 **Bella’s**

Breakfast Menu - 8am until noon

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

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

**Mama Bella’s Breakfast**  15 GF option

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

**Popeyes** 12 Veg, GF option

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

**Maple French Toast** 12 Veg, GF option

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

**Blueberry Pancakes** 14

Three fluffy blueberry pancakes with our homemade blueberry sauce

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

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

**Continental Breakfast** 10.00 Veg, V, WFPB , GF option

Cereal or oatmeal, toast, juice and coffee or tea

**Side Orders**

Bacon (3 slices) 5

Hash Browns (Veg, V, PB option) 4

Toast (2 slices) 3

Cold Cereal (GF options) 4

Egg 3

Oatmeal (GF) 3.50

Maple Pecan Date Muffin 4.50

 Smoothies $6.50 WFPB, V, GF

 made with real fruit and juice

 **Good Morning Sunshine Happy Juice**

Pineapple, Mango & Strawberry Blueberry, Cherry & Melon

**Beverages**

Coffee – Regular and Decaf $2.50

Tea $2.50

Organic Local Tea $2.75

Juice – Apple and Orange $1.50/2.50

Milk $1.50/2.50

Soda $2.50

 Bella’s

Lunch and Supper Menu ~ noon until 7

**Soups** 8

Our homemade soups are made with the freshest local ingredients and served with homemade bread

~ Chicken Vegetable ~ Beef Barley

~ Root Cellar ( WFPB, Veg, V) ~ Vegetable (WFPB, Veg, V)

 ~ Vegetarian Pea Soup (WFPB, Veg, V)

**Pulled Pork Sandwich** 22

Seasoned and slow roasted pulled pork with our homemade smoky barbeque sauce, topped with our fresh coleslaw, on a toasted bun. Served with fries.

**Fish Cakes** 22 GF option

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

favorite. Served with homemade beans, chow, pickled beets

and homemade bread.

**Mushroom Potato Cakes** 22 WFPB, Veg, V, GF option

Filled with sauteed mushrooms, onions and peppers, grilled crispy brown. Served with homemade beans, chow, pickled beets and homemade bread.

**Three Bean Chili** 9WFPB, Veg, V, GF option

Our plant-based chili is served with homemade bread

**Hearty Meat Chili** 11

Our hearty meat chili is served with homemade bread

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

A hearty Newfoundland favorite, with homemade bread

**Chicken Wings** 17/½ dozen; 22/dozen

Dry spiced crispy chicken wings, served with home fries.

**Grilled Cheese Sandwich** 11 Veg, GF option

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

 **Burgers**

***Meat Vegan***

***Marinated lean ground beef Beyond Meat TM***

**Bay Burger Platter**  18

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

**Bella’s Cheese & Bacon Burger Platter**  21

Our Bay Burger topped with cheddar cheese and bacon.

Served with home fries.

**Bella’s Blueberry Chutney Burger Platter** 19

Bay Burger topped with our homemade blueberry

chutney, made with local blueberries. Served with

home fries

**Dill Burger Platter**  19

Bay Burner topped with our homemade dill aioli and dill pickles. Served with home fries.

**Smoky BBQ Mushroom Onion Burger Platter**  20

Our Bay Burger topped with grilled mushrooms and onions

and our homemade smoky barbeque sauce. Served with home fries.

**\*Add fresh homemade coleslaw for $3**

 Dessert

**Blueberries in a Cloud** 8

A light whipped cream dessert made with local

blueberries, topped with Bella’s Blueberry Sauce.

**Blueberry Date Squares** WFBP, V, GF 8

Warm blueberry date square topped with Bella’s

Blueberry Sauce

**Sweet Potato Chocolate Cake**  WFPB, V, GF 8

Rich and delicious, both the cake and the icing

are made with sweet potatoes.

**Cookies** $2 ea or 2 for $3.75

~ Chocolate Chip ~ Oatmeal Raisin GF

~ Peanut Butter WFPB, V, GF ~ Baygirl Cookies  WFPB,, GF

**Brownie**  WFPB, V, GF 6

Rich chocolate and perfect almost-chewy texture.

  **Energy Balls**

$2 ea or 2 for $3.75  WFPB, Veg, V, GF

Named after our UNESCO 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: 2.50 Cold Drinks: 1.50 small; 2.50 large

Coffee Juice: Apple and Orange

Tetley Tea Milk: White or Almond Milk

Soda: Coke, Pepsi, Ginger Ale: 2.50

Premium Organic Tea from The Newfoundland Tea Co.: 2.75

~ Cream Earl Grey ~ Wild Blueberry ~ Cinnamon Chai ~

 From the Bar

**Spirits**: $7/oz

Iceberg White Rum

Iceberg Vodka

Screech

Bells Blended Scotch

Wiser’s Rye Whiskey

Captain Morgan Deluxe Dark Rum

Kahlua

Baileys

**Beer:** $7 Blue Star ~ Black Horse ~ Bud Light ~ Coors Light

 $8 Quidi Vidi Iceberg

 $9 Local Craft Beer by Port Rexton Brewing Co.

**Wine**

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

Jackson-Triggs Cabernet

 Sauvignon $8 $27

Jackson-Triggs Merlot 8 27

Bolla Valpolicella 9 32

**White:**

French Cross Chardonnay 8 27

Jackson-Triggs Sauvignon Blanc 8 27

 Bella’s

 

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; no animal or dairy products and limited sugar and oil. We buy local organic food whenever we can.

Veg - Vegetarian: no animal products

V - Vegan: no animal or dairy products

GF - Gluten Free: we use ground gluten-free oats in our baking 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.