



# HALELIFE BISTRO MENU

*All items are gluten-free, vegan and allergy friendly*

## BREAKFAST ALL DAY

### Avocado Toast

HaleLife flatbread topped with avocado, EVO, salt & pepper

### Breakfast Sammie

HaleLife bun, egg, American & mozzarella  
add sausage - \$2

### Breakfast Quesadilla

just egg, sausage, peppers, onions, black beans, cheddar

### Frittata

sausage, peppers, onions, cheddar  
sun-dried tomato, artichoke, spinach, mozzarella

### Sheet Pan Pancakes

chocolate chip & banana  
blueberry & strawberry  
*Served with maple syrup*

### Made To Order Waffles

HaleLife waffles served with maple syrup  
*Add strawberries or blueberries and whipped topping ~ \$3*

## SHARABLES & QUICK BITES

### Spinach Artichoke Dip

HaleLife Flatbread and a warm dip made of spinach, artichokes,  
garlic, red onion, mozzarella and parmesan

### Pizza Pinwheels

pepperoni & cheese  
sun-dried tomato & spinach

### Soft Pretzel Bites & Cheese

HaleLife Soft Pretzel Bites (10) served with warm cheesy dip

## BISTRO

### Sun-Dried Tomato & Spinach Melt

sun-dried tomato, spinach, gouda & provolone cheese

### Three Cheese Grilled Cheese

american, mozzarella and provolone cheese

### Garden Veggie Lasagna

zucchini, summer squash, spinach, mushrooms

### Quesadilla

Beyond meat, black beans, peppers, onions, cheddar

### I Love The Burg"er"

Dr Praeger's All American Burger, lettuce, tomato, onion, mayo

## BAKED GOODS

Brownies, Cookies, Cupcakes & Donuts

Save \$3.00 on half dozen or \$8.00 on a dozen

Mix & Match ~ Freezes up to three weeks

Additional baked goods and breads in our grab & go freezer

## BEVERAGES

Brown Bag Organic Coffee

Teapig Organic Iced Tea

Smart & Fiji Water

LaCroix Sparkling Water

Celsius Energy Drinks

Odessey Mushroom Elixirs

Hiyo Social Tonic

Cann Hemp & CBD Water

Might Kind Hemp & CBD Seltzers

### Important Allergen Information

*All HaleLife Bakery & Bistro products are made in a dedicated facility free from gluten, dairy, egg, soy, peanuts & tree nuts (excluding coconut), animal by-products and artificial sweeteners.*

*All ingredients are vetted down to the manufacturer for cross contamination for the allergens we state we are free from. Ingredients are sourced only from facilities with strict allergen protocols that are clearly stated on their website or packaging.*