

Store Hours: Sun. 10am-4pm
M-Th 8am-6pm Closed F & S

Living Food Bakery

Call 813-715-0622
 38201 10th Ave Zephyrhills
 FL 33542



Menu

Signature

Seasonal

* = Gluten Free

Breakfast

Add mix Vegies \$1 or meat \$2

Choice of 1 each Cheese

American white or Yellow; Swiss +\$.50

- B1 Croissant w/Egg & Cheese \$ 3.75
- B2 Moringa Bread w/Egg & Cheese \$ 4.25
- B3 Multi Grain Bread w/Egg&Cheese \$ 4.99
- B4 Purple sweet potato \$ 7.99

w/ 2 Egg & Cheese

Seafood

- S1 *Salmon w/ Coconut Rice \$ 15.99
Passion Fruit-Honey Sauce
- S2 *Wild Shrimp w/ Coconut Rice \$ 16.99
Passion Fruit-Honey Sauce
- S3 *Shrimp Boat w/ Coconut Rice \$ 12.99
Passion Fruit-Honey Sauce
- S4 *Cod w/Sweet Potato Noodle Salad \$ 11.99
- S5 *Shrimp w/Sweet Potato Noodle Salad \$ 11.99
- S6 *Sautéed Shrimp \$ 11.99

Noodles: Sweet Potato or Rice

Sub or Sandwich

Choice of any Bread in Shop & includes 1ea. 12oz Tea
 (Multi Grain or Sprouted Wheat add \$1)

- SS1 BBQ Pork \$ 8.99
- SS2 Chicken \$ 8.99
- SS3 Fish \$ 9.99
- SS4 Shrimp \$ 9.99
- SS5 Tofu (Non GMO) \$ 7.99
- SS6 Garden Veggie (Seasonal) \$ 8.99

** = FTT - Farm to Table

- B5 Chicken w/mushroom Omelette \$ 9.99
- B6 Chicken w/mushroom pancake \$ 9.99
- B10 ***Purple sweet potato cake-vegan \$ 4.75
- B11 ***P. sweet potato turkey dumpling soup \$ 8.99
- B12 ***P. sweet potato turkey dumpling -5pc \$ 10.99

- C1 ***Grill Chicken \$ 9.99
w/Sweet Potato Noodle Salad

- C2 ***Chicken Boat w/ Coconut Rice \$ 10.99
Passion Fruit

- C3 **Chicken Fried Rice \$10.35

- \$ 10.99

**Moringa Noodles (from Scratch)

- C4 Sautéed Chicken \$ 10.99
- S7 " Shrimp \$ 12.99
- V5 Seasonal " **Garden Veggies \$ 9.99

Seaweed Wraps

w/ coconut milk Rice & Seaweed Soup

- SW1 BBQ Pork \$ 8.99
- SW2 Chicken \$ 8.99
- SW3 Chicken w/ Passion Fruit \$ 9.99
- SW4 Fish \$ 9.99
- SW5 Shrimp \$ 9.99
- SW6 Tofu (Non Gmo) \$ 8.99
- SW7 Vegan without Rice \$ 9.99

***Both

- B7 ***Garden Veggie Omelette \$ 8.00
- B8 ***Garden Veggie Pancake \$ 8.99
- B9 ***Shrimp & Veggie Pancake \$ 11.99
- B11 ***P. sweet potato Vegan dumpling -5pc \$ 9.99

- V1 ***Vicky's Special- noodle soup \$ 17.99
Wild Shrimp; Fried Egg & GardenVeggies

(Served with Coconut Rice)

- V2 *Sautéed Shrimp Garden Veggies \$ 11.99
- V3 ***Garden Veggies Fried Rice \$ 8.35
- V4 *Sautéed Garden Veggies w/ rice side \$ 10.99
- V5 ***Kimchi vegan Fried Rice \$ 10.99

- SP1 *Pumpkin Soup with toast \$ 7.99
- SP2 ***Pumpkin soup with mix Veggie \$ 8.99
- SP3 Pumpkin soup w/ sweet P. N
***choice of chicken or shrimp \$ 11.99

Soups

Chicken Broth Base: choice of Noodles

Angel Hair Rice or Sweet Potato

- MS1 *Roast Pork \$ 9.99
- MS2 *Chicken \$ 9.99
- MS3 *Fish \$ 10.99
- MS4 *Shrimp \$ 10.99
- MS5 *** GARDEN Veggie \$ 8.99
- Vegan Broth w/ above noodle options
- MS6 ***Vegan - seasonal garden veggie \$ 9.99

<https://www.youtube.com/watch?v=GnifWva6fEM>

Date

puffed Rice

Vanilla

Salt to Taste

Seeds

nuts