

The Bayou Café Menu

1320 Somerville Ave.
Philadelphia, PA 19141
215-324-8663

BREAKFAST

(Whole Wheat bread available)

- Breakfast Sandwich \$3.50
 - w/ egg whites \$4.50
- Breakfast Burrito \$3.50
 - w/ egg whites \$4.50
- Breakfast Wrap \$3.50
 - w/ egg whites \$4.50
- Bagel \$1.00
- Bagel w/ Cream Cheese or Butter \$1.25
- Cold Cereal \$1.00
 - w/ milk \$1.50

Add Avocado \$1.00



SALADS GREEN/PASTA

- Bayou Garden Salad w/ Cheese \$3.25
- Bayou Garden Salad (w/ tuna, chicken or turkey bacon) \$5.00
- Whole Wheat Pasta w/ Ground Turkey Sm-\$3.75 / Lg-\$5.00

SANDWICHES

(On whole wheat bread, bagel, whole wheat or sesame bun)

- Turkey Burger \$2.75
 - w/ cheese \$3.00
- Veggie Burger \$2.75
 - w/ cheese \$3.00
- TNT - \$5.00
(Turkey Burger w/Turkey Bacon & Cheese)
- PB&J \$2.50
- Grilled Cheese \$2.50
- BLT \$3.25
 - w/ cheese \$3.50
- Tuna or Chicken Salad \$3.50
(on Whole Wheat Bread)
- Tuna or Chicken Salad on Bagel \$3.25
- Grilled Chicken Sandwich \$3.50
- Smoked Turkey Sandwich \$4.50
- Tuna Melt Sandwich \$3.50

Add Avocado \$1.00

*New Orleans comes to
Philadelphia*

WRAPS

- Smoked Turkey Wrap w/cheese \$4.50
- Grilled Chicken Wrap \$6.50
- Avocado Wrap \$6.75
- Tuna Melt Wrap \$3.50
- Tuna or Chicken Salad Wrap \$3.50

Add Avocado \$1.00

BURRITOS

- Chicken Burrito \$5.50
(Mild / Spicy / Extra Spicy)
- Veggie Burrito \$5.00
(without chicken)

QUESADILLAS

- Cheese \$2.00
- Beans and Cheese \$2.75
- Chicken and Cheese \$4.75
- Beans, Chicken & Cheese \$5.00

Add Avocado \$1.00



MINI WRAPS

- Smoked Turkey w/ cheese \$2.25
- Tuna or Chicken Salad \$1.75

NEW ORLEANS FAVORITES

- Gumbo Small / Large \$4.75
(Chicken / Seafood)
- Jambalaya \$4.75

ESPRESSO BEVERAGES

	<u>Small</u>	<u>Large</u>
• Latte	\$3.00	\$3.75
• Cappuccino	\$3.00	\$3.75
• Espresso Shots	\$1.75	\$2.25
• Americano	\$1.75	\$2.25
• Chai Latte	\$2.65	\$2.95
• Flavored Latte	\$3.25	\$4.00
• Caramel Macchiato	\$3.25	\$4.00
• Caramel Latte	\$3.25	\$4.00
• Hazelnut Latte	\$3.25	\$4.00
• Vanilla Latte	\$3.25	\$4.00
• Mocha Latte	\$3.25	\$4.00
• Mint Mocha Latte	\$3.50	\$4.25

HOT BEVERAGES

	<u>Small</u>	<u>Large</u>
• Coffee (Caffeinated & Decaf)	\$1.25	\$1.50
• Tea	\$1.25	\$1.50
• Hot Chocolate	\$1.25	\$1.50
• Hot Apple Cider	\$2.00	\$2.75
• Iced Coffee	\$1.50	\$2.00

SMOOTHIES

• Fruit Smoothie	\$4.50
w/ almond milk	\$5.25
• Protein Shake	\$5.00
w/ almond milk	\$5.75

SOUPS & SEASONAL

	<u>Small/Large</u>
• Turkey Chili	\$3.75 / \$5.00
w/ rice or cheese	\$4.00 / \$5.25
w/ rice & cheese	\$4.25 / \$5.75
• Bayou Bean Soup	\$3.25 / \$4.75
• Brown Rice Bowl	\$3.25 / \$5.00
<i>(brown rice, black beans, onions, avocado, cheddar cheese)</i>	
• Brown Rice Bowl w/ Chicken	\$6.00



DESSERTS & SNACKS

• Sweet Potato Cheese Pies	
• \$2.00 each / 3 for \$5.00	
• Dried Fruit	\$1.20
• Dried Fruit & Almonds	\$2.50
• Almonds	\$2.25
• Fresh Whole Fruit	\$0.50
• Fruit Cups	\$2.00
• Fruit, Yogurt & Granola Parfait	\$1.50
• Water Ice - small - \$1.50 / large - 2.75	
• Utz or Sun Chips	\$0.50



Melanie A. Marchand, Owner

**Healthy Fare In A
Jazz Atmosphere**

**In a rush?
Call ahead to
place your order.**

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Monday - Friday 9am to 8pm
Saturdays 9am to 3pm
Sunday - Closed