**Bella’s**

Room Service Menu

Although our restaurant is closed this year, we’re happy to deliver meals to your room. Just let us know what you’d like and when you’d like it delivered, by 3pm on the day prior:

by email: rounddabayinn@yahoo.ca

or by phone at (709) 544-2008.

We’ll have everything you want waiting for you on a table just outside your door in the hallway.

We’re happy to make Picnic lunches too; just let us know the day before and we’ll talk about what you like.

We’ve added lots of healthy options to our menu this year:

WFPB: Whole Food Plant-Based ~ Veg: Vegetarian ~ V: Vegan ~ GF: Gluten Free

Breakfast Menu - 8am until noon

**Bella’s Blueberry Date Bars** 6 WFPB, Veg, V, GF

Warmed and drizzled with blueberry sauce

**Overnight Oats** 6.50 WFPB, Veg, V, GF

Old fashioned oats in almond milk, lightly sweetened with maple syrup and filled with strawberries, blueberries and chia seeds.

**Mama Bella’s Breakfast**  13 GF option

Two eggs, bacon, hash browns, homemade toast, juice and coffee or tea

**Little Bella’s Breakfast**  11 GF option

Two eggs, bacon, homemade toast, juice and coffee/tea

**Maple French Toast** 10 veg, GF option

Two maple spiced slices of French Toast made with homemade bread, served with maple syrup.

**Popeyes** 10 Veg, GF option

Two fried eggs in homemade toast, with a side of homemade hash browns.

**Beans and Toast** 11 WFPB, Veg, V, GF option

A traditional, hearty Newfoundland breakfast, with homemade white or whole wheat toast.

Add chopped bacon to your beans: 3

**Continental Breakfast** 9.00 Veg, V, WFPB and GF options

Cereal or oatmeal, toast, juice and coffee or tea

 Smoothies $5.75 WFPB, Veg, V, GF

 made with real fruit and apple juice

 **Good Morning Sunshine Happy Juice**

Pineapple, Mango & Strawberry Blueberry, Cherry & Melon

**Side Orders Beverages**

Bacon (3 slices) 3 Coffee – Regular & Decaf 2

Hash Browns (Veg, V, PB option) 3 Tea – Regular 2

Toast (2 slices) 2.50 Premium Organic local tea 2.50

Cold Cereal (GF options) 2 Juice – Apple & Orange 1.25/2

Egg 1.50 Milk 1.25/2

Oatmeal (GF) 3.50 Soda 2

**For your toast: For your coffee and tea:**

Blueberry jam, peanut butter, Sugar, maple syrup,

Vegan margarine, honey, hummus honey, sweetener

 milk, cream, almond milk

 Bella’s

Lunch and Supper Menu ~ noon until 7

**Soups** 6.75 WFPB, Veg, V

 GF options

Our homemade soups are made with the freshest local ingredients and served with a white or whole wheat bun.

Vegetable ~ Chicken Vegetable ~ Root Cellar ~ Vegetarian Pea Soup

**Steak** 27 GF

Triple A Striploin, marinated to tender perfection, accompanied by your choice of baked potato, home fries or rice, along with side vegetable.

Add mushrooms and onions for $3

**Three Bean Chili** 8.50WFPB, Veg, V

 GF option

Our hearty chili is served with homemade white or whole wheat bun

**Boiled Beans**  8.50 WFPB, Veg, V

 GF option

A hearty Newfoundland favorite served with homemade white or whole wheat bun

**Spaghetti**  12.50 WFPB, Veg, V

 GF option

Our nutritious vegetable-based tomato sauce is served on brown rice pasta with white or whole wheat bun

**Bay Burger Platter**  15 GF Option

Tasty beef burger topped with lettuce, tomato and onion, served on our grilled artisan bun. Served with home fries.

Add cheese or bacon; 1 each

**Pulled Mushroom Sandwich** 16 WFPB, Veg, V

 GF option

A medley of mushrooms sautéed in our barbeque sauce served on a toasted whole wheat bun, with fries or baked potato.

**Grilled Cheese Sandwich** 10 Veg, GF option

Made with homemade bread and cheddar cheese, served with fries.

 Desserts

Cookies $1.75 ea or 2 for $3  WFPB, Veg, V

delicious and nutritious with no refined sugar, dairy or eggs:

Peanut Butter ~ Tahini Oatmeal Raisin ~ Ginger Snap ~ Mexican Hot Chocolate

 

Energy Balls $1.75 ea or 2 for $3 WFPB, Veg, V

Named after our Geopark Sites, each Energy Ball is a nutritional powerhouse!

Sea Arch Brook Point Sea Stack

Pecans, peanut butter Cashews, nut butter Cocoa, dates, coconut

dates, raisins, coconut coconut, applesauce chia seeds, maple syrup

maple syrup flax seeds, dates rolled oats

 Beverages

Hot Drinks: 2.00 Cold Drinks: 1.25 small; 2 large

Coffee Juice: Apple and Orange

Tetley Tea Milk: White or Almond Milk

 Soda: Coke, Pepsi, Ginger Ale: 2

Premium Organic Tea from The Newfoundland Tea Co.: 2.50

~ Cream Earl Grey ~ Wild Blueberry ~ Cinnamon Chai ~

 From the Bar

**Spirits**: $5/oz

Iceberg White Rum

Iceberg Vodka

Screech

Bells Blended Scotch

Wiser’s Rye Whiskey

Captain Morgan Deluxe Dark Rum

Kahlua

Baileys

**Beer:** $5 Blue Star ~ Black Horse ~ Bud Light ~ Coors Light

 $6 Quidi Vidi Iceberg

 $9 Local Craft Beer by Port Rexton Brewing Co.

**Wine**

**Red: Glass Bottle** (750ml)

Jackson-Triggs Cabernet

 Sauvignon $6.50 $23

Jackson-Triggs Merlot 6.50 23

Bolla Valpolicella 6.50 27

**White:**

French Cross Chardonnay 6.50 23

Jackson-Triggs Sauvignon Blanc 6.50 23

 Bella’s 

WFPB: Plant-Based ~ Veg: Vegetarian ~ V: Vegan ~ GF: Gluten Free

We hope you’ll enjoy the healthy new options we’ve added to our menu! Here’s a short explanation:

* WFPB: Whole Food Plant Based eating focuses on plants – vegetables, fruits, seeds, nuts, legumes, whole grains. We don’t eat meat, dairy, eggs, refined sugars, or refined white flour and we limit oils as much as possible. We buy local organic food whenever we can.

Veg: Vegetarian food doesn’t contain meat

V: Vegan foods have no animal or dairy products (no eggs, no milk)

GF: Gluten Free – we use gluten-free oats and we can substitute gluten-free bread in any of our menu items.

We take utmost care in the preparation of gluten-free menu items to ensure there is no cross-contamination with gluten, however we do have wheat containing products in the kitchen so they may not be safe for those with celiac disease.