

## Starters

### Crispy Fish Tacos

3 soft tortillas filled with crispy fried Cod,  
served with pico de gallo & avocado guacamole

### Arancini Cheesy Risotto Balls

Arancini are crispy risotto balls with a cheesy center  
Served with a tomato basil pink sauce

### Mozzarella Sticks

Breaded & seasoned mozzarella fried, to the perfect  
crispiness – served with our marinara dipping sauce

### BBQ Cauliflower Florets

Breaded cauliflower florets  
served with a BBQ sauce

### Tempura Seabass Bites with Chili Sauce

This delicious fish appetizer has a mild flavor with a subtle sweetness, the flesh is moist and  
tender and a crunchy tempura coating.  
Tossed in a sweet & spicy chili sauce.

### Maryland Crab Cakes

Crispy on the outside & tender in the inside  
these succulent pan-fried imitation Crab cakes  
are served with our in house made tartar sauce

### Lasagna Cheese Frittas

A great twist on lasagna, this delicious cheese filled  
lasagna roll ups are breaded & pan fried.  
Served with Alfredo and marinara sauce.

### Pan de Queso

This traditional gluten free Brazilian cheese bread is the perfect appetizer for any cheese lover. Crunchy on the  
outside, soft & chewy inside. Never fried always baked

### Truffle Fries with Parmesan

Fresh cut potatoes tossed with  
truffle zest and parmesan

### Beet Carpaccio with Goat Cheese & Vinagrette

Thinly sliced roasted beets, crumbled goat cheese, mixed greens mixed with a herb vinagrette

### Mozzarella Caprese

Fresh mozzarella sliced thin over select  
sun ripened tomatoes drizzled with olive oil,  
balsamic reduction and fresh basil

### Stuffed Baby Bella Mushrooms

A delicious baby portabello mushroom appetizer,  
filled with a special blend of herbs, garlic & cheese and baked to perfection

## Soups & Chowders

**Split Pea – Lentil – Vegetable ...**

**French Onion – Corn Chowder ...**

*Please check with your server for the fresh soups of the day*

# Salads

## CAESAR SALAD

Crispy romaine lettuce, croutons, parmesan cheese, gently tossed with our classic Caesar dressing.

*\*Our croutons are made using our fresh baguettes baked daily on premises*

## MIDDLE EASTERN CHOPPED SALAD

Romaine, tomatoes, cucumber, red onion, red bell pepper, parsley, za'atar, breadcrumbs, feta, fresh lemon, extra virgin olive oil

## SPINACH APPLE SALAD

This Apple Spinach salad is our all time favorite. It is made with a delicious mix of sweet & savory ingredients – fresh spinach, apples, onion, toasted pecans, dried cranberries & feta cheese

## GREEK SALAD

Romaine lettuce, red onion, cucumbers, cherry tomatoes, kalamata olives, stuffed grape leaves, topped with freshly grated feta cheese & oregano – Greek dressing.

## MEDITERRANEAN FARRO SALAD

Mixed greens, farro, cucumber, roasted red peppers, sun dried tomato, feta cheese, red onion, parsley, radish, marinated artichoke & fresh mint.

## GRILLED HALLOUMI SALAD

A delicious blend of fresh & flavorful ingredients, including grilled halloumi, cool crisp cucumber, rich kalamata olives & toasted pine nuts. Then brightened up with lots of fresh greens, mint then made extra hearty with some chewy nutritious farro.

## QUINOA & KALE TROPICAL POWER SALAD

A healthy, nutrient packed salad!

This tropical power salad consists of kale, quinoa, mango, cashews, blueberries & avocado

## SESAME CRUSTED SALMON TERIYAKI SALAD

Baked Salmon, sesame seeds, romaine, red cabbage, arugula, romaine, string beans & sweet potato

## ROASTED BEET & QUINOA SALAD

This Sweet & savory winter salad is a delicious start to any meal.

Roasted red & Golden Beets – Pear – Toasted Walnuts – Feta – Mixed Greens – Quinoa

## THE BAY SALAD

Romaine hearts, cherry tomato, pecans, breaded goat cheese medallions, cucumber & orange segments

## AVOCADO SALAD

Mixed greens, sliced avocado, tomato, cucumber & red onion

### Salad extras ...

Grilled Salmon ~ Grilled Tuna ~ Scoop of LF Tuna ~ Avocado ~ Hard Egg

Feta Cheese ~ Mozzarella ~ Goat Cheese ~ Crispy Haloumi

### Dressings

Caesar – Honey Dijon – Creamy Italian – Balsamic Vinaigrette – Greek – Lemon Oil – Raspberry Vinaigrette – Creamy Pesto – Garlic Mayo

## **Brick Oven Pizza**

### **Margherita**

*San Marzano tomato sauce, homemade mozzarella, fresh basil, ex virgin olive oil & sea salt*

### **Wild Mushroom Truffle**

*Truffle takes this pizza from fine to sublime*

### **Pizza Bianca**

*This delicious **White Pizza** is drizzled with olive oil, garlic, and white cheeses*

