

THE CENTRAL BEAN & BAKERY BREAKFAST

SERVED 7AM-NOON, SATURDAYS SERVED UNTIL 2:30PM

HOUSEMADE BRIOCHE TOASTS

CINNAMON-SUGAR 3

whipped butter, cinnamon, sugar

AVOCADO 4.50

smashed avocado

FRIED EGG 6.5

smashed avocado, tomato jam, central fresno chili sauce
– add crispy applewood smoked bacon \$2

EGG SANDWICHES & SUCH

EGG & CHEESE SANDWICH 3.50

fried egg, american, potato bun

PASTRAMI EGG SANDWICH 7

housemade hickory smoked pastrami, fried egg, cheddar, chipotle aioli, potato bun

SCRAMBLE BOWL 5.5

three eggs, potatoes, cheddar
– add ham, sausage or applewood smoked bacon \$2

BACON, SAUSAGE OR HAM, EGG & CHEESE SANDWICH 5.50

fried egg, american, choice of applewood smoked bacon, sausage or ham, potato bun

BURRITO 8

house smoked pulled pork, scrambled eggs, potatoes, cheddar, spinach tortilla, central fresno chili sauce

EXTRAS

Sub Gluten Free Bun \$2 Sub Croissant \$1.50 Sub Bagel (Thurs-Sat Only) \$1.50 Add Smashed Avocado \$1.50

SMOOTHIES

SERVED ALL DAY

GREEN OATMEAL 7

old fashioned oats, walnuts, kale, apple, banana, honey, lemon, almond milk

HAWAIIAN 6

pineapple, mango, banana, orange juice, yogurt, toasted coconut

STRAWBERRY-BANANA 6

strawberries, banana, almond milk, honey

CHOCOLATE 6

dates, cashews, almond milk, cocoa powder
– add an espresso shot 1.50 add kale .50

THE CENTRAL BEAN & BAKERY

CALL US: 207.606.0744 FIND US ONLINE: WWW.THECENTRALBEANANDBAKERY.COM



LUNCH ON THE RUN

READY TO GO IN THE COOLER

CHICKEN SALAD WRAP 7.5

lettuce, tomato, spinach tortilla

TURKEY BAGUETTE 7.5

roast turkey, cheddar, fig jam, baguette

SOBA NOODLE SALAD 10

chilled buckwheat noodles, shredded cabbage, sweet peppers, carrots, toasted sesame seeds, crispy wontons, sesame-ginger dressing

LUNCH

SERVED 11AM-2:30PM

TOMATO-BASIL SOUP 6

CENTRAL GREENS SALAD 8

mixed greens, cucumbers, carrots, tomatoes, goat cheese, choice of dressing: balsamic vinaigrette, ranch, sesame-ginger
– add a scoop of chicken salad or tuna salad
\$3.5

GRILLED CHEESE 8

cheddar, american, gruyere swiss, sourdough

ALBACORE TUNA SALAD 8

lettuce, tomato, sweet onion, toasted multigrain

TUNA MELT 9

albacore tuna salad, crispy applewood smoked bacon, cheddar, tomato, sourdough

CHICKEN SALAD 8

lettuce, tomato, sweet onion, toasted multigrain

ITALIAN SUB 9

ham, sweet capicola, genoa salami, provolone, dijonaise, tomato, sweet onion, hot peppers, sesame seeded roll

VEGGIE WRAP 8

roasted beets, hummus, goat cheese, pickled onions, arugula, toasted hazelnuts, spinach wrap

CENTRAL CUBANO 10

hickory smoked pork butt, ham, gruyere swiss, dijonaise, dill pickles, sourdough

CALIFORNIA TURKEY 8

cheddar, smashed avocado, crispy applewood smoked bacon, toasted sourdough

CENTRAL BLT 8

crispy applewood smoked bacon, lettuce, tomato, mayo, toasted sourdough

GLUTEN FREE BUNS \$2