



Don't panic! It's ORGANIC!

What is Shug?

"Shug" is a healthy, spicy Mediterranean condiment that we make in house of jalapenos, cilantro, parsley, kale, garlic and spices. It pairs wonderfully with avocado & tomatos!

FOOD

Organic Menu

Enjoy eating here or get it to-go.

Light Breakfast, Organic

Bagel & cream cheese 6.50
toasted New York Bagel w/ cream cheese OR butter

Belgian waffle 12.50 large (7.50 small)
house waffle w/ berry compote, honey yogurt OR maple syrup & butter

Yogurt parfait 9.50
fruit layered with honey yogurt and our house granola

Avocado sourdough toast 6.50
toasted slice of our Rustic Sourdough bread with shug (or not)

Peanut butter toast 3.50

Toast with butter 2.50

Light Lunch, Organic

The Beach Bum bagel 10.00
toasted New York bagel w/ cream cheese, tomato and shug

The Gerald bagel 11.00
toasted New York bagel w/ cream cheese, avocado and shug

The Alexis bagel 12.00
toasted New York bagel w/ cream cheese, tomato, avocado and shug

The Dory-Me bagel 13.50
toasted New York bagel w/ cream cheese, smoked salmon

Soup and bread (Fall-Spring) 10.00
bowl of soup (ask what we have today) and bread

Desserts, Organic

Ice cream 5.00
2 small scoops on cone or in bowl

Ask what cake, tart, cobbler or pie we have today.



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About our Ingredients

All our food is made here in house in small batches. We source the highest quality ingredients and purify our water to use in all our foods and drinks. Our ingredients are either organic or on the Clean 15 list or are sourced from Europe.

BAKES

Organic Menu

Not all are available every day. Come in and see.

Breads, Organic

Rustic sourdough bread 12.50 (6.50 small)

Sourdough baguettes 6.50

New York bagels 5.00

Whole wheat bread 12.50 (6.50 small)

Honey challah 14.00 (10.00 small)

French bread 8.00

Heritage rye artisan 14.50 (7.50 small)

North Idaho potato bread 12.50 (6.50 small)

Pastries, Organic

Cinnamon rolls with buttercream 7.50

Almond pecan scones 5.00

Orange cranberry scones 5.00

Molassas ginger cookies 5.00

Chocolate chip cookies 5.00

Lemon snickerdoodles 5.00

Raspberry streusal 6.00

Apple fritters (baked / sourdough) 6.00

Maple donuts (baked / sourdough) 5.00

Buttermilk mini donuts 6 for 10.50

Lemon poppyseed muffins 6.50

Sunshine (bran) muffins 6.50

Coffee cake 6.50

Snacks, Organic

Chocolate energy balls 2 for 6.00

Harvest balls 2 for 6.00

Date bars 2 for 7.50



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You have drinks?

Yes! Our coffee drinks are made with organic cold brew blended just for us from organic Guatemalan and Sumatra beans. We make all our own organic syrups in house. We purify our water for your drinks. We use bamboo straws.



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DRINK

Organic Menu

*Available organic milks:
whole milk ~ half and half ~ oat milk*

Coffee, Organic

	<u>12 oz</u>	<u>16 oz</u>
Americano	4.50	5.00
Cold Brew	5.50	6.50
[straight up sweet cream Cold Brew]		
Latte	5.50	6.50
[vanilla hazelnut]		
Mocha	5.50	7.50
[vanilla hazelnut]		
Drip coffee	4.00	4.50
Drip coffee in house.....	3.50 (free refills)	

Non-Coffee, Organic

	<u>12 oz</u>	<u>16 oz</u>
Matcha	6.50	7.50
[unsweetened Jade matcha w/ vanilla syrup or honey]		
Herbal tea	3.50	4.50
[with honey English style w/ splash of milk, complimentary]		
London Fog	6.50	7.50
[Earl Grey infused with lavender lavender syrup]		
Mountain Chai Latte	6.50	7.50
[Made with Shalva Tea from the land of Israel]		
100% Juice	3.50	
[4 oz 100% REAL organic fruit juice. Pineapple or tropical blend]		
Lemonade	5.50	6.50
[add seasonal fruit for 2.00, summer only]		
Hot Cocoa	6.50	7.50
[with kosher marshmallows or whipped cream, if we have it]		

OPEN

Hours

We do take vacations and the Holy Days off throughout the year, so please check our social media if you are here during posted business hours and we are closed. Sorry about that.

Sunday	8:00 am - 12:30 pm
Monday	8:00 am - 2:00 pm
Tuesday	8:00 am - 2:00 pm
Wednesday	OPEN in Cd'A *
Thursday	8:00 am - 2:00 pm
Friday	8:00 am - 2:00 pm
Shabbat	CLOSED

* we are at the 5th Street Farmers Market in Coeur d'Alene, Idaho on Wednesdays from 4-7pm during the summer months.

Mission Statement

The Beach Bum Bakery understands that people become what they eat. Food can either heal or create disease. Therefore, our mission is to make organic food that is fresh, simple and delicious by using ingredients for our bakery, eatery and coffee shop that are 100% clean, free of toxic chemicals and GMO's. Our delicious homemade food, our sunshine filled shop and our cheerful staff are sure to make the heart and body happy with every visit and every bite. Thank you for stopping by!