

CLASSIC SMOOTHIES (16 oz)

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

PREMIUM SMOOTHIES (12 oz)

GREEN MANGO - VEGAN	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)

CLASSIC CARROT (JUST CARROT)	5
CLEANSING COCKTAIL (CARROT, APPLE, CELERY, BEET)	5
DAILY BEET (CARROT, BEET, CELERY)	5
SKIPPER LOVES GINGER (CARROT, APPLE, GINGER)	5
GREEN ACRE (CARROT, APPLE, KALE, SPINACH, CELERY, GINGER)	5

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EGG SANDWICHES (AVAILABLE 10:30 AM)

CLASSIC	6
EGGS AND CHEDDAR	
VEGGIE	7
EGGS, CHEDDAR, SPINACH, TOMATOES, GRILLED ONION, GREEN PEPPER & CARROTS	
MEAT	7
EGGS, CHEDDAR, TURKEY BACON, HAM	
SOUTHWEST	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

CHICKEN	14
TUNA	14
MACARONI (VEGAN)	7
POTATO (VEGAN)	7
CHICKPEA (VEGAN)	7
DAD'S SLAW (VEGAN)	7
COLE SLAW (VEGAN)	7
HUMMUS (VEGAN)	7
GRAPE LEAVES (VEGAN)	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!

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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

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

Drive Thru Opens At 7:00 am

DRIVE-THRU, ALL SANDWICHES SERVED COLD

SANDWICHES - CONTINUED

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

Store Front Opens At 10:00 am

ENTREE SALADS (HAND CHOPPED)

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

Grill Opens At 10:30 AM