Bella’s



Welcome to Bella’s! Enjoy a delicious breakfast from 8am until noon. We’ve added lots of healthy options ~ they’re easy to identify:

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

Healthy Start 11.00 WFPB, Veg, V

Cooked oatmeal with raisins or blueberries, small fruit bowl, GF toast option

whole wheat toast and juice

Bella’s Blueberry Date Bars 10.75 WFPB, Veg, V, GF

Warmed and drizzled with blueberry sauce and

cashew cream, served with a small fruit bowl

Overnight Oats 6.50 WFPB, Veg, V, GF

Old fashioned oats in almond milk, lightly sweetened with maple

syrup and filled with nutritious seeds and combinations of flavors

and fruits. Check the board to see what’s available today.

Bella’s Blueberry Pancakes 10 Veg

Three fluffy blueberry pancakes served with blueberry sauce

Big Bella’s Breakfast 15 GF option

Two eggs, bacon, hash browns, pancakes, homemade toast,

juice and coffee or tea

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 or tea

Maple French Toast 10 Veg

Two maple spiced slices of French Toast made with homemade bread, GF option

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

A traditional, hearty Newfoundland breakfast, with homemade GF option

white or whole wheat toast.

Add chopped bacon to your beans: 3

Continental Breakfast 9.00 Veg, V

Cereal or oatmeal, toast, juice and coffee or tea WFPB and GF options

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiM1IDclKznAhXkAZ0JHUXkBZ0QjRx6BAgBEAQ&url=%2Furl%3Fsa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D2ahUKEwid8NjWlKznAhURVc0KHeZ_D3MQjRx6BAgBEAQ%26url%3Dhttp%253A%252F%252Fclipart-library.com%252Fclip-art%252F412-4123710_berries-clipart-wild-berry-berries-clipart.htm%26psig%3DAOvVaw3V3jAlCtfqF5TQWjidM4B7%26ust%3D1580502469209517&psig=AOvVaw3V3jAlCtfqF5TQWjidM4B7&ust=1580502469209517) Smoothies $5.75 WFPB, Veg, V, GF

Made with real fruit and apple juice ~ a great source of vitamins and nutrients

**Good Morning Sunshine Happy Juice**

Pineapple, Mango & Strawberry Blueberry, Cherry & Melon

**Side Orders Beverages**

Bacon (3 slices) 3 Coffee – Regular & Decaf 2.00

Hash Browns (Veg, V, PB option) 3 Tea – Regular & Premium Organic 2.00 / 2.50

Toast (2 slices) 2.50 Juice – Apple and Orange 1.25 / 2

Cold Cereal (GF options) 2 Milk 1.25 / 2

Egg 1.50 Soda 2

Oatmeal (GF) 3.50

Small fruit bowl: 4

For your toast: For your coffee and tea:

Blueberry jam, peanut butter, Sugar, maple syrup, honey, sweetener

vegan margarine, honey, hummus Milk, cream, almond milk

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Lunch and Supper Menu ~ noon until 7

Soups 6.75  WFPB, Veg, V

Our homemade soups are made with the freshest local ingredients GF options

and served with a homemade biscuit or whole wheat bun. Check

the board for today’s delicious soups.

Three Bean Chili & Salad 13 WFPB, Veg, V

Our hearty chili is served with a side salad and GF option

homemade white or whole wheat bread

Boiled Beans & Salad 13 WFPB, Veg, V

A hearty Newfoundland favorite served with side salad and GF option

homemade white or whole wheat bread

Spaghetti 17 WFPB, Veg, V

Our nutritious vegetable-based tomato sauce is served on brown GF option

rice pasta with side salad and white or whole wheat bread

Veggie Panini 14 WFPB, Veg, V

Roasted red peppers, caramelized onions, grilled mushrooms with GF option

homemade hummus on whole wheat bread, with side salad.

Roasted Chicken Panini Melt 16 GF option

Tender roasted chicken, roasted red peppers, caramelized onions,

cheddar cheese with pesto mayo on our grilled artisan bread, with side salad.

Veggie Burger Platter 15 WFPB, Veg, V

Tasty veggie burger topped with lettuce, tomato and onion, served GF Option

on our grilled artisan white or whole wheat bun. Served with home fries or

side salad. Add cheese: $1

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 or side salad.

Add cheese or bacon; 1 each

Pulled Mushroom Sandwich 16 WFPB, Veg, V

A medley of mushrooms sautéed in our barbeque sauce GF Option

Served on a toasted whole wheat bun, with side salad.

