**Bella’s**

Room Service Menu

To order, please contact us here:

Phone: (709) 544-2008, Text: (709) 727-7604

or Email: rounddabayinn@yahoo.ca

Just let us know what you’d like and at what time, and we’ll have it waiting for you on a table just outside your door in the hallway.

We love pre-orders! They help our kitchen run smooth. We’d really appreciate your order with as much notice as possible; the day before would be ideal.

We have lots of healthy options:

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

Breakfast Menu - 8am until noon

**Overnight Oats** 6.50 WFPB, Veg, V, GF

Old fashioned oats in almond milk, lightly sweetened with maple syrup and filled with strawberries, blueberries and chia seeds.

**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/tea

**Maple French Toast** 10 Veg, GF option

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

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

Add chopped bacon to your beans: 3

**Continental Breakfast** 9.00 Veg, V, WFPB , GF option

Cereal or oatmeal, toast, juice and coffee or tea

 Smoothies $5.75 WFPB, Veg, V, GF

 made with real fruit and juice

 **Good Morning Sunshine Happy Juice**

Pineapple, Mango & Strawberry Blueberry, Cherry & Melon

**Side Orders Beverages**

Bacon (3 slices) 3 Coffee – Regular & Decaf 2

Hash Browns (Veg, V, PB option) 3 Tea – Regular 2

Toast (2 slices) 2.50 Premium Organic local tea 2.50

Cold Cereal (GF options) 2 Juice – Apple & Orange 1.25/2

Egg 1.50 Milk 1.25/2

Oatmeal (GF) 3.50 Soda 2

**For your toast: For your coffee and tea:**

Blueberry jam, peanut butter, Sugar, maple syrup,

vegan margarine, honey honey, sweetener

 milk, cream, almond milk

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Lunch and Supper Menu ~ noon until 7

**Soups** 6.75 WFPB, Veg, V

 GF options

Our homemade soups are made with the freshest local ingredients and served with a white or whole wheat bun.

~Vegetable ~ Chicken Vegetable

~ Root Cellar ~ Vegetarian Pea Soup

**Steak** 27 GF

Triple A Striploin, marinated to tender perfection, accompanied by your choice of baked potato, home fries or rice, along with side vegetable.

Add mushrooms and onions for $3

**Fish Cakes** 19 GF option

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

favorite. Served with homemade beans, chow, pickled beets

and a white or whole wheat bun.

**Mushroom Potato Cakes** 19 WFPB, Veg, V, GF option

Filled with sauteed mushrooms, onions and peppers, grilled crispy brown. Served with homemade beans, chow, pickled beets and a white or whole wheat bun.

**Three Bean Chili** 8.50WFPB, Veg, V, GF option

Our hearty chili is served with homemade white or whole wheat bun

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

A hearty Newfoundland favorite served with homemade white or whole wheat bun

**Spaghetti**  12.50 WFPB, Veg, V, GF option

Our nutritious vegetable-based tomato sauce is served on brown rice pasta with white or whole wheat bun

**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.

Add cheese or bacon; 1 each

**Chicken Wings** 14.50/½ dozen; 19/dozen

Dry spiced crispy chicken wings, served with home fries.

**Grilled Cheese Sandwich** 10 Veg, GF option

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

 Desserts

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

delicious and nutritious with no refined sugar, dairy or eggs:

~ Peanut Butter ~ Spiced Tahini Oatmeal

~ Ginger Snap ~ Double Chocolate

 

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

Named after our 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: 2.00 Cold Drinks: 1.25 small; 2 large

Coffee Juice: Apple and Orange

Tetley Tea Milk: White or Almond Milk

 Soda: Coke, Pepsi, Ginger Ale: 2

Premium Organic Tea from The Newfoundland Tea Co.: 2.50

~ Cream Earl Grey ~ Wild Blueberry ~ Cinnamon Chai ~

 From the Bar

**Spirits**: $5/oz

Iceberg White Rum

Iceberg Vodka

Screech

Bells Blended Scotch

Wiser’s Rye Whiskey

Captain Morgan Deluxe Dark Rum

Kahlua

Baileys

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

 $6 Quidi Vidi Iceberg

 $9 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

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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.