

# BREADS ON OAK

PLANT-BASED | ORGANIC | SUSTAINABLE

## ALL-DAY BREAKFAST

### PUMPKIN CHEDDAR BISCUIT

Pumpkin Cheddar Biscuit | Sprouted Tofu Scramble | Andouille Sausage | Roasted Tomato | Mixed Greens | Aioli 6.75

### EGG O'VEGAN

Buttermilk Biscuit | House Vegan Egg Scramble | Bacon | Provolone | Butter 6.75

### BISCUIT BRAVADO

Buttermilk Biscuit | Breakfast Sausage | Spinach | Béchamel 6.25

### SAUSAGE BISCUIT

Buttermilk Biscuit | Vegan Butter | Breakfast Sausage 4.75

### BISCUIT TOWER

Buttermilk Biscuit | Breakfast Sausage | Sprouted Tofu Scramble | Provolone 7.75

### AVOCADO TOAST

Avocado | Cucumber Relish | Arugula | Sunflower Seeds 5.5

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

Stone Ground Organic Yellow Corn | Green Onion | Cheddar 5

**ADD-ONS:** Greens 1 | Avocado 2 | Cheese 1.5 |  
Vegan Egg Scramble 2 | Tofu Scramble 1.5 |  
Andouille 2.5 | Sausage 2.5

## SIDES, SALADS, & QUICHE

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

Avocado | Carrots | Cucumber | Beet Root | Organic Mixed Greens | Miso Dressing 8

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

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

### HAND CUT BAKED FRIES <sup>GF</sup>

Organic Russet Potatoes, Cut into Wedges, Battered in our House Seasoning Blend and Baked until Crispy. Served with Aioli 4

### ROASTED VEGETABLE QUICHE

Sprouted Tofu | Cheese | Roasted Seasonal Vegetables 7.50

### SOUP OF THE DAY

Rotating selection of seasonal soups 5

## SANDWICHES

### HOT SANDWICHES

### BIG DADDY BURGER

House Burger | Avocado | Cheddar | Grilled Onions | Tomatoes | Pickles | Organic Greens | Remoulade | Aioli | Dijon | Organic Seeded Brioche Bun 12.5  
Sub Impossible Burger 4

### SEA NO EVIL

Hearts of Palm & Chickpea Crab Cakes | Avocado | Tomato | House Pickles | Greens | Remoulade | Organic Brioche Bun 12.5

### SIMPLY IMPOSSIBLE

Impossible Burger <sup>TM</sup> | Tomatoes | Pickles | Organic Greens | Aioli | Dijon | Organic Seeded Brioche Bun 12.75  
Add Avocado 2 | Add cheese 1.5

### MIGHTY MELT

House Burger Patty | Grilled Onion | Roasted Tomato | Jalapeños | Mozzarella | Miso | Vegenaize | Organic Multigrain 10.5

### TLTA

House Marinated Tempeh | Avocado | Roasted Tomato | Mixed Greens | Aioli | Organic Multigrain 10.5

### COLD SANDWICHES

### LIVE FOOD

Avocado | Carrots | Cucumber | Arugula | Miso Spread | Vegenaize | Organic Multigrain 7.5

### MUFFANADA

Italian Ham | Bacon | Italian Olive Salad | Roasted Tomato | Greens | Provolone | Aioli | Organic Levain Roll 8

### HAPPY HEN

Chickpea "Eggless" Salad | Cucumber | Avocado | Greens | Vegenaize | Organic Sourdough Miche 8

**ADD-ONS:** Change Bread 1 | Spread .5 | Greens 1 |  
Roasted Tomato/Onion 1 | Avocado 2 | Cheese 1.5 |

# ALL MENU ITEMS ARE VEGAN

Vegan does not mean gluten free. Items marked with **GF** are gluten-free.

All meats and cheeses are made from plant-based alternatives.

Please inform us if you have any food allergies

# BREADS ON OAK

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## OUR MISSION STATEMENT

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.

## BREADS

**VIEUX CARRÉ MICHE** A country sourdough made from organic high-extraction flour. It has a delicious, thick, crunchy crust with an airy and moist interior.

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

**PAIN AU LEVAIN** Authentic French sourdough. Light, fluffy and made with the best organic bread flour, this country loaf makes the perfect sandwich, toast, or snack.

**OLIVE PROVENCE** Soft, organic, French country sour dough bread packed with kalamata olives, extra virgin olive oil, and Herbs de Provence.

**BAGUETTES** Long loaf of traditional French bread, made of soft Levain bread with a hard crust

## DESSERTS & PASTRIES

We offer a variety of brioche, cinnamon rolls, cookies, brownies and tea biscuits. Offerings are liable to change, please visit to see what we have.

## COLD DRINKS

**KOMBUCHA** 4.25

**LEMONADE** 3

**STRAWBERRY LEMONADE** 3.50

**SAN PELLEGRINO** 2.50

**COCONUT WATER** 4.50

**CHOCOLATE COCONUT MILK** 2

**JUICE BOXES** 2

**STEAZ ICED TEA** 2.75

**ZEVIA** 2.50

**LA CROIX** 2

## COFFEE & TEA

### HOT DRINKS

#### DRIP COFFEE

Freshly brewed coffee sourced from local roasteries.  
Regular 2.75 | Large 3.25

#### CAFÉ AU LAIT

A New Orleans classic, half dark roast coffee, half steamed milk.  
Regular 3.25 | Large 4

#### CAFÉ AMERICANO

Espresso and hot water.  
Regular 2.75 | Large 3.25

#### CAFÉ LATTE

Espresso and steamed milk with a layer of foamy milk on the surface  
Regular 3.75 | Large 4.5

#### CAPPUCCINO

Espresso and foamed milk.  
Regular 3.50 | Large 4.25

#### HOT CHOCOLATE

A wintertime favorite with your choice of milk.  
Regular 3.75 | Large 4.5

#### HOT TEA

A cup of hot tea of your choosing. Tea selection behind counter.  
Regular 2 | Large 2.5

### COLD DRINKS

#### ICED COFFEE

Housemade cold brew served over ice. Cold and refreshing.  
Regular 3 | Large 3.5

#### ICED LATTE

Espresso, milk and ice.  
Regular 3.75 | Large 4.50

#### ICED TEA

A tall cold glass of Iced Black Tea or Seasonal Herbal Tea. Free refills 2.25

### DRINK EXTRAS

Add flavored syrup .40 | Add espresso shot .65

### MILK OPTIONS

Soy Milk | Almond Milk | Oat Milk |

We do not offer dairy milk.