

BOUNTIFUL BREAD

EST. 1997

breakfast

SERVED UNTIL 11 AM DAILY

VEG BREAKFAST BURRITO

Two fluffy scrambled eggs with corn, black beans, house-made pico de gallo, and cheddar wrapped in a grilled wheat tortilla and topped with chipotle crema.

SUNRISE SCRAMBLE

Three fluffy scrambled eggs with bell peppers, mushrooms, soy-glazed carrots topped with sesame-encrusted avocado, crispy prosciutto, and finished with a sriracha drizzle.

BREAKFAST BANH MI

Smashed avocado, jalapeños, crispy bacon, soy-glazed carrots, two sunny-side-up eggs on a crusty baguette, and finished with a sriracha drizzle.

CAPRESE OMELETTE

A three-egg omelette stuffed with baby spinach, tomatoes, fresh mozzarella, and topped with crispy prosciutto. Served with your choice of toast (two pieces).

bowls

GF POWER BOWL

Spring mix and kale topped with corn, black beans, house-made pico de gallo, avocado, shaved Cajun steak, a fried egg, and finished with a chipotle crema drizzle.

V COCONUT CURRY LENTIL BOWL

A mix of barley, lentils, roasted broccoli, shaved carrots, roasted mushrooms, topped with chopped nuts, toasted coconut, and tossed with a coconut curry sauce.

SESAME SALMON BOWL

A mix of barley, edamame, soy-glazed carrots, pineapple, and purple cabbage, topped with black and white sesame seeds, a 6 oz. salmon fillet, and served with toasted sesame dressing.

homemade soups

CUP Served with a slice of bread, roll, or breadstick

5.99

BOWL Served with a slice of bread, roll, or breadstick

6.99

BREAD BOWL WITH SOUP

8.00

QUART Comes with a loaf of bread or 3 rolls

15.00+TAX

combos

SOUP & SANDWICH COMBO

13

1/2 of any menu sandwich with a cup of soup of your choice.

UPGRADE TO A BOWL OF SOUP FOR +1

ADD BREAD FOR +.80

SOUP & SALAD COMBO

13

A small side salad with spring mix, tomatoes, cucumbers, carrots, and Romano cheese with a cup of soup of your choice.

UPGRADE TO A BOWL OF SOUP FOR +1

SERVED WITH FRESH BREAD.

NOW IN TWO LOCATIONS:

108 State Street, Schenectady, NY 12305

518-387-9997

Daily: 7 AM – 6 PM

Stuyvesant Plaza, 1475 Western Avenue, Albany, NY 12203

518-438-3540

Monday – Friday: 7 AM – 8 PM | Saturday – Sunday: 7 AM – 5 PM

12 SOUTH OF THE BORDER SANDWICH

14

A three-egg omelette stuffed with roasted sausage, tomatoes, red onions, and bell peppers between two pieces of grilled pepper jack bread with smashed avocado and cheddar.

13 VEG HEALTHY OMELETTE

13

Two egg whites and one whole egg omelette stuffed with mushrooms, tomatoes, red onions, bell peppers, and pepper jack. Served with your choice of toast (two pieces).

12 BUILD YOUR OWN BREAKFAST SANDWICH

9

Two fried eggs, choice of bread, meat, and cheese.

14 BUILD YOUR OWN OMELETTE

14

A three-egg omelette stuffed with threes toppings of your choice. Served with a side of toast (two pieces).

toasts

16 VEG EVERYTHING AVOCADO TOAST

12

Sourdough bread topped with smashed avocado, homemade everything bagel seasoning, and pickled onions.

15 VEG GRAPE TOAST

12

Homemade baguette topped with melted brie, sliced grapes, and finished with fresh thyme.

16 NEW ORLEANS TOAST

15

Grilled pepper jack bread topped with red bean hummus, crispy rice, shaved Cajun Steak, and an over-easy fried egg, with a baby spinach garnish.

wraps

TUNA WRAP

14

Tuna salad, cheddar, and spring mix, rolled into a wheat wrap. Served with side of the day and a pickle.

CRANBERRY CHICKEN WRAP

14

Tarragon chicken salad, cran-grape mix, spring mix, and cheddar, rolled into a wheat wrap. Served with side of the day and a pickle.

GF THAI LETTUCE WRAPS

14

Thai glazed chicken, red cabbage, and carrots in three lettuce wraps. Served with a healthy side of the day.

ORDER ONLINE AND SAVE SOME TIME!

BOUNTIFULBREAD.COM

 VEGETARIAN  VEGAN  GLUTEN FREE

Prices and product availability subject to change without notice.

sandwiches

(GRILLED OR NOT GRILLED) SERVED WITH A SIDE OF THE DAY

VERMONT TURKEY

Roasted turkey, sage stuffing, cranberry mayo, and cheddar on multi-grain bread.

CLASSIC CLUB

Roasted turkey, tomato, bacon, lettuce, cheddar, and mayo, triple-stacked on Italian semolina bread.

RACHEL

Roasted turkey, sauerkraut, Swiss, and Bountiful Russian on marble rye bread.

