fresh made comeback sauce hollandaise & pickle slices. Served with a biscuit & house-made apple butter. **12.99**

### HOMEMADE MEATLOAF HASH

Scratch-made meatloaf topped with spinach, mozzarella cheese & roasted red peppers over red bliss potatoes. Served with gravy & two eggs to order. **10.99**

### NEW! MEXICALI HASH

Grilled chorizo sausage, grilled jalapeno peppers, peppers, onions, tomatoes, a cilantro black bean/corn mixture, & pepper Jack cheese with 2 eggs to order. Topped with enchilada sauce & drizzled chipotle cream. **10.99**

## QUICHES OF THE MONTH

### 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**

### NEW! FRESH ASPARAGUS, MUSHROOM & GOAT CHEESE QUICHE

With fresh-made Hollandaise, served with fresh fruit or a Bistro salad. **9.99**

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## LUNCH SPECIALS

### SANDWICHES

### 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. **11.99**

### NASHVILLE HOT CHICKEN SANDWICH

Hand-breaded antibiotic-free chicken breast dipped in a spicy oil & served on a bed of Comeback Sauce, pickles & coleslaw. Served with your choice of sides. **10.99**

### GRILLED MEATLOAF SANDWICH

Served with chipotle mayo, lettuce tomato & homemade pickles, cheddar & Swiss cheese on grilled multi grain bread. **10.99**

## VEGAN SANDWICH

### SUPERFOOD VEGAN WRAP

House-made black bean, kale, quinoa burger, fresh spinach, marinated tomatoes, marinated artichoke hearts, avocado and Sriracha vegan mayo. Served with your choice of sides. **9.99**

## 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**

## HOMEMADE SOUPS

### CHICKEN NOODLE · TOMATO BASIL

Available all month. Cup 3.50 • Bowl 4.99

## APPETIZER SPECIAL

FRESH BAKED CINNAMON BUNS (Weekends Only) • 5.99

## SALADS

all Salads served with Corn Bread & Pineapple Butter

### NEW! GREEN GODDESS APPLE & TURKEY SALAD

Our mixed greens with apple slices layered with antibiotic-free turkey, then layered with fire-roasted tomatoes & artichoke hearts & alfalfa sprouts. Drizzled with our house-made Green Goddess dressing. **12.99**

### PECAN CRUSTED CHICKEN & APPLE SALAD

NC sliced apples & pecan-crusted chicken, served golden on field greens, goat cheese, craisens & topped with fresh fruit salsa. Served with a honey Dijon bacon dressing. **12.99**

## CAFE BOWLS

### CALIFORNIA QUINOA BOWL

A bowl filled with organic quinoa salad, mushrooms, fresh spinach, Gorgonzola cheese, yellow & red fire roasted tomatoes, & artichoke hearts topped with sprouts topped & 2 poached eggs. **9.99**  
Add grilled chicken, miso glazed tofu • 3.99  
Add grilled shrimp • 5.99

### 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**

## VEGAN CAFE BOWLS

### NEW! VEGAN GRILLED VEGETABLE QUINOA BOWL

A medley of grilled vegetables, zucchini, yellow squash, eggplant, jicama, pepper, caramelized onions & a quinoa mix. Sauteed & topped with a vegan mayo & pickled red onions. **9.99** • add tofu or chicken • 3.99

## WEEKLY SOUP SPECIALS:

- Week 1 - Pumpkin Pear Soup (Vegetarian)
- Week 2 - Sweet Potato Corn & Kale Chowder (Vegetarian)
- Week 3 - Kale Minestrone Soup (Vegetarian)
- Week 4 - Apple Butternut Squash Soup (Vegetarian)

## BUBBLES

HOME OF THE 22 OZ MEGAMOSA • 9.99

**MEGA BELLINI MIMOSA**  
Champagne & Peach Nectar

**MEGA POINSETTIA MIMOSA**  
Champagne & Cranberry Juice

**MEGA STRAWBERRY MANGO MIMOSA**

## BLOODY'S

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

**22 OZ. MEGA VERDE BLOODY MARY**  
House-made Bloody Mary mix with our house-made tomatillo salsa verde & wine based vodka. Garnished with a celery stalk, lime wedge & crispy bacon slice. • 9.99

