



RESTAURANT and JUICE BAR

www.linktr.ee/bee.organic

BREAKFAST, LUNCH AND DINNER MENU

EGGS

Two eggs any style \$8

Cheese omelet \$11 (cheese selection : cheddar, feta, goat)

Veggie omelet (bell pepper, tomato, zucchini, onion, spinach) \$12

Veggie and cheese omelet \$15

Egg Dishes Add-ons

extra egg \$1, egg whites \$1, home potatoes \$6, smoked salmon \$5, avocado \$3, grilled shiitake mushrooms \$4, goat, feta or cheddar cheese \$3, jam \$1, gf bread \$.75/slice

SWEET THINGS

French toast with maple syrup \$9

Banana French toast with honey \$11

Plain crêpe \$3.50

Plain hot oatmeal (before 12pm) \$4 (v)

Fruit cup \$6 (v)

Yogurt parfait \$6

Cold oatmeal \$6 (v)

Almond butter & jelly sandwich \$7 (v)

Açaï or dragon fruit bowl \$11 (vegan option)



Sweet Things Add-ons

fresh berries \$4, almond butter \$3, nutella \$3, yogurt \$2, nuts or seeds \$2, sliced banana \$2, maple syrup \$2, raw honey \$2, raisins \$1, jam \$1

SALADS

Salad Protein and Other Add-ons

veggie burger patty \$6 (v), mushroom burger patty \$6, salmon burger patty \$6, organic salmon filet \$13, spicy wild cod \$7, albacore tuna \$5, smoked salmon \$5, avocado \$3, goat, feta or cheddar cheese \$3, grilled shiitake mushrooms \$4, sautéed tempeh or tofu \$3, nuts \$3, hummus (2 oz) \$3, sunflower seeds \$2, chickpeas \$2, black beans \$2, extra dressing (2 oz) \$.50



Bee Green Salad \$11 (v)

Mixed greens, tomato, cucumber, sunflower seeds

Israeli Salad \$14

Chopped tomato, cucumber, red onion, parsley, feta cheese

Kale Cucumber Salad \$14 (v)

Kale, cucumber, tomato, shredded carrot, chickpeas, lemon

Arugula Goat Cheese Salad \$14

Arugula, tomato, cucumber, apple, goat cheese, slivered almonds

Tuna, Black Bean & Avocado Salad \$16

Mixed greens, tomato, cucumber, black beans, avocado, white albacore tuna

Buddha Bowl \$15 (v)

Mixed greens, tomato, cucumber, red cabbage, carrot, chickpeas, walnuts, avocado

SIDES AND TAPAS

brown rice \$6, quinoa \$6, home potatoes \$6, roasted sweet potatoes \$6, steamed greens \$6, sautéed veggies \$6, hummus (2 oz) \$3, hummus with bread or crudités \$10, guacamole and chips \$1

SOUPS \$8 - Soup Du Jour | Red Lentil | Butternut Squash | Split Pea | White Bean & Kale | (v)

TARTINES - OPEN SANDWICES

All tartines are served on whole grain bread, in a whole wheat wrap or on gluten free bread (add \$1.50)



Egg Salad Tartine \$12
Egg, mayo, scallion, spices

Avocado Toast \$11 (v)
Smashed avocado, pea shoots, flax oil
Add two eggs any style \$15

Grilled Cheese Sandwich \$12
Melted cheddar cheese, tomato

Happy Cow Tartine \$13
Tomato, avocado, feta cheese, mayo

Bee Vegan Tartine \$13 (v)
Medley of raw vegetables, hummus, EVOO, lemon

Healthy Tuna Tartine \$15
White albacore tuna, celery, carrot, dill, lemon, mayo

Smoked Salmon Tartine \$16
Smoked salmon, chèvre spread, cucumber, dill, scallion

ENTREES

Quinoa with Sautéed Veggies \$14 (v)
Sautéed zucchini, bell pepper, tomato, leafy greens, onion and garlic, served over quinoa

Curried Coconut Chickpea Stew \$14 (v)
Chickpeas, veggies, spices, served over quinoa, rice or roasted sweet potatoes

Red Bean Chili \$14 (v)
Kidney bean chili cooked with spices, served over quinoa, rice or roasted sweet potatoes

Organic Salmon Entrée * \$25
Pan seared organic salmon filet served with two sides of your choice

Veggie Burger \$14 (v) - contains nuts
Our famous homemade veggie burger served on whole grain sourdough with hummus, greens and spicy sauces.

Mushroom Burger \$15 - contains cheese
Homemade mushroom burger served with ratatouille, side salad and creamy arugula sauce.

Salmon Burger \$15
Homemade wild salmon burger served on whole grain sourdough with greens and creamy arugula sauce

Black Bean Quesadilla \$13
Whole wheat wrap, black beans, cheese, spices, side of guacamole (2 oz)

Tempeh Stir Fry \$14 (v)
Mixed veggies, tempeh, homemade spicy stir fry sauce

Tofu Bowl \$16 (v)
Spicy tofu served over brown rice, with broccoli, black beans and avocado

Fish Bowl \$17
Grilled wild cod served over brown rice with coleslaw and avocado

Raw Veggie Wrap \$11 (v)
Shredded cabbage, carrots, cucumber, avocado, sprouts, tahini sauce, wrapped in a collard green

