[](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**

Sandwiches

On homemade white or whole wheat,

or gluten-free bread:

Roast Chicken $6.75

Roast Beef $6.75

Peanut Butter and Jam $4.75

Chickpea Salad $6.75

Salad & Fruit

Pasta Salad $4

Apple $1.75

Orange $1.75

Treats

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

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

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

Peanut Butter Ginger Snap

Spiced Tahini Oatmeal Double Chocolate

All these treats are  WFPB, Veg, V, GF

Blueberry Date Square$4

Chocolate Brownie $4

Maple Pecan Date Muffins $3

Coconut Almond Muffins $3

Granola Bars $3

Maple Roasted Pecans $3.50

Beverages

Hot Drinks: $2.00 Cold Drinks: $2.00

Coffee Juice: Apple and Orange

Tetley Tea Soda: Coke, Pepsi, Ginger Ale

Premium Organic Tea from The Newfoundland Tea Co.: 2.50

~ Cream Earl Grey ~ Wild 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** $5.75

12 oz of real fruit and juice

**Good Morning Sunshine**

Pineapple, Mango & Strawberry

**Happy Juice**

Blueberry, Cherry & Melon

From the Bar

Beer:

Blue Star ~ Black Horse ~ Bud Light ~ Coors 5

Quidi Vidi Iceberg 6

Local Craft Beer by Port Rexton Brewing Co. 9



* WFPB – Whole food plant-based: no dairy, no animal products, 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.