### **Olive Zaatar**

*Mozzarella, olives, zaatar & sesame (no sauce)*

### **Vegetable Cheese**

### **Mushroom Pesto**

*Fresh mushrooms, mozzarella cheese, basil pesto using an alfredo sauce*

## **Paninis / Wraps**

### **Mozzarella Panini**

*Fresh mozzarella, avocado & tomato with pesto*

### **Avocado Panini**

*Avocado, hard egg, feta, lettuce, olive tapenade & tomato*

### **Roasted Portobello**

*Roasted portobello mushroom, fresh mozzarella, fire roasted red bell peppers with pesto*

### **Tuna Melt**

*Tuna salad, mozzarella cheese, lettuce, tomato & onion*

### **Grilled Salmon**

*Grilled fresh salmon, lettuce, cucumber & onions served with a garlic mayo dressing*

*(only served between 11 am – 5 pm)*

## **Stuffed Baked Potato**

*Baked stuffed potatoes, also known as twice baked potatoes are a hit. These jumbo potatoes are baked then scooped out of their skins, mashed, seasoned, mixed with vegetable of your liking, topped with mozzarella cheese.*

**Spinach & Cheese   Broccoli & Cheese   Mushroom & Cheese**

## **Burgers**

*All burgers come with lettuce, tomato, pickles – choice of regular or pretzel bun*

### **Salmon Burger**

*Made with fresh Atlantic salmon & served with our in house made tartar sauce*

### **“Impossible” Burger**

*Plant based “impossible” burger patty – add for cheese topping*

# Pasta & Risotto

## **Spinach Fettuccine Alfredo with Mushrooms & Cherry Tomato**

This spinach homemade pasta is made fresh daily, using fresh spinach to color & give a subtle flavor to the pasta. Prepared with our silky homemade alfredo sauce, fresh mushrooms, & cherry tomatoes.

## **Spaghetti with “Meatballs” with Pomodoro Sauce**

Our homemade fresh spaghetti pasta served with a classic delicious recipe for Italian “meatballs” using Impossible vegan “meat”. This dish contains parmesan cheese.

## **Spinach & Ricotta Cannelloni**

Spinach & ricotta rolled into Bay Cafes handmade fresh pasta sheets- topped with parmesan & mozzarella & baked to perfection – served with bechamel & a tomato basil sauce.

## **Wild Mushroom Risotto**

Authentic Italian style risotto cooked the slow way, but so worth it. Topped with parmesan.

## **Penne Vodka**

Penne pasta served with our homemade tomato cream sauce & fresh basil

## **Fettuccini Alfredo with Mushrooms**

House made Fettuccini pasta, creamy wild mushroom alfredo sauce *(add smoked salmon \$6)*

## **Whole Wheat Penne Primavera**

Lightly sauteed veggies, with whole wheat penne. It’s made with bell peppers, onion, garlic, fresh tomatoes, broccoli florets & parsley.

## **Mac and Cheese**

Considered the queen of comfort food, our Mac & Cheese includes a selected types of cheeses to bring you the most delightful cheesy pasta experience.

## **Spinach & Cheese Ravioli with a tomato crème sauce**

This in house made fresh ravioli uses only the freshest ingredients.  
Served with a tomato crème rose sauce.

## **Gnocchi with Mushroom Cream Sauce**

In house made potato gnocchi pan seared with fresh mushroom, garlic, and cream sauce

## **Spaghetti Squash Medley (gluten free)**

Spaghetti minus the carbs – served with feta cheese, sautéed vegetables, olives & basil

## **Eggplant Parmesan with Spaghetti**

Thin slices of fresh eggplant breaded, baked with our homemade marinara sauce, & topped with mozzarella & parmesan. Served over spaghetti.



# Fish

## MAPLE GINGER GLAZED CEDAR PLANKED SMOKED SALMON

A delicious, grilled salmon with enormous flavor.

You will get that lovely smoky flavor from the cedar wood in this select cut salmon.

The maple and ginger are the perfect complement to this recipe.

## LEMON & WALNUT CRUSTED TURBOT

A light, zesty & hearty. The Turbot is perfectly flaky & buttery enough to melt in your mouth & the walnut crust gives each bite the perfect crunch.

## SALMON TERIYAKI

Perfectly baked salmon with our homemade teriyaki sauce & finished off with toasted sesame seeds.

## MEDITERRANEAN BRANZINO

Simply ... healthy & delicious. The oregano and lemon make it truly a Greek cuisine that we are sure you will enjoy - \*\* Whole Fish Butterfly Fillet \*\*

## PAN SEARED BRANZINO

2 Fillets are gently pan seared and seasoned.

## SEARED PEPPER-CRUSTED AHI TUNA STEAKS

If you enjoy steak, you will love this black pepper crusted Ahi tuna steak, always prepared medium rare (unless requested differently)

## THE QUEENS FISH 'N' CHIPS

Fresh fillet of white fish, coated in our signature batter, gently fried to the perfect crispness & accompanied by fresh cut russet potato fries – served with malt vinegar & tartar sauce.

