Juice Bar

Organic Carrot .................................................. 16 oz .......... 4.75
Organic Carrot & Mixed Veggies ....................... 16 oz .......... 6.50
Organic Wheat Grass 1 oz shot .................................. 2.50
Organic Green Veggies ........................................... 16 oz ... 8.95
Organic Ginger 1 oz shot .............................................. 2.99

Add one slice of ginger $1.00
Add apple $1.00
Other add ons available - prices vary

Smoothies

Our Smoothies are made using only organic fruit and fruit juices with organic soy, almond or rice milk and honey (optional) with no added sugar or ice

.................................................................................. 16 oz . 6.50

Nanaberry: Strawberries, banana, pineapple coconut juice, almond milk, local honey
Blueberry Blast: Blueberries, vanilla yogurt, apple juice, almond milk, local honey
Peach Mango Tango: Our most popular smoothie (followed closely by Blueberry Blast) Peaches, vanilla yogurt, papaya puree, mango juice, almond milk, local honey
Raspberry Beret: Raspberries, apple juice, almond milk, local honey
Berry Patch: Strawberries, raspberries, blueberries, cranberry nectar, almond milk, local honey
Sunrise: Orange juice, pineapple coconut juice, banana, almond milk, local honey

Rice, coconut or soy milk can be substituted for almond milk in any smoothie

Smoothie & Juice Enhancers ... 1.00 ea

Flax Oil Forest Blend
Lecithin Granules Elderberry Syrup
Bee Pollen Vitamin C Powder
Chia Seeds Frozen Yogurt

Whey, Soy or Plant Protein ......................... 2.00 ea
Extra Frozen Berries ................................. 3.00 ea

Coffee, Tea and Sodas

Organic Coffee, River Road brand locally roasted, freshly ground and brewed.
8oz Sm........ 1.36 12oz Med........ 1.82 16oz Lg........ 2.27
Iced or Hot teas, Freshly Brewed Black, Green and Herbal Tea ........................................... 1.50
A large variety of bottled waters, teas, sodas, juices, spritzers and more available in our drink coolers.

Baked Goodies

In addition to our huge selection of organic whole grain breads baked daily (please see our brochure by the bread rack), we also bake from scratch using our own recipes with organic ingredients, a daily selection of the following:

Granola Bars: Carob Chip, Apple, Cinnamon Raisin
Brownies: Carob Chip Walnut
Cookies: Oatmeal Raisin, Carob Chip Walnut, Sundrop Muffins: Blueberry, Chocolate Chip Coffee, Carrot Raisin and others
Banana Nut Bread Muffaletta Rolls Cinnamon Rolls

9414 Florida Boulevard
225 924-9910

Visit Our Two Locations:

Our Daily Bread
Natural Food Market • Bakery • Café
Since 1982

Herbs
Vitamins
Homeopathics
Natural Cosmetics
Food for Special Diets
Organic Produce
Organic Meats & Dairy Products
Fresh Organic Juice & Smoothie Bar
Hot Plate Lunches
Salads, Sandwiches & Soups

Café featuring organic meats and organic vegetarian meals

Store Hours:
8 a.m. - 6 p.m. Monday - Friday,
9 a.m. - 6 p.m. Saturday, Noon - 6 p.m. Sunday

Served All Day:
Smoothies, Fresh Juice, Coffee, Sandwiches, Salads, Soups, Cookies, Muffins and Rolls

Our Daily Bread at
Mainstreet Market
504 N. Fifth St.
Baton Rouge, LA 70802
225 344-1022
Selected menu items available

www.ourdailybreadbr.com

Find us on Facebook

www.ourdailybreadbr.com

Other add ons available - prices vary

Our Daily Bread
9414 Florida Blvd.
Baton Rouge, LA 70815
225 924-9910
Full menu items available

Our Daily Bread at
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www.ourdailybreadbr.com
Lunch

Full Lunch Menu serving Sandwiches, Soup, Po Boys, Platters and a Daily Special
Served 11:00 a.m. - 3:00 p.m. Monday - Saturday

Plate Lunch
Vegetarian and organic lunch entree, served with a side or fresh salad and gem or cornbread 8.99
Add iced tea 1.00

Soup of the Day
Vegitarian and Organic, made fresh daily
Cup 8 oz 2.50
Bowl 16 oz 4.50
Mega Bowl 32 oz 8.50

Served with our fresh bread or crackers
Visit our website for Today's Special & Soup www.ourdailybreadbr.com

Soup with Entree Salad Combo add:
- Garden Delight: Avocado spread, tomato, grilled carrots, bell pepper, onion, lettuce, sprouts & vegan mayo 4.50
- Hummus: Homemade hummus, lettuce, tomato, grilled carrots, & vegan mayo 4.50
- BLT: Natural seasoned grilled tempeh, lettuce, tomato, & vegan mayo 4.50
- Tuna: Tuna salad, with lettuce, tomato, & vegan mayo 4.75
- Turkey: Organic sliced turkey, lettuce, tomato, mayo 4.75
- Roast Beet: Organic roast beef, lettuce, tomato & mayo 4.75
- Ham: Organic ham with lettuce, tomato & mayo 4.75
- Peanut Butter: Natural peanut butter, organic ripe sliced banana or fruit spread, local honey 3.25
- Grilled Cheese: Your choice of dairy or non dairy cheese 2.99
- Vegan Tofurki: Vegan deli slices, vegan cheese, lettuce, tomato & vegan mayo 4.50

Platters
Hummus & Pita: Our hummus spread made fresh in our kitchen served with our freshly baked Mainstay™ pita bread and kalamata olives, and topped with organic extra virgin olive oil 7.50

Mediterranean Platter: Stuffed grape leaves, feta salad, our hummus spread made fresh in our kitchen served with our freshly baked Mainstay™ pita bread 7.99

Sandwiches
Served on our own freshly made organic whole wheat Mainstay™ bread or any featured bread of the day. Also available on Ezekiel™ sprouted grain bread, or gluten free bread. Made with organic meats, organic vegetables and vegan mayo.

