



ON THE

# HEALTHIER SIDE

*For our guests with food allergies please inform your server prior to ordering.  
We will make every effort to accommodate your request.*

## GLUTEN - FREE

### Breakfast

**Gluten-Free French Toast 9.99** add fresh blueberries or strawberries 1.00 each

**Gluten-Free Honey Pancakes 9.99** add fresh blueberries or strawberries 1.00 each

#### Gluten-Free Honey Banana Quinoa Cakes

Gluten-Free pancakes topped with quinoa & bananas with a Florida honey drizzle. **11.99**

#### Avocado Toast

Multi-grain toast with avocado mash, EVOO, lemon & sea salt topped with two eggs basted & served with fresh fruit. **10.99**

*Gluten-Free toast can be substituted with most breakfast items for additional .50 charge*

### Lunch

#### Sandwiches

*Substitute bread or wrap on any sandwich on the menu with Udi's Gluten-Free toast for Additional .50*

#### Gluten-Free BLT

Berry Fresh Cafe famous BLT made with crispy bacon, lettuce, sliced tomatoes & chipotle mayonnaise on toasted Udi's Gluten-Free bread. **10.99**

#### Santa Fe Chicken Power Bowl

Quinoa, fresh spinach, red cabbage, kale, carrots, roasted corn, black beans, avocado mash & tomatoes. Topped with grilled chicken, tri-colored peppers & pickled red onions. **10.99**

#### Strawberry Chicken Salad (no biscuit)

Mixed fresh greens, grilled chicken, strawberries walnuts & tomatoes.

Half 8.99 Full 11.99

*Salads served with our Gluten-Free Low fat Citrus Vinaigrette*

**GLUTEN FREE RULE:** Most items excluding bread, a tortilla or not fried is Gluten Free. We are NOT a Gluten free facility, our Gluten items are cooked on the same surfaces as non gluten-free items.

*Special Note:*

*The list above does not include several of our menu items and specials.  
If you order an item not listed, please recognize that it probably contains gluten as most items do.*

**Berry Fresh Café assumes no responsibility or liability because guests are encouraged to consider this information in light of their individual requirements.**



ON THE

# HEALTHIER SIDE MENU

## VEGAN

*\*JUST Egg: Plant-Based - made entirely from plants, packed with clean, sustainable protein, cooks and tastes just like eggs. It's cholesterol-free, egg-free, dairy-free, kosher and non-GMO*

### Breakfast

#### JUST Egg\* Breakfast Sandwich

JUST Egg\*, spinach, tomatoes, mushrooms & avocado mash  
vegan cheddar cheese on a brioche bun.  
Served with choice of side. **9.99**

#### Vegan Spring Berry Acai Bowl (no honey)

Organic Acai puree on a bed of coconut, bananas, blueberries,  
strawberries & pineapple. **9.99**

#### Fresh Fruit Bowl

Cantalope, melon, grapes, strawberries,  
blueberries & orange slices. Fresh-cut everyday! **7.99**

#### JUST Egg\* Santa Fe Power Bowl

JUST Egg\* with quinoa, fresh spinach, red cabbage, kale, carrots,  
roasted corn, black beans, avocado mash & tomatoes.  
Topped with tri-colored peppers & pickled red onions.  
Served with homemade red salsa. **10.99**

### Lunch

*Sandwiches made with our bread products are vegan.*

#### Vegan Hippie Picnic Sandwich

Oven roasted sandwich on toasted multi-grain with artichoke aioli,  
vegan cheddar cheese, roasted artichoke hearts & roasted  
tomatoes, sliced tomatoes, cucumbers, fresh greens,  
avocado mash, pickled red onions, alfalfa sprouts.  
Served with your choice of side. **10.99**

### Salads

#### Vegan Quinoa Mix Berry Superfood Power Salad (no biscuit)

Fresh spinach mixed with kale, red cabbage, carrots, raisins &  
sliced almonds. Topped with fresh blueberries, strawberries,  
pineapple, vegan cheddar cheese, tomatoes, cucumbers &  
red onions with Gluten-free bread & low fat citrus dressing.

**Half 9.99 Full 12.99**

## VEGETARIAN

### Breakfast

#### Tofu & Quinoa Breakfast Scramble

Scrambled eggs, tofu, quinoa, peppers, onions, black beans  
& corn mixture, topped with pickled red onions with homemade salsa.  
Served with your choice of side. **10.99**

#### Energy Wrap

Fluffy eggs whites, fresh mushrooms, tomatoes & spinach wrapped in a tortilla.  
Served with fresh fruit and a side of salsa. **8.99**

#### Veggie Eggs Benedict

Poached eggs on top of house baked honey wheat bread, tomato slices,  
spinach & peppers. Topped with homemade hollandaise sauce. **10.99**

#### Greek Yogurt Berry Bliss

Chilled vanilla greek yogurt topped with fresh blueberries, granola & Florida  
honey. Served with a fresh baked muffin of the day. **9.99**

#### Garden Fresh Veggie Omelet

Sautéed spinach & onions with mushrooms, diced tomatoes, & trio of roasted  
peppers & boursin cheese. Served with your choice of side. **9.99**

### Lunch

#### Housemade Quinoa Burger

BFC housemade quinoa black bean burger with lettuce, tomato,  
provolone cheese, cucumber, sprouts, corn, avocado &  
artichoke aioli on a brioche bun with our homemade salsa.  
Served with your choice of side. **Half 9.99 Full 12.99**  
*Make it Vegan Substitute Vegan Cheddar Cheese*

#### Hippie Picnic Sandwich

Oven roasted sandwich on toasted multi-grain with artichoke aioli,  
goat cheese, roasted artichoke hearts, roasted tomatoes, sliced  
tomatoes, cucumbers, fresh greens, pickled red onions, alfalfa sprouts.  
Served with your choice of side. **10.99**

## KETO FRIENDLY

### Breakfast

#### BFC Keto Bowl with egg

Fresh spinach, goat cheese crumbles, house-made red salsa with  
avocado mash with any style egg. **10.99**

#### Bacon Avocado Omelet (no biscuit)

Three extra large eggs omelet with crispy applewood bacon,  
fresh avocado mash. Served with your choice of side. **10.99**

### Lunch

#### BFC Keto Bowl with chicken

Fresh spinach, grilled antibiotic-free chicken, goat cheese crumbles,  
house-made red salsa with avocado mash. **10.99**

#### BFC Farm House Grilled Salad (no biscuit)

Grilled antibiotic-free chicken tenders on mixed field greens, cheddar  
cheese, applewood bacon pieces, diced tomatoes, cucumbers, sliced  
red onions. Served with our low fat citrus dressing.

**Half 8.99 Full 11.99**