

**WE DON'T SERVE FAST FOOD. We serve good food fast. EVERYTHING is made to-order and it takes as long as it takes to make 😊. Please be patient or ORDER AHEAD.**

## BREAKFAST EGG SANDWICHES

Choice of Bread, Egg and Choice of Cheese **\$4.78**  
with Choice of Meat **\$4.98**  
add House Potatoes **+\$1**

### Choice of Bread

- White
- Bagel
- Multigrain
- English Muffin
- Croissant
- Gluten Free Bread **+\$1**
- Keto Cloud Bun **+\$1.50**
- Keto Bread **+\$1.50**
- Paleo Bread **+\$1.50**
- Vegan Bread **+\$1**

### Choice of Meat

- Sausage
- Bacon
- Turkey Sausage
- Vegan Breakfast Sausage **+\$1**
- Vegan Ham **+\$1**

### Choice of Cheese

- American
- Swiss
- Cheddar
- Pepper Jack
- Dairy Free Cheese **+\$1**
- Vegan Cheese **+\$1**

Toasted Bagel &  
Plain Cream  
Cheese \$2.55

## BREAKFAST BURRITOS

Choice of Meat, Egg, our House Potatoes, Pinto Beans rolled in our regular (multigrain available also) or gluten free dairy free, soy free house flour with Mexican shredded cheese (dairy free or vegan available). House salsa on side

No Meat **\$6.25 | Gluten Free \$7.25**  
With Meat **\$6.98 | Gluten Free \$7.98**  
With Veggies (No meat) **\$8.25 | Gluten Free \$9.25**

### Choice of Meat

- Sausage
- Bacon
- Vegan Breakfast Sausage **+\$1**
- Turkey Sausage

## OMELETTES / EGG SCRAMBLES (build your own)

2 Egg Scramble **\$2.98**    2 Egg White Scramble **\$3.98**  
2 Egg Omelet **\$3.98**    2 Egg White Omelet **\$4.98**

Additional Egg **+\$1.50 each**

**KETO QUICHE \$4.85 slice**

### Choice of Meat (+\$1.50 each)

- Sausage
- Bacon
- Turkey Sausage
- Vegan Breakfast Sausage **(+\$1 extra)**
- Vegan Ham **(+\$1 extra)**

### Choice of Add-Ins (+\$1 each)

- Cheese (Dairy Free or Vegan **+\$1 extra**)
- Onions
- Spinach
- Sweet Peppers
- Avocado
- Potatoes
- Beans
- Jalapeños
- Mushrooms

## BISCUITS & GRAVY

House Gravy served over open-face house Biscuit

No Meat **\$8.75 | Gluten Free \$9.75**  
With Meat **\$9.75 | Gluten Free \$10.75**

## BREAKFAST SIDES/EXTRAS

- House Potatoes **\$1.75**
- Eggs **\$1.50 each** (scrambled/over easy/medium)
- Bacon **\$3** (two pieces)
- Side Salad **\$3.50**
- Sausage **\$2** (1 piece) **Vegan \$3**
- Side of Toast (1 slice) **\$0.75** **Gluten Free \$1 | Vegan \$1 | Keto/Paleo \$1.50** add Avocado \$1.50
- Side of Fruit **\$2**

## HOT SANDWICHES

**PICK A SIDE**

**BBQ Pulled Pork \$8.98 | Gluten Free \$9.98**

Slow cooked shredded pork in our house honey chipotle BBQ sauce on Ciabatta Roll

**Meatball Sandwich \$8.98 | Gluten Free \$9.98**

Beef Meatballs in our house BBQ honey chipotle sauce on a Ciabatta Roll

**Grilled Cheese \$6.55 | Gluten Free \$7.55 | Vegan \$8.55**

Tomato and your choice of cheese on our house multigrain bread

**Tuna Melt \$7.88 | Gluten Free \$8.88**

Tuna and your choice of cheese on our house multigrain bread

## HOUSE SANDWICHES

**PICK A SIDE**

**Turkey Sandwich \$7.88**

Herb Roasted Turkey, Lettuce, Choice of Cheese, Tomato, Mayo and Mustard on your Choice of Bread

**Ham Sandwich \$7.88 | Vegan \$9.88**

Ham, Lettuce, Choice of Cheese, Tomato, Mayo and Mustard on your Choice of Bread

**BLT \$7.88**

Bacon, Lettuce, Tomato & Mayo on Multi Grain bread

**Club Sandwich \$7.98**

Turkey, Bacon, Lettuce, Tomato & Mayo. Add avocado for just \$0.80 more!

**GLUTEN FREE**  
add \$1  
**KETO/PALEO**  
add \$1.50

**Tuna Sandwich \$7.88**

Tuna, Mayo, Lettuce & Tomato

**Vegetarian Sandwich \$8.78 | Vegan \$10.78**

Lettuce, Tomato and Fresh Veggies, Avocados & Cheese

## PANINIS

**PICK A SIDE**

**Chicken Panini \$8.98 | Gluten Free \$9.98**

Pesto, chicken, onions, mixed peppers & cheese.

**Buffalo Chicken Panini \$8.98 | Gluten Free \$9.98**

Grilled Chicken, buffalo sauce and cheese. Comes with a side of bleu cheese dressing.

**Vegetarian Panini \$8.78 | Gluten Free \$9.78 | Vegan \$10.78**

Grilled Onions. Spinach, peppers, pesto & cheese

## QUESADILLAS

Made with our house flour tortilla or house gluten free, dairy free, soy free tortilla. House salsa on the side.

