

BOUNTIFUL BREAD

EST. 1997

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

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.	

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 three toppings of your choice. Served with a side of toast (two pieces).		

toasts

16	(V) 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

(VEG) VEGETARIAN **(V)** VEGAN **(GF)** 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	
14	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

VEG CLASSIC GARDEN	12	AJW	15
Spring mix, carrots, tomatoes, red onions, cucumbers, feta, and garlic-herb croutons. Served with Bountiful rosemary maple vinaigrette.		Spring mix, roasted chicken, avocado, artichoke hearts, carrots, toasted nuts, dried fruits, and goat cheese. Served with Bountiful balsamic vinaigrette.	
VEG CAESAR	12	COBB	15
Romaine, Romano cheese, and garlic-herb croutons. Served with Caesar dressing. ADD CHICKEN +3 SALMON +6 STEAK +6		Romaine, tomatoes, cucumbers, bacon, red onions, roasted chicken, egg, avocado, and bleu cheese crumbles. Served with Bountiful herb vinaigrette.	
ANTIPASTO	15	VEG ROASTED BEET & MUSHROOM	14
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.		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

SANDWICH 14

CHOOSE YOUR BREAD, MAIN, CHEESE, UP TO 3 TOPPINGS, AND 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
- Romano Cheese
- Swiss
- Toasted Nuts
- Walnuts
- TOPPINGS (+1.50)**
- 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

- 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*

* FAT FREE **VEG** VEGETARIAN **V** VEGAN **GF** GLUTEN FREE

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