



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) \$13

Veggie and cheese omelet \$15

Egg Dishes Add-ons

extra egg \$2, home potatoes \$6, smoked salmon \$5, avocado \$3, grilled shiitake mushrooms \$4, goat, feta, mozzarella or cheddar cheese \$3, jam \$2, gf bread \$.75/slice

SWEET THINGS

French toast with maple syrup \$9

Banana French toast with honey \$11

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

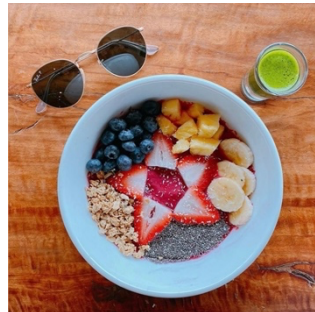
Fruit salad \$6 (v)

Yogurt parfait \$6

Cold oatmeal \$6 (v)

Almond butter & jelly sandwich \$7 (v)

Açai or dragon fruit bowl \$12



Sweet Things Add-ons

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

SALADS

Salad Dressings: olive oil & lemon, balsamic vinaigrette, dijon vinaigrette, vegan tahini, ceasar

Salad Protein and Other Add-ons : veggie burger patty \$7, mushroom burger patty \$7, salmon burger patty \$7, organic salmon filet \$13, grilled wild cod \$8, albacore tuna \$5, smoked salmon \$5, avocado \$3, goat, feta, cheddar or mozzarella cheese \$4, shiitake mushrooms \$4, sauteed tempeh or tofu \$4, nuts \$3, hummus (2 oz) \$3, sunflower seeds \$1, chickpeas \$2, black beans \$2, extra dressing (2 oz) \$.75



Bee Green Salad \$11 (v)

Mixed greens, tomato, cucumber, sunflower seeds

Israeli Salad \$15

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

Kale Cucumber Salad \$15 (v)

Kale, cucumber, tomato, shredded carrots, chickpeas, lemon

Arugula Goat Cheese Salad \$15

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, carrots, chickpeas, walnuts, avocado

SIDES AND TAPAS

brown rice \$6.5, quinoa \$6.5, home potatoes \$6.5, roasted sweet potatoes \$6.5, steamed greens \$6.5, sautéed veggies \$6.5, hummus (2 oz) \$3, hummus with bread or crudités \$10, guacamole and chips \$10

SOUPS \$8 - Soupe du jour (v) | Red Lentil | Butternut Squash | Split Pea | White Bean & Kale |

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 \$14

Tomato, avocado, feta cheese, mayo

Bee Vegan Tartine \$14 (v)

Medley of raw vegetables, hummus, EVOO, lemon

Healthy Tuna Tartine \$16

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 \$15 (v)

Chickpeas, veggies, spices, served over quinoa, rice or roasted sweet potatoes

Red Bean Chili \$15 (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 \$15 (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 \$14

Whole wheat wrap, black beans, cheese, spices, side of guacamole (2 oz)

Tempeh Stir Fry \$15 (v)

Mixed veggies, tempeh, homemade spicy stir fry sauce served over brown rice

Tofu Bowl \$16 (v)

Spicy crumbled tofu served over brown rice, with broccoli, black beans and avocado

Fish Bowl \$17

Grilled wild cod served over brown rice with homemade coleslaw and avocado

Wild Cod Wrap \$16

Grilled wild cod, raw carrot, cabbage, in a wholewheat wrap, side of guacamole (2 oz)

