 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

  **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.