CHICKEN PESTO

Roasted sliced chicken, roasted red peppers, red onions, provolone, and basil pesto on a Ciabatta roll.

HAM AND BRIE

Smoked ham, pears, brie, and cranberry mayo on cinnamon raisin bread.

14

SOUTHWEST ROAST BEEF

14

Sliced roast beef, tomatoes, red onions, pepper jack, and BBQ mayo on pepper jack bread.

15

SPICY TUNA

13

Tuna salad, lettuce, tomato, and cheddar on pepper jack bread.

14

VEGAN BUFFALO HUMMUS SANDWICH

13

Buffalo hummus, shaved carrots and celery, romaine, and smashed avocado on house-made ciabatta.

15

PANZANELLA

13

Marinated tomatoes, fresh mozzarella, and basil pesto on a crusty baguette.

ADD PROSCIUTTO +2 | 4 oz. SLICED CHICKEN BREAST +4

BLACK AND BLEU

16

Cajun-seared steak, peppadews, caramelized onions, bleu cheese crumbles, and pesto mayo on a Ciabatta roll.

salads

SERVED WITH FRESH BREAD AND DRESSING ON THE SIDE

VEGAN CLASSIC GARDEN

Spring mix, carrots, tomatoes, red onions, cucumbers, feta, and garlic-herb croutons. Served with Bountiful rosemary maple vinaigrette.

VEGAN CAESAR

Romaine, Romano cheese, and garlic-herb croutons.

Served with Caesar dressing.

ADD CHICKEN +3 | SALMON +6 | STEAK +6

ANTIPASTO

Romaine, artichoke hearts, cannellini beans, tomatoes, Kalamata olives, fresh mozzarella, roasted chicken, Romano cheese, and finished with a balsamic reduction drizzle. Served with Bountiful balsamic vinaigrette.

12

AJW

15

Spring mix, roasted chicken, avocado, artichoke hearts, carrots, toasted nuts, dried fruits, and goat cheese.

12

COBB

15

Romaine, tomatoes, cucumbers, bacon, red onions, roasted chicken, egg, avocado, and bleu cheese crumbles. Served with Bountiful herb vinaigrette.

15

VEGAN ROASTED BEET & MUSHROOM

14

Spring mix, roasted beets, roasted mushrooms, goat cheese, dried cranberries, and pumpkin seeds. Served with Bountiful balsamic vinaigrette.

build your own salad or sandwich

SALAD SMALL 6.00 | LARGE 8.00

CHOOSE YOUR BASE, TOPPINGS, AND A DRESSING

1: CHOOSE A BASE OR BREAD

BASE Spring Mix | Romaine | Spinach | Kale

OR

BREAD

Baguette	Garlic Herb Wrap	Pepper Jack
Ciabatta Roll	Italian Semolina	Wheat Wrap
Cinnamon Raisin	Multi-grain	
Farm	Marble Rye	

2: CHOOSE TOPPINGS

TOPPINGS (+0.75)

Apples

Baby Spinach

Black Beans

Carrots

Chickpeas

Chopped Pickles

Corn

Crispy Rice

Cucumbers

Dried Cranberries

Everything Bagel Seasoning

Green Peppers

Lettuce

Peppadews

Pumpkin Seeds

Red Onions

Tomatoes

TOPPINGS (+1)

Almonds

Bacon

Bleu Cheese

Caramelized Onions

Cheddar

Dried Fruit

Feta

Roasted Beets

Goat Cheese

Hard-boiled Eggs

Pears

Pepper Jack

Provolone

Roasted Red Peppers

Romanzo Cheese

Swiss

Toasted Nuts

Walnuts

TOPPINGS (+1.50)

Brie

Buffalo Hummus

Fresh Mozzarella

Artichoke Hearts

Avocado

Kalamata Olives

Pickled Onions

Pico de Gallo

Pineapple

Roasted Broccoli

Roasted Mushrooms

Shaved Cantaloupe

Smashed Avocado

TOPPINGS (+2)

Brie

Buffalo Hummus

Fresh Mozzarella

Artichoke Hearts

Lentils

Red Bean Hummus

Soy Glazed Carrots

TOPPINGS (+3)

Roast Beef

Roasted Turkey

Roasted Chicken

Smoked Ham

Tarragon Chicken Salad

Tuna Salad

TOPPINGS (+8)

Cajun Steak

Salmon

3: CHOOSE A DRESSING

BBQ mayo

Bountiful Balsamic Vinaigrette

Bountiful Bleu Cheese

Bountiful Herb Vinaigrette

Bountiful Maple Rosemary Vinaigrette

Bountiful Russian

Caesar Dressing

Chipotle Crema

(GF) Coconut Curry Sauce

Cranberry Mayo

Dill Cream Spread (cream cheese)

Horseradish Mayo

Mayo

Pesto Mayo

Ranch

Raspberry Dressing*

Spicy Mustard

Strawberry Cream Spread (cream cheese)

Toasted Sesame Vinaigrette*