

Juice Bar



- Organic Carrot** 16 oz 3.95
- Organic Carrot & Mixed Veggie** 16 oz 4.95
- Organic Carrot, Apple & Mixed Veggie** . 16 oz 5.95
- Organic Fresh Squeezed Orange** 8 oz 2.75
- 16 oz 5.25
- Organic Fresh Squeezed Grapefruit** 8 oz 2.95
- 16 oz 5.75
- Organic Wheat Grass** 1 oz shot 2.49
- Organic Lemonade** made from freshly squeezed organic lemons & low glycemic fructose. 16 oz 2.75
(Served Over Ice)
- Organic Green Veggie** 16 oz 7.95
- Organic Ginger** 1 oz shot 2.99
- Add one slice of ginger \$1.00*
- Other add ons available - prices vary*

Coffee, Tea and Sodas



Organic Coffee, River Road brand locally roasted, freshly ground and brewed. small 1.25 large 1.75

Iced teas, 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



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. 5.50

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 or soy milk can be substituted for almond milk in any smoothie

Smoothie Enhancers 1.00 ea

- | | |
|--------------------------|-------------------------|
| Flax Oil | Whey Protein |
| Lecithin Granules | Soy Protein |
| Bee Pollen | Plant Protein |
| Green Food Blend | Vitamin C Powder |

225 924-9910

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

Visit Our Two Locations:



Our Daily Bread

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



Our Daily Bread at Mainstreet Market

504 N. Fifth St.
Baton Rouge, LA 70802
225 344-1022
Selected menu items available

www.ourdailybreadbr.com

www.ourdailybreadbr.com



Our Daily Bread

Natural Food Market & Bakery
Café • Vitamins • Herbs

Since 1982

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

Full Lunch Menu

Including Po Boys and Lunch Special
Served 11 a.m. - 3 p.m. Monday - Saturday



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 6.79
Add iced tea 1.00

Soup of the Day



Vegetarian and Organic, made fresh daily
Cup 8 oz 2.50
Bowl 16 oz 3.99
Mega Bowl 32 oz 6.99
Served with our fresh bread or crackers

Combos



Soup and Sandwich Combo

Any Sandwich, Burger or Po Boy paired with your choice of:

Cup of Soup of the Day add 1.99
Bowl of Soup of the Day add 2.99
Mega Bowl of Soup of the Day add 5.99

Soup and Salad Combo

Any size soup with a small Garden Salad (Spring mix, bell pepper, onion, tomato) price of soup plus 2.00

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 5.50

Mediterranean Platter: Stuffed grape leaves, feta salad, our hummus spread made fresh in our kitchen served with our freshly baked Mainstay™ pita bread. 6.25



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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.

Avocado & Cheese: Choose from Mozzarella or Soy Mozzarella cheese with avocado spread, tomato, grated carrots, lettuce & mayo 3.99

Garden Delight: Avocado spread, tomato, grated carrots, bell pepper, onion, lettuce, sprouts & mayo 3.99

Hummus: Homemade hummus, lettuce, tomato, grated carrots, & mayo 3.99

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

Tuna: Tuna salad, with lettuce, tomato, & mayo . 4.50

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

Roast Beef: Organic beef, lettuce, tomato & mayo 4.75

Ham & Swiss: Organic ham & swiss cheese 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

add cheese to any sandwich \$1.00

Sandwich Plate Any sandwich plus Kettle chips, Bubbie's pickle, and Bubbie's sauerkraut ... add 2.00

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

www.ourdailybreadbr.com

Burgers and Wraps



Tofu Burger: Our own handmade, lightly seasoned and baked tofu patty on a Mainstay™ hamburger bun, lettuce, tomato, onion, soy cheese & mayo (contains walnuts) 4.95

Black Bean Burger: Our own handmade, lightly seasoned and baked patty on a Mainstay™ hamburger bun, tomato, onion, soy cheese, salsa, sour cream 4.95

Amy's California Burger: Vegan & soy-free veggie burger grilled & served on a Mainstay™ bun, lettuce, tomato, onion, soy cheese & mayo 4.95

Tofu Wrap: Baked and seasoned tofu or grilled tempeh, avocado spread, lettuce, tomato, carrots, and mayo in an Ezekiel™ sprouted grain wrap 4.95

Greek Delight Pocket Sandwich: Feta cheese, bell pepper, tomato, cucumbers, onions, spinach, Greek kalamata olives, organic extra virgin olive oil dressing, served in our Mainstay™ pita bread 5.50

Po Boys



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

	6"	12"
Roast Beef:	6.79	11.99
Roast Beef & Swiss:	6.79	11.99
Turkey:	6.79	11.99
Turkey & Swiss:	6.79	11.99
Ham:	6.79	11.99
Ham & Swiss:	6.79	11.99
Tofurkey Melt:	5.25	9.99
Vegetarian with soy cheese		
Fish:	6.99	12.99
Breaded cod fish fillets		
Veggie:	4.99	7.99
Organic veggies: onions, bell pepper, carrots, kalamata olives, tomato & mayo with melted mozzarella or soy mozzarella		
add cheese to any po boy	1.00	2.00

Po Boy Plate Any po boy plus Kettle chips, Bubbie's pickle, and Bubbie's sauerkraut add 2.00

Entree and Specialty Salads

Veggie Chef Salad: Our most popular entree salad. Mixed salad greens, tomato, bell pepper, onion, boiled all natural (no hormone or antibiotics added) free range egg, soy mozzarella cheese, sunflower seeds, pumpkin seeds, and baked tofu or grilled tempeh 5.50

Chef Salad w/organic meat: Mixed salad greens, egg, tomato, onion, olives, bell peppers, organic Swiss cheese, organic ham, organic turkey 5.50

Taco Salad: Organic blue corn chips, mixed salad greens, tomato, onion, Greek kalamata olives, refried bean dip, soy Mozzarella, ground cooked and seasoned tofu, salsa & sour cream 5.50

Tuna Salad: Our own tuna salad made fresh daily in our kitchen. Served with mixed salad greens, tomato, and boiled all natural (no hormone or antibiotics added) free range egg 5.50

Greek Salad: Organic spinach, sheep milk feta cheese, purple onions, tomato, Greek kalamata olives, organic extra virgin olive oil, balsamic vinegar small 2.95 large 5.50

House Salad: Mixed greens, purple onions, tomatoes, shredded carrots, mixed seeds, and sprouts large 5.25

Garden Salad: Spring Mix, tomato, onion, bell pepper, carrots small 2.95 large 4.99

Served All Day:

Smoothies, Fresh Juice, Coffee, Sandwiches, Salads, Soups, Cookies, Muffins and Rolls

