

# BREADS ON OAK

PLANT-BASED | ORGANIC | SUSTAINABLE

## ALL-DAY BREAKFAST

### BISCUIT SANDWICHES

#### PUMPKIN CHEDDAR BISCUIT

Pumpkin Cheddar Biscuit | Sprouted Tofu Scramble | Andouille Sausage | Roasted Tomato | Mixed Greens | Aioli 6.5

#### EGG O'VEGAN

Buttermilk Biscuit | House Vegan Egg Scramble | Canadian Bacon | Provolone | Butter 6.5

#### BISCUIT BRAVADO

Buttermilk Biscuit | Breakfast Sausage | Spinach | Béchamel 6

#### SAUSAGE BISCUIT

Buttermilk Biscuit | Vegan Butter | Breakfast Sausage 4.5

#### BISCUIT TOWER

Buttermilk Biscuit | Breakfast Sausage | Sprouted Tofu Scramble | Provolone 7.5

### ADDITIONAL BREAKFAST ITEMS

#### BB&J

Buttermilk Biscuit or 1/2 Baguette | Miyoko's Cultured Butter | Jam 4

#### CHEESE GRITS <sup>GF</sup>

Stone Ground Organic Yellow Corn | Green Onion | Cheddar 5

#### AVOCADO TOAST <sup>ⓔⓂⓉ</sup>

Avocado | Pickled Vegetables | Cilantro | Sunflower Seeds 5

**EXTRAS** Biscuit 3 | Spread .5 | Greens 1 | Avocado 2 | Provolone 1.5 | Vegan Egg Scramble 2 | Tofu Scramble 1.5 | Andouille 2.5 | Sausage 2.5 | Jam .5 | Miyoko's Cultured Butter .75

## QUICHE, SOUP & SALAD <sup>ⓔⓂⓉ</sup>

Soup and Salad Served with our Organic Bread

Extra Dressing .5

#### LIVE FOOD SALAD <sup>GF</sup>

Avocado | Carrots | Cucumber | Sprouts | Organic Mixed Greens | Miso Dressing 8

#### CHOPPED KALE CAESAR <sup>GF</sup>

Organic Kale | Sun Dried Tomatoes | Crunchy Legumes | Cashew & Sunflower Seed Parmesan | Cashew Caesar Dressing 8

#### SIDE SALAD <sup>GF</sup>

Organic Mixed Greens | Carrots | Cucumber | Tomato | Sunflower Seeds | Balsamic Vinaigrette 4

#### DAILY SOUP <sup>GF</sup>

Seasonal Soups | Made In-House Daily 5

#### ROASTED VEGETABLE QUICHE

Sprouted Tofu | Cheese | Roasted Seasonal Vegetables 7

<sup>GF</sup> Made with gluten-free ingredients, however, we are not a gluten-free facility.

<sup>ⓔⓂⓉ</sup> Items meet **Eat Fit NOLA** nutritional criteria designated by Ochsner Health System. Visit [EatFitNOLA.com](http://EatFitNOLA.com) or ask your server for more information

## SANDWICHES

### HOT SANDWICHES

#### BIG DADDY BURGER

House Burger | Avocado | Cheddar | Grilled Onions | Tomatoes | Pickles | Organic Greens | Remoulade | Aioli | Dijon | Organic Seeded Brioche Bun 12

#### SHRIMP & CRAB CAKE

Hearts of Palm & Chickpea Crab Cakes | Avocado | Tomato | House Pickles | Greens | Remoulade | Organic Brioche Bun 12

#### MIGHTY MELT

House Burger Patty | Grilled Onion | Roasted Tomato | Jalapeños | Mozzarella | Miso | Veganaise | Organic Sourdough Miche 10

### SANDWICHES

#### LIVE FOOD

Avocado | Carrots | Cucumber | Arugula | Miso Spread | Veganaise | Organic Sourdough Multigrain 7

#### MUFFANADA

Italian Ham | Canadian Bacon | Italian Olive Salad | Roasted Tomato | Greens | Provolone | Aioli | Organic Sesame Ciabatta 8

#### HAPPY HEN <sup>ⓔⓂⓉ</sup>

Chickpea "Eggless" Salad | Cucumber | Avocado | Greens | Veganaise | Dijon | Organic Sourdough Miche 7

#### COUNTRY CLUB <sup>ⓔⓂⓉ</sup>

Avocado | Cucumber | Tomato | Greens | Herbs de Provence | Dijon | Aioli | Organic Sourdough Miche 7

#### BLTA

Canadian Bacon | Avocado | Roasted Tomato | Mixed Greens | Aioli | Organic Sourdough Miche 8.5