## BOTTLED CRAFT BEER & WINE BY THE GLASS

**ISLAMORADA CITRUS ALE**  
A Citrus Ale - Craft Brewed in Islamorada, FL • 5.99

**GOOSE ISLAND IPA**  
An India Pale Ale brewed in Chicago, IL • 6.99

**BUD LIGHT** • 3.50

**WINES BY THE GLASS**  
FROM COASTAL VINEYARDS • 5.00

**CABERNET SAUVIGNON**  
**PINO GRIGIO • CHARDONNAY**

**KOMBUCHA BERRY HIBISCUS TEA**  
Berry Hibiscus flavored Fermented Tea. 16 oz. bottle. • 3.99

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# Beverage Menu



## SPECIALTY COFFEES

All Coffees available in Decaf!



**LATTES** ★ **PUMPKIN SPICE LATTE** • 4.99  
**CAFÉ LATTE** • 3.99 | **CARMEL LATTE** • 4.99  
**VANILLA LATTE** • 4.99 | **HAZELNUT LATTE** • 4.99

## ESPRESSOS

**REGULAR** • 2.99 | **DOUBLE** • 3.99  
**CHOCOLATE** • 3.99 | **MACHIATO** • 3.99 | **AMERICANO** • 3.99

## CAPPUCINOS

**REGULAR** • 3.99 | **DOUBLE** • 4.99 | **CHOCOLATE** • 4.99

## ICED COFFEE

with Ice Cubes made from Coffee!

**PLAIN** • 2.99      **FLAVORED** • 3.99

**ICED LATTE** • 3.99  
**VANILLA • MOCHA • CARMEL • HAZELNUT**

**ICED CAPPUCINO** • 3.99  
Smooth & refreshing

## COLD BREW COFFEE

House-Brewed 100% Arabica Beans

**FITZ'S COLD BREW COFFEE** • 5.99  
**CINNAMON DULCE COLD BREW** • 6.99  
Cold Brew, Brown Sugar, Cinnamon

**DOUBLE BUZZ** • 7.99  
Vodka Cold Brew & Milk

## ORGANIC LOOSE-LEAF TEAS • 4.59

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

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



## FRESH PRESSED JUICES • 16 OZ.

★ **FEELIN' ALIVE** (Hydration) 6.99  
Coconut H2O, Pineapple, Lemon, Lime, Apples, Fl Honey.

★ **APPLE GREEN GLORY** (Energy) 6.99  
Apple, Kale, Spinach, Orange, Cucumber, Parsley

**BEEET RETREAT** (Detoxifies) 6.99  
Beets, Carrots, Apple, Orange, Ginger

**JUICE FLIGHT** - Sample all our fresh pressed Juices 7.99

## FRESH FRUIT SMOOTHIE BAR

Made with Low-Fat Yogurt

**STRAWBERRY • BLUEBERRY • BANANA** • 5.99  
Combination of 2 or more - Add \$1

**PEANUT BUTTER CUP** • 5.99  
Peanut Butter, Chocolate, Banana

~ **SMOOTHIE OF THE MONTH** ~

★ **COCONUT PUMPKIN SMOOTHIE** • 6.99

~ **SUPER FOODS SMOOTHIES** ~

**GREEN COLADA** • 6.99

Spinach, Pineapple, Banana, Coconut Milk

**ACAI BERRY** • 6.99

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

## HAND-SHAKEN ICED TEAS

**TEA FLAVOR OF THE MONTH:**  
**STRAWBERRY PEACH TEA** • 3.99

**REGULAR • SWEET TEA** • 2.59

Add Blueberry or Strawberry to Iced Tea for \$1 ea.

## BFC FRESH SQUEEZED LEMONADE STAND

**LEMONADE FLAVOR OF THE MONTH:**

★ **COUNTRY APPLE** • 3.99

**COLD LEMONADE** • 2.99 One FREE Refill!

Add Blueberry or Strawberry to Lemonade for \$1 ea.