

## CLASSIC SMOOTHIES (16 oz)

|  |   |
|--|---|
| <b>STRAWBERRY DELIGHT</b>  | 7 |
| STRAWBERRY, BANANA, YOGURT, HONEY, ICE                                 |   |
| <b>BLUE MOON</b>   | 7 |
| BLUEBERRY, BANANA, YOGURT, HONEY, ICE                                  |   |
| <b>BANANARAMA</b>  | 7 |
| BANANA, COCONUT MILK, YOGURT, HONEY, ICE                               |   |
| <b>IMMUNE BOOSTER</b>  | 7 |
| ORANGE, STRAWBERRY, COCONUT MILK, YOGURT, HONEY, ICE                   |   |
| <b>SUPER C ICIE</b>  | 6 |
| ORANGE, STRAWBERRY, RASPBERRY, HONEY, ICE                              |   |
| <b>AFTER SCHOOL SMOOTHIE</b>   | 8 |
| BANANA, PEANUT BUTTER, CHOCOLATE, YOGURT, 15G WHEY PROTEIN POWDER, ICE |   |

## PREMIUM SMOOTHIES (12 oz)

|   |   |
|---|---|
| <b>GREEN MANGO - VEGAN</b>  | 7 |
| SPINACH, MANGO, BANANA, COCONUT MILK, ORANGE JUICE, CHOOSE YOUR BOOST |   |

**YOUR CHOICE OF BOOST - CHIA SEEDS, GOLDEN FLAX SEEDS, HEMP SEEDS, OR ALMONDS**

**ADD WHEY PROTEIN POWDER (15GRAMS)** 1.5

**ALL SMOOTHIES CAN BE MADE VEGAN**

## VEGGIE JUICE (16 oz)

|  |   |
|--|---|
| <b>CLASSIC CARROT</b> (JUST CARROT)                              | 5 |
| <b>CLEANSING COCKTAIL</b> (CARROT, APPLE, CELERY, BEET)          | 5 |
| <b>DAILY BEET</b> (CARROT, BEET, CELERY)                         | 5 |
| <b>SKIPPER LOVES GINGER</b> (CARROT, APPLE, GINGER)              | 5 |
| <b>GREEN ACRE</b> (CARROT, APPLE, KALE, SPINACH, CELERY, GINGER) | 5 |

## EGG SANDWICHES (AVAILABLE 10:30 AM)

|   |   |
|---|---|
| <b>CLASSIC</b>  | 6 |
| EGGS AND CHEDDAR  |   |
| <b>VEGGIE</b>   | 7 |
| EGGS, CHEDDAR, SPINACH, TOMATOES, GRILLED ONION, GREEN PEPPER & CARROTS |   |
| <b>MEAT</b>   | 7 |
| EGGS, CHEDDAR, TURKEY BACON, HAM  |   |
| <b>SOUTHWEST</b>  | 7 |
| EGGS, PEPPERJACK, GRILLED ONION & GREEN PEPPER, SALSA                   |   |

### VEGAN OPTION

*SUBSTITUTE AVOCADO AND REFRIED BLACK BEANS FOR THE EGG AND CHEESE*

## DELI SALADS BY THE POUND

|                             |    |
|-----------------------------|----|
| <b>CHICKEN</b>              | 14 |
| <b>TUNA</b>                 | 14 |
| <b>MACARONI (VEGAN)</b>     | 7  |
| <b>POTATO (VEGAN)</b>       | 7  |
| <b>CHICKPEA (VEGAN)</b>     | 7  |
| <b>DAD'S SLAW (VEGAN)</b>   | 7  |
| <b>COLE SLAW (VEGAN)</b>    | 7  |
| <b>HUMMUS (VEGAN)</b>       | 7  |
| <b>GRAPE LEAVES (VEGAN)</b> | 7  |

*MINIMUM ORDER 1-LB, ALL GLUTEN FREE*

### A LITTLE BIT ABOUT US...

Organic Bliss Gluten-Free Deli and Bakery is a locally owned and operated eatery. Our customers, our community, and the earth are important to us.

We are committed to using as many local, natural, and organic ingredients as possible. We strive to serve food that is free of chemicals, dyes, pesticides, unwanted additives, MSG, hormones, and antibiotics. Our food is prepared on site using cherished family recipes.

Everything we bake in our bakery is gluten free. We also are here to accommodate people with other allergies and sensitivities. Just give our baker a call to discuss your individual needs. We can save the day with Sprinkles!

[www.organicblissmarket.com](http://www.organicblissmarket.com)

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# Organic Bliss

## Gluten-Free Deli and Bakery

Offering Organic & Natural Foods,  
and Refreshments

3723 N. King Road  
Toledo, OH 43617

Monday - Friday 10:00 a.m. - 6:00 p.m.

