



The Beanery



CAFE *and* BAKERY

Starters

Good for Sharing, great for meals

MEDITERRANEAN PLATE

Daily hummus, roasted peppers, mixed olives, gigante beans, assorted veggies, & olive oil 11

AVOCADO TOAST

Avocado spread on toast with sliced avocado, cumin, shaved root veggies, kale and a sprinkle of chia seeds 9

BAKED BRIE

Topped with cranberry chutney; served with baguette 9

SOUP OF THE DAY SMALL 4 LARGE 6

Salads

Add the following protein to any salad: Chicken \$4, Lump Crab \$6, Salmon \$5.5

THE ULTIMATE VEGGIE POWER HOUSE

A bed of arugula topped with our house tri color quinoa blend, power slaw with a tahini lemon dressing, sliced beets and a sprinkle of hemp seed. 10.5

HARVEST SALAD

Mixed greens, topped with housemade craisins, apples, goat cheese, and candied pecans. 9

THE BEANERY HOUSE

Mixed greens and arugula tossed in extra virgin olive oil Seasoned with a dash of sea salt, tomatoes, cucumbers and shaved parmesan
WHOLE 8.5 HALF 5

Walking Waffle-All Day Fav \$4

Daily Quiche w/ Petite Salad \$8.5

Wraps

All items come with your choice of bean salad, kale slaw, Beanery house salad

HARVEST TURKEY WRAP

with cranberry chutney, melted brie, arugula 8

THE EARTHY CHICKPEA

Chickpea mash with mixed greens, avocado, red onions and tomatoes 10

SALMON WRAP

Baked salmon and goat cheese with mixed greens and tomatoes 11

CBC WRAP

Chicken, thick cut bacon and crab meat with mixed greens, 12

Paninis and More

All items come with your choice of bean salad, kale slaw or Beanery house salad

TUNA SALAD

House made tuna salad on fresh baked croissant 6

CRAB MELT

Cheddar cheese and swiss with lump crab. 10.5

CUBAN

Cuban pork, ham, pickles, mustard and swiss cheese on a baguette, pressed until golden brown 9

CHICKEN BACON GRUYERE

Chicken breast with thick cut bacon, tomato jam and gruyere pressed on sourdough bread 8.5

THE TOASTED VEG

Tomato jam, house pesto, grilled veggies and goat cheese 9

Breakfast till 10:30am Mon-Fri, All Day Sat & Sun

Breakfast sandwiches served with arugula salad. All sandwiches come on croissants, upgrade to a bagel for \$1

THE MEATLESS ITALIAN

Egg, tomato, gruyere with arugula, house pesto and balsamic glaze \$5

NO FRILLS

Bacon, egg and cheddar 4.5

TOASTED BAGEL 2.25

Add Cream Cheese .75

Add Bacon & Cream Cheese 1.75

MORNING OATS

Oats with brown sugar, sliced almonds and berries 3.75

SWEET & SAVORY CHIC

Chicken, egg, bacon, strawberries, gruyere and arugula 5.50

THE BEAN-RITO!

Egg, ham, onion, avocado, tomato jam, and greens 5.50

FRUIT PARFAIT

Greek yogurt layered with house made granola, fruit, honey and chia seeds to start your morning off right! 5.75

BAGEL & LOX

Toasted and smeared with cream cheese 7

Walkin' Waffle-All Day Fav \$4

Quiche of the Day \$7.50

Beanery Coffee Bar

House default is 2%, but feel from to choose from skim or whole.
Upgrade to Soy, Almond, Coconut, or Hemp

Hot or Iced

Espresso

Latte

Cappuccino

Americano

Mocha

Caramel

Machiato

Chai

Dirty Chai

Matcha

☐

Blended

Coffee

Mocha

Caramel

Coffee-Free

☐

Cold Brew

Fresh Drip

☐

Pour Over Coffee



Variety of Lemonade

Smoothies

Beanery Coffee Flavors

Vanilla, Sugar Free Vanilla, Toasted Hazelnut, Sugar Free Hazelnut, Coconut, Almond, Dulce de Leche, White Chocolate Sauce, Caramel Sauce, Mocha

Fun Flavors

Rose, Peach, Mango, Lavender, Lime,

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Hot Tea Available in Small or Large

☐

Organic Capital Breakfast
Decaf English Breakfast
French Lavender Earl Grey
Organic Dragonwell Lung Ching
Organic Jasmine Gold Dragon
Organic Peppermint
Organic Turmeric Ginger
Harbor Breeze