[](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) Bella’s

Picnic Box Lunch

Call in your order at (709)544-2008

for quicker service. Thanks!

**Sandwiches**

On homemade white or whole wheat,

or gluten-free bread:

Roast Chicken $9

Roast Beef $9

Peanut Butter and Jam $5

Chickpea Salad  $8

**Treats**

**Energy Balls** WFPB, V, GF

$2 ea or 2 for $3.75

Sea Arch Brook Point Sea Stack

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

dates, raisins, coconut coconut, applesauce chia seeds, coconut,

maple syrup flax seeds, dates maple syrup

**Cookies**

$2 ea or 2 for $3.75

Chocolate Chip Oatmeal Raisin

Peanut Butter  GF Baygirl Cookies  GF

**Squares, Muffins and Bars**

Chocolate Brownie $6

Blueberry Date SquareGF$6

Maple Pecan Date MuffinsGF $4.50

Granola Bars GF $4.50

**Round Da Bay Inn**

Main Road, Plate Cove West NL

[www.rounddabayinn.com](http://www.rounddabayinn.com), (709) 544-2008

**Beverages**

**Cold Drinks**: $2.50

Juice: Apple and Orange

Soda: Coke, Pepsi, Ginger Ale

**Hot Drinks**: $2.50

Coffee

Tetley Tea

**Premium Organic Tea**: $2.75

from The Newfoundland Tea Co.

Cream Earl Grey, Blueberry, Cinnamon Chai

[](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**: $6.50

12 oz of real fruit juice

Good Morning Sunshine

Pineapple, Mango and Strawberry

Happy Juice

Blueberry, Cherry and Melon

**From the Bar**

Beer:

Blue Star, Black Horse, Bud Light, Coors 7

Quidi Vidi Iceberg 8

Local Craft Beer by Port Rexton Brewing 9



WFPB – Whole food plant-based: no dairy, no

Anima lproducts, minimal sugar and oil

Veg – Vegetarian: no animal products

V – Vegan: no animal or dairy products

GF - Gluten Free: 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.