

# THE CENTRAL BEAN BREAKFAST

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## BRIOCHE TOASTS

SERVED 7AM-2:30PM

**FRIED EGG 6.5**

smashed avocado, tomato jam, fresno chili sauce

**AVOCADO 4.50**

smashed avocado

**CINNAMON-SUGAR 3**

whipped butter, cinnamon, sugar

ADD CRISPY APPLEWOOD SMOKED BACON \$2.25

## EGG SANDWICHES

SERVED ON A POTATO BUN 7AM-2:30PM

**EGG & CHEESE SANDWICH 3.25**

fried egg, american cheese

**BACON, SAUSAGE OR HAM, EGG & CHEESE SANDWICH 5.50**

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

**PASTRAMI EGG SANDWICH 7**

hickory smoked pastrami, fried egg, cheddar cheese, chipotle aioli

GLUTEN FREE BUNS AVAILABLE FOR \$2

## SMOOTHIES

SERVED ALL DAY

**GREEN OATMEAL 7**

old fashioned oats, walnuts, kale, spinach, 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 greens .50

# THE CENTRAL BEAN LUNCH

CALL US: 207.606.0744 FIND US ONLINE: [WWW.THECENTRALBEANANDBAKERY.COM](http://WWW.THECENTRALBEANANDBAKERY.COM)



## ON THE RUN

READY TO GO IN THE COOLER

### **SOBA NOODLE SALAD 10**

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

### **CENTRAL ITALIAN 9**

ham, sweet capicola, genoa salami, provolone, mayo, spicy pickled peppers, sweet onion, parmesan focaccia

### **TURKEY BAGUETTE 7.5**

roast turkey, cheddar, fig jam, baguette

## SANDWICHES & SALADS

SERVED 11AM-2:30PM

### **CENTRAL GREENS SALAD 8**

mixed greens, cucumbers, carrots, tomatoes, goat cheese, balsamic vinaigrette  
– Add a scoop of chicken salad or tuna salad \$3.5

### **GRILLED CHEESE 8**

cheddar, american, gruyere swiss, sourdough

### **SMOKED BRISKET PANINI 10**

cheddar cheese, chipotle aioli, sourdough

### **CENTRAL CUBANO 10**

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

### **ROAST TURKEY 8**

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

### **CENTRAL BLT 8**

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

### **ALBACORE TUNA SALAD 8**

bibb lettuce, tomato, sweet onion, toasted multigrain

### **VEGGIE WRAP 8**

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

### **CHICKEN SALAD 8**

bibb lettuce, tomato, sweet onion, toasted multigrain

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