



700 Bloomfield Avenue
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Toast Vegetarian Menu

Vegan Items are Marked with a V

*All entrees with cheese can be made Vegan (without cheese) on request
Butter can be replaced on any item with Earth Balance vegan spread*

Breakfast

Yogurt Granola Bowl (available with Dairy Yogurt, or Soy Yogurt **V**) \$6.50

Steel Cut Oatmeal Plain or with grilled banana \$2.95 plain **V**
add \$1.50 for banana **V**

Fresh Fruit Bowl With your choice of Dairy Yogurt, or Soy Yogurt **V** \$4.75

Tofu Scramble Tofu, scallions, onions, soy, and turmeric \$8.95 **V**
Add other vegetables \$.50 each **V**

*We also offer lines of Egg Dishes, Pancakes, French Toast, and Belgium Waffles
which are all vegetarian, but not vegan
Please refer to our full Toast menu for options*

Bread Items

*Served with butter and jam,
or Earth Balance vegan spread and jam **V***

Breakfast Breads An assortment of breakfast pastries, jams and pure whipped butter \$4.75

Bagels \$1.50 **V**

Muffins from Montclair Bread Company Ask your server for daily selections \$2.25 **V**

Sides

Veggie Sausage \$5 **V**

Oven Roasted Breakfast Potatoes \$5 **V**

Beverages

Juices Apple, cranberry, V8, tomato \$2 **V**

Hot Chocolate \$1.50

Organic Teas Earl Grey, Chamomile Citron, Verbena Mint, Darjeeling, English Breakfast **V**
(Available with Dairy Milk, or Soy Milk **V**) \$2

Other Teas Green Tea and Jasmine Green Tea **V** (Available with Dairy Milk, or Soy Milk **V**) \$2
Coffee **V** (Available with Dairy Milk, or Soy Milk **V**) \$2
Soy Latte or Cappuccino **V** \$3



Lunch

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Salads

Starters Salad \$3.75 **V**

Shenanigan Salad Mesclun greens, goat cheese, sundried cranberries, caramelized pecans in raspberry vinaigrette \$7.95

Vegan Caesar Salad Romaine, croutons, and a vegan caesar dressing made from lemon, olive oil, and capers \$9.95 **V**

Chopped Greek Salad Romaine, tomatoes, cucumber, kalamata olives and feta with garlic croutons in a classic Greek vinaigrette \$7.95

Chopped Mexican Salad Roasted peppers, corn, tomatoes, jicama, black beans and avocado in a honey lime cilantro vinaigrette \$8.95 **V**

Spinach and Pear Salad Baby spinach, crumbled blue cheese, walnuts, sliced pear, raspberry vinaigrette \$8.95

Sandwiches And Wraps

Garden Party on Multi Grain Lettuce, tomato, avocado, grilled red onion, roasted peppers and fresh mozzarella on toasted multigrain with a Dijon vinaigrette \$7.95

Mediterranean Wrap Hummus, seasonal vegetables and sautéed spinach in your choice of whole wheat, sun dried tomato, or plain wrap \$8.95 **V**

Home Made Veggie Burger Served with lettuce, tomato, and sprouts on a traditional Kaiser roll \$10.95 **V**

Sides

Sweet Potato Fries \$5 **V**

Spinach Artichoke Dip Served with chips \$6



check out our blackboard **SPECIALS**