Add Sandwich Plate to any sandwich add snack size chips, Bubblie’s pickle, and Bubblie’s sauerkraut . add 3.00
add cheese (dairy, soy or vegan) to any sandwich 1.00
side sprouts . 0.35
Avocado & Cheese: Choose from Dairy, Soy or Vegan Mozarella cheese with avocado spread, tomato, grilled carrots, lettuce & vegan mayo 4.50

Garden Delight: Avocado spread, tomato, grated carrots, bell pepper, onion, lettuce, sprouts & vegan mayo 4.50

Hummus: Homemade hummus, lettuce, tomato, grated carrots, & vegan mayo 4.50

BLT: Natural seasoned grilled tempeh, lettuce, tomato, & vegan mayo 4.50

Tuna: Tuna salad, with lettuce, tomato, & vegan mayo 4.75

Turkey: Organic sliced turkey, lettuce, tomato, mayo 4.75

Roast Beet: Organic roast beef, lettuce, tomato & mayo 4.75

Ham: Organic ham with lettuce, tomato & mayo 4.75

Peanut Butter: Natural peanut butter, organic ripe sliced banana or fruit spread, local honey 3.25

Grilled Cheese: Your choice of dairy or non dairy cheese 2.99

Vegan Tofurki: Vegan deli slices, vegan cheese, lettuce, tomato & vegan mayo 4.50

Deli Salads
We make a variety of deli salads fresh daily in our kitchen using the finest organic ingredients, and free range all natural eggs (where applicable)

Call for daily selection

Burgers and Wraps

Tofu Burger: Our own handmade, lightly seasoned and baked tofu patty on a Mainstay™ hamburger bun, lettuce, tomato, onion, cheese (dairy, soy or vegan) 5.99

Black Bean Burger: Our own homemade, lightly seasoned and baked patty on a Mainstay™ hamburger bun, lettuce, tomato, onion, cheese (dairy, soy or vegan), salsa, sour cream 5.99

Amy’s California Burger: Vegan & soy-free veggie burger grilled & served on a Mainstay™ burger, lettuce, tomato, onion, cheese (dairy, soy or vegan) & mayo 5.99

Tofu Wrap: Baked and seasoned tofu or grilled tempeh, avocado spread, lettuce, tomato, carrots, & vegan mayo in an Ezekiel™ sprouted grain wrap 5.99

Grilled Portabella Mushroom Burger: Fresh organic portabella mushroom lightly seasoned and grilled on a Mainstay™ hamburger bun with red onion, spinach, tomato, vegan mayo and your choice of cheese (dairy, soy or vegan) 6.99

Greek Delight Pocket Sandwich: Feta cheese, bell pepper, tomato, cucumbers, olives, spinach, Greek Kalamata olives, organic extra virgin olive oil & balsamic vinegar dressing, served in our Mainstay™ pita bread 7.99

Po Boys
Made with organic meats and organic vegetables. Dressed with lettuce, tomato, vegan mayo, and served on our Mainstay™ whole wheat and oat po boy bun baked fresh daily in our store. Hot or cold (except fish: always hot)

Add Po Boy Plate to any po boy add snack size chips, Bubblie’s pickle, and Bubblie’s sauerkraut 3.00
add cheese (dairy, soy or vegan) 1.50 2.50
add sprouts 0.50 1.00

Roast Beef: 6”  12”
- 6” 6.99 12.99
- 12” 6.99 12.99

Ham: 6.99 12.99

Tuna: 6.99 12.99

Tofurkey Melt: 5.50 9.99

Vegetarian with cheese (dairy, soy or vegan) 5.99

Grilled Fish: 7.49 13.99

Breaded cod fish fillets

Vegetable: 5.50 9.99

Organic: onions, bell pepper, carrots, kalamata olives, tomato, lettuce & vegan mayo with melted mozzarella or soy mozzarella

Entree Salads
Tofu Chef Salad: Our most popular entree salad. Mixed salad greens, tomato, bell pepper, kalamata olives, onion, boiled all natural (no hormone or antibiotics added) free range egg, vegan mozzarella cheese, sunflower seeds, pumpkin seeds, and baked tofu or grilled tempeh 5.99 large 10.50

Chef Salad w/orGANIC meat: Mixed salad greens, egg, tomato, onion, olives, bell peppers, kalamata olives, organic Swiss cheese, organic ham, organic turkey, roast beef 5.99 large 10.50

Tuna Salad: Our own tuna salad made fresh daily in our kitchen. Served with mixed salad greens, tomato, onion and boiled all natural (no hormone or antibiotics added) free range egg 5.29 large 9.50

Greek Salad: Organic spinach, sheeps milk feta cheese, purple onions, tomato, Greek Kalamata olives, organic extra virgin olive oil, balsamic vinegar 5.99 large 9.99

House Salad: Mixed salad greens, purple onions, tomatoes, shredded carrots, mixed seeds, and sprouts 4.89 large 8.99

Garden Salad: Mixed salad greens, onion, bell pepper, carrots 4.39 large 7.99

Soup of the Day
Served All Day:
Smoothies, Fresh Juice, Coffee, Sandwiches, Salads, Soups, Cookies, Muffins and Rolls

Smiley Face
Whole Food Market & Bakery
Nutritional Supplements

9414 Florida Blvd 225 924-9910
www.ourdailybreadbr.com