



ON THE HEALTHIER SIDE

*For our guests with food allergies please inform your server prior to ordering.
We will make every effort to accommodate your request.*

GLUTEN - FREE GF

GLUTEN FREE RULE:

*Most items excluding bread, a tortilla or not fried are Gluten Free. We are NOT Gluten free facility,
our Gluten items are cooked on the same surfaces as non gluten-free items*

Gluten-Free French Toast

10.99

Add fresh blueberries or strawberries 1.00 each

Gluten-Free Honey Pancakes

10.99

Add fresh blueberries or strawberries 1.00 each

Avocado Toast

Gluten-free toast with avocado mash, EVOO, lemon & sea salt served with two eggs basted & served with fresh fruit.
12.99

Special Note:

*The list above does not include several of our menu items and
specials. If you order an item not listed, please recognize that it probably contains gluten as most items do.*

Gluten-Free toast can be substituted with most breakfast items for additional 1.00 charge

Gluten-Free BLT

Berry Fresh Cafe famous BLT made with crispy bacon,
lettuce, sliced tomatoes & chipotle mayonnaise on toasted
Gluten-Free bread.
11.99

Green Goddess Apple Turkey Salad

Our mixed greens with apple slices, layered with
antibiotic-free roasted turkey, topped with fire-roasted
tomatoes, artichoke hearts & micro greens. Drizzled
with our house made Green Goddess dressing.
Half 11.99 Full 14.99

Gluten-Free Bacon Cheddar Chicken Sandwich

Grilled marinated chicken topped with bacon,
cheddar cheese, lettuce, tomato, onion & pickle
on Gluten-Free bread. 12.99

Strawberry Chicken Salad (no biscuit)

Mixed fresh greens, grilled chicken, strawberries,
blue cheese crumbles, candied walnuts & tomatoes.
Half 10.99 Full 13.99

Salads served with our Gluten-Free Low fat Citrus Vinaigrette

KETO FRIENDLY KD

BFC Keto Bowl with egg

Fresh spinach, goat cheese crumbles, house-made
red salsa with avocado mash with any style egg. 11.99

Keto Bacon Avocado & Cheese Omelet (no biscuit)

Three extra large eggs omelet with crispy
Applewood bacon, cheddar cheese, fresh avocado mash.
Served with your choice of side. 12.99

BFC Keto Bowl with chicken

Fresh spinach, grilled antibiotic-free chicken, goat cheese
crumbles, house-made red salsa with avocado mash. 12.99

BFC Farm House Grilled Salad (no biscuit)

Grilled antibiotic-free chicken tenders on mixed field greens, cheddar
cheese, Applewood bacon pieces, diced tomatoes, cucumbers, sliced red
onions. Served with our low fat citrus dressing. Half 10.99 Full 13.99



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VEGAN VC

BREAKFAST

*JUST Egg: Plant-Based - made entirely from plants, packed with clean, sustainable protein, cooks & tastes just like eggs. It's cholesterol-free, egg-free, dairy-free, kosher and non-GMO

JUST Egg* Breakfast Sandwich

JUST Egg*, spinach, tomatoes, mushrooms, avocado mash & vegan cheddar cheese on a brioche bun.
Served with choice of side. 10.99

Vegan Spring Berry Acai Bowl (no honey)

Organic Acai puree on a bed of coconut, bananas, blueberries, strawberries, pineapple & granola. 11.99

Fresh Fruit Bowl

Seasonal, melon, grapes, strawberries, blueberries & orange slices. Fresh-cut everyday! 8.99

Just Egg* Acapulco Toast

Multi-grain toast topped with avocado mash, EVOO, lemon & sea salt served with two Just Egg* patties & fresh fruit. 14.99

LUNCH

Sandwiches made with our bread products are vegan.

Vegan Hippie Picnic Sandwich

Oven roasted sandwich on toasted multi-grain with citrus vinaigrette, vegan cheddar cheese, roasted artichoke hearts & roasted tomatoes, sliced tomatoes, cucumbers, fresh artisinal greens, avocado mash, pickled red onions. Served with your choice of side. 11.99

Dr. Praegers Cali Burger

California veggie burger grilled & served on a Brioche bun with lettuce, tomato, vegan cheddar cheese, cucumber, micro greens, corn & avocado with our homemade salsa on the side. 11.99

SALADS

Vegan Mix Berry Superfood Power Salad (no biscuit)

Fresh spinach mixed with kale, red cabbage, carrots, raisins & sliced almonds. Topped with Dr. Praegers Cali Veggie Burger, fresh blueberries, strawberries, pineapple, tomatoes, cucumbers & red onions with Gluten-free & low-fat citrus dressing. Half 11.99 Full 14.99

VEGETARIAN V

BREAKFAST

Veggie Breakfast Scramble

Scrambled eggs, marinated artichoke, roasted tomatoes, peppers, onions, topped with pickled red onions with homemade salsa.
Served with your choice of side. 11.99

Veggie Eggs Benedict

Poached eggs on top of whole wheat bread, tomato slices, spinach & peppers. Topped with homemade hollandaise sauce. 12.99

Garden Fresh Veggie Omelet

Sautéed spinach & onions with mushrooms, diced tomatoes, & trio of roasted peppers & Boursin cheese.
Served with your choice of side. 12.99

LUNCH

Energy Wrap

Fluffy eggs whites, fresh mushrooms, tomatoes & spinach wrapped in a whole wheat tortilla.
Served with fresh fruit and a side of salsa. 10.99

Greek Yogurt Strawberry Berry Bliss

Chilled vanilla Greek yogurt topped with fresh blueberries, strawberries, granola & Florida honey.
Served with a fresh baked muffin of the day. 10.99

Vegetarian Wrap

A whole wheat tortilla wrapped with citrus vinaigrette, goat cheese, roasted artichoke hearts, roasted tomatoes, sliced tomatoes, cucumbers, fresh greens, avocado mash, pickled red onions, micro greens. Served with your choice of side. 12.99