**Juice Bar**

- **Organic Carrot** ........................................ 16 oz ..... 4.59
- **Organic Carrot & Mixed Veggies** ............ 16 oz ..... 6.25
- **Organic Fresh Squeezed Orange** ............8 oz ..... 2.75
- **Organic Fresh Squeezed Grapefruit** ...... 8 oz ..... 2.95
- **Organic Wheat Grass** 1 oz shot ...................... 2.50
- **Organic Lemonade** made from freshly squeezed organic lemons & low glycemic fructose............. 16 oz ..... 2.75 (Served Over Ice)
- **Organic Greens** .......................................... 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

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**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

- **Nanaberry**: Strawberries, bananas, pineapple coconut juice, almond milk, local honey
- **Blueberry Blast**: Blueberries, banana 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

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**Smoothie & Juice Enhancers** .... 1.00 ea

- Flax Oil
- Lemon Granules
- Bee Pollen
- Chia Seeds
- Green Food Blend
- Elderberry Syrup
- Vitamin C Powder
- Frozen Yogurt

- **Canola Oil**: 1.00 ea
- **Egg**: 1.00 ea
- **Butter**: 1.00 ea
- **Almond Milk**: 1.00 ea
- **Coconut Milk**: 1.00 ea
- **Ginger**: 1.00 ea
- **Apples**: 1.00 ea

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**Coffee, Tea and Sodas**

- **Organic Coffee**, River Road brand locally roasted, freshly ground and brewed.
- **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.

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**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**

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**Our Daily Bread**

Natural Food Market • Bakery • Café

Since 1982

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**Visit Our Two Locations:**

**Our Daily Bread**

9414 Florida Blvd.
Baton Rouge, LA 70815
225 924-9910

**Our Daily Bread at Mainstreet Market**

504 N. Fifth St.
Baton Rouge, LA 70802
225 344-1022

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**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

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**www.ourdailybreadbr.com**

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**Find us on Facebook**

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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 grain or cornbread ............. 8.99
Add iced tea .................................................. 1.00

Soup of the Day
Vegetarian 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

Sandwiches
Served on our 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, Bubble’s pickle, and Bubble’s sauerkraut .. add 3.00

Avocado & Cheese: Choose from Dairy, Soy or Vegan Mozzarella cheese with avocado spread, tomato, grilled carrots, lettuce & mayo ................................. 4.50

Garden DeliSalad: Avocado spread, tomato, grilled carrots, bell pepper, onion, lettuce, sprouts & mayo ................................................................. 4.50

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

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

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

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

Roast Beef: Organic roast 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
add sprouts ......................... 35c

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, soy cheese & mayo (contains walnuts) ........................................ 5.99

Black Bean Burger: Our own handmade, lightly seasoned and baked patty on a Mainstay™ hamburger bun, tomato, onion, soy cheese, salsa, sour cream .... 5.99

Amy’s California Burger: Vegan & soy-free veggie burger grilled & served on a Mainstay™ bun, lettuce, tomato, onion, soy cheese & mayo .............................. 5.99

Tofu Wrap: Baked and seasoned tofu or grilled tempeh, avocado spread, lettuce, tomato, carrots, and 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, mayo and your choice of cheese. ............... 6.99

Greek DeliSalad Pocket Sandwich: Feta cheese, bell pepper, tomato, cucumbers, onions, spinach, 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

Tofu 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 ............................................. reg 5.99 ......... large 9.99

Chef Salad w/organic meat: Mixed salad greens, egg, tomato, onion, olives, bell peppers, organic Swiss cheese, organic ham, organic turkey, roast beef ....... reg 5.99 ......... large 9.99

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. reg .......................... 5.29 ......... large 9.25

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

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

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