- Cheese **\$5.98**
- Chicken **\$7.98**
- Pulled Pork **\$7.98**
- Sausage **\$7.98**
- Vegetable **\$7.98**
- Bacon **\$7.98**

**Make it a Breakfast Quesadilla! Add egg for just \$1 more!**

**Gluten Free add \$2 | Dairy Free/Vegan add \$5**

## LUNCH SIDE CHOICES

**ALL LUNCHES COME WITH A CAKE POP**

- Fries <sup>GF</sup>
- Bag of Chips <sup>GF options</sup>
- Side Salad <sup>GF</sup>
- House Skillet Potatoes <sup>GF</sup>
- Potato Salad <sup>GF</sup>

**AVOID THE WAIT - ORDER AHEAD**

**Call 602.978.2479 or Text order to 602.803.5933**

**ALLERGIES?**  
**PLEASE tell us if you have any.**

**There is an extra \$1.50 charge to split any meals.**

## LUNCH BURRITOS

Choice of Meat, our House Potatoes, Pinto Beans and Cheese rolled in our house flour Tortilla or House Gluten Free, Dairy Free, Soy Free Tortilla. House salsa on side

No Meat **\$5.98 | Gluten Free \$6.98**

Chicken w/Taco Seasoning **\$6.98 | Gluten Free \$7.98**

Pulled Pork **\$7.98 | Gluten Free \$8.98**

Vegetarian **\$7.98 | Gluten Free \$8.98**

Onions, Mushrooms, Bell Peppers, Spinach & Cheese

**Dairy Free or Vegan Cheese add \$1**

## BURGERS

**PICK A SIDE**

**House Burger \$9.98 | Gluten Free \$10.98 | Keto \$11.48**

Sirloin patty, mayo, lettuce, mustard, tomato, grilled onions, grilled mushrooms & cheese on our house ciabatta roll

**Black Bean Burger \$10.98**

**Gluten Free \$11.98 | Keto \$12.48**

Black Bean Burger, mayo, lettuce, tomato

and our house aioli sauce on our house ciabatta roll

**TURKEY BURGER**  
add \$1

## SOUP

Chicken Tortilla (Gluten Free) **\$7.45**

Tomato Basil **\$6.15 | Gluten Free/Vegan \$7.15**

Clam Chowder (not Gluten Free) **\$6.45**

**BREAD BOWL**  
add \$1 (not  
Gluten Free,  
Vegan, Keto,  
or Paleo)

## SOUP & SANDWICH COMBO

Soup and ½ Grilled Cheese **\$6.88**

Soup and FULL Grilled Cheese **\$7.38**

**Add \$2 for Gluten Free, \$3 for Vegan, and \$1.50 for Keto.**

Substitute any other **COLD** Sandwich: **+\$1 for ½ and +\$1.50 for Full.**

## SALADS

**House Salad w/ Chicken ½ \$8.95 | Full \$12.85**

Lettuce, Cherry Tomatoes, Sweet Peppers, Cucumbers, Feta & Candied walnuts tossed in our blush wine vinaigrette **or your choice of dressing**

**(No Meat) ½ \$6.98 | Full \$9.85**

**Italian Salad w/ Chicken ½ \$9.48 | Full \$13.48**

Lettuce, Chicken, Red Onions, Sliced Olives, Pepperoncini's, Tomatoes, Parmesan Cheese & Croutons tossed in Italian Dressing **(No Meat) ½ \$7.98 | Full \$11.98**

**Chicken Caesar ½ \$7.88 | Full \$12.88**

Chicken, Croutons & Parmesan Cheese tossed in our House Caesar Dressing

**(No Meat) ½ \$5.88 | Full \$8.88**

**Chicken Taco Salad \$10.50 | Gluten Free \$11.50**

Our tortilla bowl made to order, Refried Beans, Chicken, Shredded lettuce, Cheese, Sour Cream, Avocado Dip **or** Chopped Avo, House Salsa & Tortilla Strips

## SALAD DRESSINGS

- Ranch
- Blue Cheese
- Italian
- Caesar
- Vidalia Onion
- Olive Oil & Vinegar
- Blush Wine Vinaigrette
- Balsamic Vinaigrette

## Hot Drinks

Percolated Coffee \$1.50 per cup  
Hot Tea \$1.50 per cup

## Cold Drinks (Bottled)

Iced Coffee \$2.58  
*Dunkin Donuts Iced Coffees*

Energy Coffee \$3.25  
*Monster Iced Coffees*

Iced Tea \$1.75  
*Gold Peak Unsweetened & Sweetened Teas*

Milk \$1.89

Apple Juice \$1.25

Chocolate Milk \$1.95

Orange Juice \$1.65

Sodas \$1.50

- Coke
- Diet Coke
- Sprite
- Dr. Pepper
- Diet Dr. Pepper

*Cups, Ice & water provided upon request*

**SATURDAYS** we have Freshly Baked:

- French Style Croissants (*we can make you a Breakfast Sandwich*)
- Gluten Free Homestyle Bread (*FREE Sample – just ask*)

Check out our WEBSITE  
**My Gal Sal.com**

See Photos & Read Reviews

We reserve the right to change the menu and prices at any time without notice.  
We reserve the right to refuse service to anyone.



**BEST BAKERY  
2018 & 2019**



**2017,  
2018 & 2019  
AWARD  
RECIPIENT**



WE BAKE:

Regular Gluten Free Vegan  
GF Vegan Paleo Sugar Free  
Keto & more

# My Gal Sal Bakery & Cafe

**Voted BEST BAKERY in  
Phoenix 2018 & 2019**



- BREAKFAST
- LUNCH
- DESSERT

15820 N 35<sup>th</sup> Ave  
Phoenix 85053

Tuesday to Friday 7:30am to 6pm  
Saturday 7:30am to 3pm

602.978.2479 BAKERY  
602.803.5933 TEXT FOOD ORDER  
*you will receive a confirmation*

*Menu as of AUGUST 2019*



**My Gal Sal Bakery**