## PORCINI MUSHROOM CRUSTED SEA BASS

This amazing buttery fish is perfectly baked with a crust prepared with the intense flavor of dried porcini mushrooms, spices & herbs

## GRILLED SALMON

Fresh fillet salmon, seasoned with salt & pepper grilled over an open fire

*Choice of 2 sides ....*

***Organic Wild Rice – Grilled Vegetables – Sautéed Broccoli - Sautéed Spinach***

***Mashed Potatoes - Charred Cauliflower – Roasted Baby Potatoes***

# Sides

French Fries – Mash Potatoes – Charred Cauliflower – Roasted Baby Potatoes

Sautéed Broccoli - Sautéed Spinach – Grilled Vegetables – Garlic Fries

## **Fresh Fruit Frozen Smoothies**

*Choose your favorite fruit ...*

**Watermelon – banana – strawberries – pineapple – blueberries – raspberries – mango**

*Choose your base ...*

**Filtered Water – Almond Milk – Reg/LF Milk – Orange Juice**

## **Hot Espresso Drinks**

Cappuccino – espresso, steamed milk topped with milk froth & cinnamon

Caffe Latte – espresso & steamed milk

Mocha Latte – Espresso, steamed milk & chocolate

Hazelnut Latte – shot of espresso, steamed milk, hazelnut

Vanilla Latte – shot of espresso, steamed milk, French vanilla

Honey Almond Milk Latte – shot of espresso, almond milk, and a touch of honey

Almond Milk Latte – shot of espresso, our home pressed almond milk

Café Americano – shot of espresso with hot water

Espresso – shot of espresso

Macchiato – shot of espresso topped with steamed milk

Caramel Macchiato – espresso, steamed milk, caramel & milk froth

Espresso con Panna – shot of espresso topped with fresh whipped crème

## **Hot Brewed Coffee / Tea**

Fresh Brewed Coffee (reg / decaf) -

Herbal Organic Teas (ask server for selection)

Café Misto – a one to one combination of fresh brewed coffee & steamed milk

## **Frappuccino's Blended Drinks**

Coffee milk & ice blended to the perfect smoothness and flavored with your choice ...

***Brazilian Hazelnut, Cappuccino, French Vanilla, Chocolate, Toffee Caramel***

***SF French Vanilla, SF Chocolate***

**Mocha Cookie Frappuccino ...**

mocha sauce coffee milk, ice blended topped with whipped crème & cookie crumble & a drizzle of mocha

**S'mores Frappuccino ...**

A creamy blend of chocolate, vanilla, coffee, milk and ice finished off with marshmallows whipped crème & honey graham crackers

## **Iced Coffee Drinks**

Fresh Brewed Iced Coffee (reg / decaf)

Iced Latte / Iced Cappuccino

Cold Brewed Coffee (brewed in house)

## **Bay Café's Specialty Beverages**

Hot Chocolate

Lemonana

Lemonade

Strawberry Daquiri

Pina Colada

Fresh Pressed Apple Cider – in house pressed & all natural



*At the Bay Café all our desserts are made on premises from scratch,  
always using the freshest and most wholesome ingredients*

# Desserts

## Churros

There's nothing like a fresh homemade churro. Crispy on the outside, soft & tender on the inside comes with a chocolate ganache & raspberry dipping sauce.

## Lemon Curd Mascarpone Cheesecake

This dessert is prepared in a cup with the bottom layer of graham crust, center filled with the rich & buttery texture of the most delicious Mascarpone cheesecake and topped off with the perfect silky smooth tangy sweet Lemon Curd

## Belgian Waffles with Ice Cream

Fresh baked Belgian waffles with ice cream, whipped cream, candy sprinkles berries & bananas

## Sachlav Rose Water Pudding

A rose water milk pudding topped with shaved coconut, pistachios & cinnamon.

## New York Style Cheesecake

Our famous creamy cheesecake with a graham cracker crust

## Crème Brûlée

The smooth and creamy texture of this sweet custard is highlighted by its candied top – always a delicious classic.

## Sticky Toffee Pudding

Sticky toffee pudding is a classic English dessert.

This homemade dessert boasts a moist tender sponge cake which is sweetened with mejool dates.

The cake is then topped with a generous dollop of sweet toffee sauce enriched with molasses.

## Apple Crisp with Salted Caramel

This dessert delicious baked apple dessert is topped with an oat streusel. Served with a scoop of ice cream and drizzled with our homemade salted caramel.

## Chocolate Soufflé with Ice Cream

This classic dessert is airy, with a deep chocolate flavor with a decadent chocolate center served warm with a scoop of ice cream

## Chocolate Mousse

Served chilled with fresh fruit & whipped cream –  
A decadent dessert for all the chocolate lovers out there

New!