**EXTRAS** Change Bread 1 | Spread .5 | Greens 1 | Roasted Tomato/Onion 1 | Avocado 2 | Provolone 1.5 | Tempeh 2.5

## WEEKEND SPECIALS

A ROTATING WEEKEND SELECTION OF:

#### CAJUN SHRIMP & CHEESE BRIOCHE

Shrimp | Roux | Remoulade | Cajun Spices | Cheddar | Mozzarella | Brioche 6

#### CROQUE MONSIEUR

Ham | Cheese | Béchamel | Dijon | Herbs | Brioche 6

#### BAGUETTE TWISTS

Ask about our new Savory Baguettes with a Twist! 4.5

**ALL ITEMS ARE VEGAN**

# BREADS ON OAK

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## Our Mission

SINCE OPENING IN 2012, *BREADS ON OAK* HAS STRIVED TO PROVIDE THE HIGHEST QUALITY AND HEALTHIEST FOOD IN THE MOST SUSTAINABLE WAY, WHILE PROVIDING A HAPPY AND MEMORABLE EXPERIENCE FOR OUR CUSTOMERS. WE MAKE ALL OF OUR BREADS AND PASTRIES FROM SCRATCH USING THE FINEST ORGANIC INGREDIENTS. WE ARE COMMITTED TO BEING A 100% PLANT-BASED RESTAURANT, WHICH IS ONE OF THE MOST EFFECTIVE WAYS TO MAINTAIN A LONG-TERM HEALTHY LIFE, REDUCE OUR ENVIRONMENTAL IMPACT, AND PREVENT ANIMAL CRUELTY AND EXPLOITATION.

## About our Breads

All of our breads are made the traditional way using organic flour, our wild sourdough starter, sea salt and filtered water. Sourdough breads naturally have weaker gluten development and are healthier.

### VIEUX CARRÉ MICHE

The classic Medieval French Miche is a country sourdough made from organic high-extraction flour. It has a delicious, thick, crunchy crust with an airy and moist interior. Also available with dried fruits & nuts.

### SEEDED MULTIGRAIN

Our Old World Miche bread made with organic high-extraction flour packed with oats, flax, sunflower, sesame and pumpkin seeds.

### BAGUETTE PARISIENNE

The authentic French bread from Paris made with organic bread flour and a wild yeast starter with a perfect combination of crunchy crust and light, fluffy crumb with large, airy holes.

### CIABATTA

Soft, fluffy loaves of organic, Italian bread with a semi-crusty exterior delicately flavored with first cold-pressed, extra virgin olive oil.

### OLIVE PROVENCE

Soft, organic, French country bread packed with olives, extra virgin olive oil, and our fresh grown herbs.

## Coffee & Espresso

We are proud to serve only Organic Fair Trade coffee beans. Our Coffee is sourced from two of the best local Roasters in New Orleans. We have fresh brewed dark roast, Café Noir, from Orleans Coffee and our medium roast, Ethiopian, from Hey! Coffee Roasters throughout the day, or beat the heat with our rich and delicious cold brew. You can enjoy our coffee with a wide selection of Non-GMO plant-based milks, such as organic soy, organic oat, and almond, at no extra charge.

## Pastries

*Our Pastry selection is always made from scratch with the purest organic ingredients. Our pastries are baked fresh daily, so get in early for the widest selection!*

**BRIOCHE PUFFS** — Soft, fluffy, sweet, and irresistible, our brioche puffs bring the classic egg-bread into the modern vegan era. Our brioche are made from scratch, rolled by hand, and baked fresh daily to give you the best product possible.

**TEA BISCUITS** — Our signature breakfast pastry is semi-sweet and entirely delicious. Tea Biscuits are soft on the inside with a thin crust that brings it all together. Available in traditional Irish with Currants, Cranberry Orange, and Morning Glory.

**PECAN FUDGE BROWNIE** — Moist and rich chocolate brownie, layered dark chocolate chips and topped with pecans, this classic treat is Gluten Free.

**COOKIES** — Assortment of cookies includes classic Chocolate Chip Walnut, Double Dark Chocolate with Himalayan salt, our original Coconut Rosemary GF, Irish Oat and Cranberry GF, and our sugar free Roughage Rumble.

**BREAD PUDDING** — A New Orleans classic, our bread pudding is made with the finest breads in the city—our own—and covered with a thick and creamy whiskey sauce.

## Grand Ganache

Breads On Oak's signature cake is four layers tall with rich chocolate ganache between each layer and a whisky seasonal berry confiture. Finished with a coating of chocolate ganache, our cakes are made with responsibly-sourced organic cacao powder. This cake is decadent and delicious, perfect for any and all occasions!

