

# 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](http://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

### 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

### TOMATO-BASIL SOUP 6

### 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

### CHICKEN SALAD PANINI WRAP 9

craisins, crispy applewood smoked bacon, walnuts, arugula, blue cheese crumbles, spinach tortilla

### CENTRAL CUBANO 10

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

### ITALIAN SUB 9

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

### VEGGIE WRAP 8

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

### CAPRESE 8

fresh mozzarella, tomato, basil pesto, sweet onion, lettuce, balsamic reduction, toasted house english muffin bread

### 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