

Juice Bar



- Organic Carrot 16 oz4.59
- Organic Carrot & Mixed Veggie. 16 oz6.25
- Organic Fresh Squeezed Orange. 8 oz2.75
- 16 oz5.25
- Organic Fresh Squeezed Grapefruit. 8 oz2.95
- 16 oz5.75
- Organic Wheat Grass 1 oz shot 2.50
- Organic Lemonade made from freshly squeezed organic lemons & low glycemic fructose. 16 oz2.75 (Served Over Ice)
- Organic Green Veggie 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

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 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. 6.25

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 & Juice Enhancers ... 1.00 ea

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

Whey, Soy or Plant Protein 1.50 ea

Extra Frozen Berries 3.00 ea

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



Find us on Facebook



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 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

Combos



Soup Combo
Any Sandwich, Burger or Po Boy, or Salad Entree paired with your choice of:
Cup of Soup of the Day add 2.15
Bowl of Soup of the Day add 3.99
Mega Bowl of Soup of the Day add 7.60

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 6.99
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



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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.

Add Sandwich Plate to any sandwich add snack size chips, Bubbie's pickle, and Bubbie's sauerkraut .. add 3.00

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

Garden Delight: Avocado spread, tomato, grated 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.....35¢

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) 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 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 7.99

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)

Add Po Boy Plate to any po boy add snack size chips, Bubbie's pickle, and Bubbie's sauerkraut add 3.00

	6"	12"
Roast Beef:	6.99	12.99
Roast Beef & Swiss:	6.99	12.99
Turkey:	6.99	12.99
Turkey & Swiss:	6.99	12.99
Ham:	6.99	12.99
Ham & Swiss:	6.99	12.99
Tuna:	6.99	12.99
Tofurkey Melt:	5.50	9.99
Vegetarian with soy cheese		
Fish:	7.49	13.99
Breaded cod fish fillets		
Veggie:	5.50	9.99
Organic: onions, bell pepper, carrots, kalamata olives, tomato & mayo with melted mozzarella or soy mozzarella		
add cheese to any po boy	1.00	2.00

Entree Salads

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 reg 5.99 large 9.99

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

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

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, avocado spread & sour cream 10.25

Soup with Entree Salad Combo add:
cup 2.15 bowl 3.99 mega bowl 7.60

Served All Day:

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

