

## Juice Bar



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

### NEW!

Organic Specialty Juices	6.99
Energy Boost, Weight Loss, Liver Cleanse, Hangover, Diabetes Management	

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 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

**Cookies:** Oatmeal Raisin, Carob Chip Walnut, Sundrop

**Muffins:** Blueberry, Chocolate Chip Coffee, Carrot Raisin and others

**Banana Nut Bread Brownies Cinnamon Rolls**

9414 Florida Boulevard



## Smoothies

Our Smoothies are made using only organic fruit and fruit juices with organic almond 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 hemp 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** ..... 2.00 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](http://www.ourdailybreadbr.com)



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[www.ourdailybreadbr.com](http://www.ourdailybreadbr.com)

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## 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](http://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

## Salad Plate

Tuna Salad with your choice of 3 sides.  
Choose from: Pasta Salad, Cole Slaw, Cucumber Tomato Salad, Potato Salad, Carrot Raisin Salad Tabouli or Cup of Soup  
(subject to availability) ..... 8.99

## 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](http://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 ..... 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

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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  
**add cheese** (dairy, soy or vegan) to any sandwich .... 1.00  
**add sprouts** ..... 0.35

**Avocado & Cheese:** Choose from Dairy, Soy or Vegan Mozzarella cheese with avocado spread, tomato, grated 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 Beef:** 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 Tofurky:** 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

[www.ourdailybreadbr.com](http://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, cheese (dairy, soy or vegan) & mayo ..... 5.99

**Black Bean Burger:** Our own handmade, lightly seasoned and baked patty on a Mainstay™ hamburger bun, tomato, lettuce, 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™ bun, lettuce, tomato, onion, cheese (dairy, soy or vegan) & 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, onions, 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 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

**add cheese** (dairy, soy or vegan) ..... 1.50 ..... 2.50  
**add sprouts** ..... 0.50 ..... 1.00

	<b>6"</b>	<b>12"</b>
<b>Roast Beef:</b> .....	6.99	12.99
<b>Turkey:</b> .....	6.99	12.99
<b>Ham:</b> .....	6.99	12.99
<b>Tuna:</b> .....	6.99	12.99
<b>Tofurkey Melt:</b> .....	5.50	9.99

Vegetarian with cheese (dairy, soy or vegan)  
**Fish:** ..... 7.49 ..... 13.99  
Breaded cod fish fillets

**Veggie:** ..... 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 ..... reg 5.99 ..... large 10.75

**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. .... reg 5.99 ..... large 10.75

**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 ..... reg 5.29 ..... large 9.50

**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 10.75

**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

**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