Saturday 10:00 a.m. - 5:00 p.m.

Sunday - Closed

Please enjoy our Drive Thru  
Monday - Friday starting at 7:00 a.m.  
Saturday starting at 10:00 a.m.

Phone: 419-517-7799  
Fax: 419-517-7796

\* AVAILABLE FOR CALL-IN OR ON-LINE ORDER ONLY

**SANDWICHES (AVAILABLE GLUTEN-FREE)**

INCLUDES A 4 OZ DELI SALAD

|   |           |
|---|-----------|
| <b>CALIFORNIA TURKEY AND CHEESE</b>   | <b>8</b>  |
| ROASTED TURKEY BREAST, SWISS, ROMAINE, TOMATO, CUCUMBER, SHIITAKE & SESAME VINAIGRETTE, MAYO          |           |
| <b>DAVE'S HAM &amp; CHEESE</b>  | <b>8</b>  |
| BLACK FOREST HAM, SWISS, ROMAINE, TOMATO  |           |
| <b>*FARMERS CHICKEN CRUNCH</b>  | <b>10</b> |
| MARINATED CHICKEN, PEPPERJACK, TOMATO, ONION, AVOCADO, MAYO, ON A GRILLED FLAT BREAD                  |           |
| <b>ROASTED CHICKEN WRAP</b>   | <b>9</b>  |
| MARINATED CHICKEN, PARMESAN, ROMAINE, TOMATO, ONION, DILL PICKLE, SHIITAKE & SESAME VINAIGRETTE, MAYO |           |
| <b>*ALASKAN SALMON BURGER</b>   | <b>9</b>  |
| GRILLED WILD SALMON, ROMAINE, TOMATO, POPPYSEED DRESSING  |           |
| <b>*REUBEN TUESDAY</b>  | <b>8</b>  |
| ROASTED TURKEY BREAST, SWISS, SAUERKRAUT, 1000 ISLAND DRESSING  |           |
| <b>NEW YORK CLUB</b>  | <b>9</b>  |
| ROASTED TURKEY BREAST, BLACK FOREST HAM, TURKEY BACON, ROMAINE, TOMATO, MAYO                          |           |
| <b>BACON LETTUCE TOMATO</b>   | <b>6</b>  |
| TURKEY BACON, LETTUCE, TOMATO, MAYO   |           |
| <b>SPICY ROAST BEEF</b>   | <b>10</b> |
| LEAN ROAST BEEF, PEPPERJACK, ROMAINE, TOMATO, ONION, STONE GROUND, AND SPICY HONEY MUSTARD            |           |
| <b>*PHILLY CHEESE STEAK</b>   | <b>10</b> |
| LEAN ROAST BEEF, SWISS, GRILLED ONIONS & GREEN PEPPERS, SHIITAKE & SESAME VINAIGRETTE, MAYO           |           |
| <b>*CHICKEN QUESADILLA</b>  | <b>10</b> |
| MARINATED CHICKEN, PEPPERJACK, GRILLED ZUCCHINI, ONION, GREEN PEPPER & TOMATO, SALSA                  |           |
| <b>HOMEMADE TUNA SALAD</b>  | <b>9</b>  |
| HOMEMADE TUNA SALAD, ROMAINE, TOMATO  |           |
| <b>*OSCAR TUNA MELT</b>   | <b>10</b> |
| HOMEMADE TUNA SALAD, CHEDDAR  |           |