Fish Cake and Salad 19 V, Veg, GF option

Made with local salt cod, these fish cakes are a Newfoundland favorite. Served

with homemade chow, side salad, pickled beets and homemade bread.

A small portion: 13.50

Sweet Potato Cake and Salad 19 WFPB, Veg, V

Our Sweet Potato Cakes are filled with healthy goodness, and are served GF option

with homemade chow, side salad, pickled beets and homemade bread.

A small portion: 13.50

Grilled Cheese Sandwich 10 Veg, GF option

Made with homemade bread and cheddar cheese, served with side salad

or fries.

[](https://www.google.ca/imgres?imgurl=https://s-media-cache-ak0.pinimg.com/236x/da/fe/39/dafe3943c6f3b722ae7f3197ef6bf34e.jpg&imgrefurl=https://www.pinterest.com/pin/285626801339329001/&docid=Vn1vbLFPciH7fM&tbnid=qo3wUGr2Wfpo0M:&vet=10ahUKEwiKlqLwn8DTAhWE5yYKHQnXAbcQMwhSKCUwJQ..i&w=236&h=267&hl=en&bih=651&biw=1366&q=leaf%20scroll%20designs&ved=0ahUKEwiKlqLwn8DTAhWE5yYKHQnXAbcQMwhSKCUwJQ&iact=mrc&uact=8) Desserts

Blueberries in a Cloud 6.50 Veg

A light dessert with cream cheese, whipped cream and local blueberries, topped with our blueberry sauce.

Chocolate Stack 6.50 WFPB, Veg, V, GF

Chocolate cakes topped with chocolate date icing, drizzled with maple cashew cream and topped with maple glazed pecans.

**and** lots of other treats; some traditional Newfoundland favorites and other amazing recipes we’ve found along the way

Check the board to see what we’re making fresh each day!

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjSlOnB093mAhUwc98KHQd_D2IQjRx6BAgBEAQ&url=http%3A%2F%2Fclipart-library.com%2Ffree-horizontal-vine-clipart.html&psig=AOvVaw2tdmBKl4vxy8JsvuKptUjk&ust=1577804912632865)

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

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

Sea Arch Brook Point Root Cellar Chimney

Pecans, peanut butter Cashews, nut butter Raisins, dates, carrots, squash Cocoa, dates,

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

maple syrup flax seeds, dates coconut maple syrup

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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, Sprite, Ginger Ale: **2**

Premium Organic Tea from The Newfoundland Tea Co.: 2.50

~ Cream Earl Grey ~ Caramel Latte ~ Wild Blueberry ~ Cinnamon Chai ~ Orange Popsicle

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**Coffee Drinks:** $7

The Nutty Bayman Kitchen Party Route 235

Butternut Schnapps, Amaretto Kahlua, Irish Whiskey Baileys, Irish Whiskey

and whipped cream and whipped cream and whipped cream

**Baytinis**: $8.50 **Spirits**: $5

Round Da Baytini Iceberg White Rum

Coconut rum, cranberry juice Iceberg Vodka

and pineapple juice Screech

Bells Blended Scotch

The Lighthouse Wiser’s Rye Whiskey

Iceberg Vodka, raspberry Captain Morgan Deluxe Dark Rum

Lemonade and sprite Kahlua

Baileys

The Captain

Iceberg vodka, Triple Sec

And lime punch

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

$6 Quidi Vidi Iceberg

Local Craft Beer by **Port Rexton Brewing Co.**

**Wine**

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

Jackson-Triggs Cabernet Sauvignon $6.50 $23

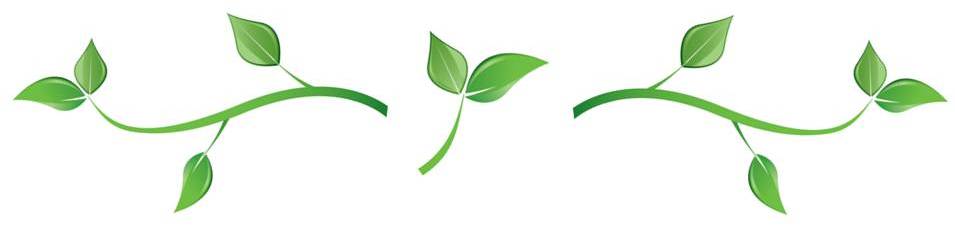
Jackson-Triggs Merlot 6.50 23

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.