Drive Thru Opens At 7:00 am

DRIVE-THRU, ALL SANDWICHES SERVED COLD

**SANDWICHES - CONTINUED**

|  |           |
|--|-----------|
| <b>HOMEMADE CHICKEN SALAD</b>  | <b>9</b>  |
| HOMEMADE CHICKEN SALAD, ROMAINE, TOMATO  |           |
| <b>*HOMEMADE CHICKEN SALAD MELT</b>  | <b>10</b> |
| HOMEMADE CHICKEN SALAD, CHEDDAR  |           |
| <b>VEGETARIAN (AVAILABLE GLUTEN-FREE)</b>  |           |
| INCLUDES A 4 OZ DELI SALAD   |           |
| <b>*ZUCCHINI WRAP - VEGAN</b>  | <b>8</b>  |
| GRILLED ZUCCHINI, ONION, KALAMATA OLIVES, TOMATO, SPINACH, AVOCADO, EGGPLANT HUMMUS                    |           |
| <b>*ZUCCHINI MELT</b>  | <b>7</b>  |
| GRILLED ZUCCHINI, ONION & GREEN PEPPER, PEPPERJACK, ROMAINE, TOMATO, DILL PICKLE, 1000 ISLAND DRESSING |           |
| <b>GARDEN FRESH VEGETABLE WRAP - VEGAN</b>   | <b>6</b>  |
| ROMAINE, SPINACH, TOMATO, CARROT, ONION, CUCUMBER, GREEN PEPPER, PAPAYA POPPYSEED DRESSING             |           |
| <b>MEDITERRANEAN WRAP</b>  | <b>7</b>  |
| HUMMUS, FETA, ROMAINE, TOMATO, ONION, CUCUMBER, KALAMATA OLIVES  |           |
| <b>FALAFEL WRAP - VEGAN</b>  | <b>7</b>  |
| FALAFEL, HUMMUS, ROMAINE, TOMATO, ONION, CUCUMBERS, DILL PICKLE  |           |
| <b>*VEGGIE QUESADILLA</b>  | <b>8</b>  |
| PEPPERJACK, GRILLED ZUCCHINI, ONION, GREEN PEPPER & TOMATO, SALSA                                      |           |
| <b>*HEARTY GRILLED CHEESE</b>  | <b>6</b>  |
| SWISS, CHEDDAR, ROMAINE, TOMATO  |           |
| <b>*TOLEDO CHEESY VEGGIE</b>   | <b>7</b>  |
| SWISS, GRILLED CARROTS, ONIONS & GREEN PEPPERS, SHIITAKE & SESAME VINAIGRETTE, MAYO                    |           |
| <b>*HARVEST VEGGIE BURGER - VEGAN</b>  | <b>8</b>  |
| WHOLE GRAIN VEGETABLE PATTY, ROMAINE, TOMATO, CARROT, ONION  |           |
| <b>CARIBBEAN AVOCADO WRAP - VEGAN</b>  | <b>8</b>  |
| AVOCADO, ROMAINE, SPINACH, TOMATO, CUCUMBER, BLACK BEANS, PAPAYA POPPYSEED DRESSING                    |           |

Store Front Opens At 10:00 am

**ENTREE SALADS (HAND CHOPPED)**

|   |              |
|---|--------------|
| <b>*SPINACH SALAD - VEGAN</b>   | <b>10</b>    |
| SPINACH, GRILLED ZUCCHINI, TOMATO, GREEN PEPPERS, CUCUMBERS, AVOCADO, BLACK BEANS, LEMON JUICE & OLIVE OIL              |              |
| <b>SPRINGTIME GARDEN SALAD - VEGAN</b>  | <b>7</b>     |
| ROMAINE, SPINACH, TOMATO, CARROT, CUCUMBER, TOASTED ALMONDS, PAPAYA POPPYSEED DRESSING                                  |              |
| <b>ATHENS GREEK SALAD</b>   | <b>9</b>     |
| ROMAINE, TOMATO, ONION, CUCUMBER, GREEN PEPPER, KALAMATA OLIVES, FETA CHEESE, LEMON JUICE & OLIVE OIL                   |              |
| <b>ALMOND GRILLED CHICKEN SALAD</b>   | <b>10</b>    |
| MARINATED CHICKEN, ROMAINE, TOMATO, CUCUMBER, PARMESAN CHEESE, TOASTED ALMONDS, RANCH DRESSING                          |              |
| <b>*ELAINE'S QUESADILLA SALAD</b>   | <b>10</b>    |
| MARINATED CHICKEN, PEPPERJACK, ROMAINE, GRILLED ZUCCHINI, ONION, GREEN PEPPER, TOMATO, SALSA                            |              |
| <b>MEDITERRANEAN SALAD</b>  | <b>10</b>    |
| MARINATED CHICKEN, HUMMUS, FETA, ROMAINE, TOMATO, ONION, CUCUMBER, KALAMATA OLIVES, CHICK PEAS, LEMON JUICE & OLIVE OIL |              |
| <b>MAKE ANY SALAD ALL SPINACH FOR 3</b>   |              |
| <b>ADD A SALMON PATTY FOR 3.50</b>  |              |
| <b>DAILY LUNCH SPECIAL (10:30 AM TO 2:30 PM)</b>  |              |
| <b>(CHOICE OF BREAD OR WRAP, CONDIMENTS)</b>  |              |
| <b>TURKEY, SWISS, LETTUCE, TOMATO</b>   | <b>6</b>     |
| <b>HAM, SWISS, LETTUCE, TOMATO</b>  | <b>6</b>     |
| <b>ROAST BEEF, CHEDDAR, LETTUCE, TOMATO</b>   | <b>6</b>     |
| <b>EGG, CHEDDAR, SPINACH, TOMATO</b>  | <b>6</b>     |
| <b>SERVED COLD WITH CHIPS - NO SUBSTITUTIONS</b>  |              |
| <b>COMBO WITH 16-OZ CARROT JUICE</b>  | <b>ADD 3</b> |

Grill Opens At 10:30 AM