

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



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.

12.50

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.

13.50

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.

12.50

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).

14.50

SOUTH OF THE BORDER SANDWICH

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.

14.50

HEALTHY OMELETTE

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).

13.50

BUILD YOUR OWN BREAKFAST SANDWICH

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

9.50

BUILD YOUR OWN OMELETTE

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

14.50

bowls



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.

16.50



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.

15.50

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.

16.50

toasts



EVERYTHING AVOCADO TOAST

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

12.50



GRAPE TOAST

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

12.50

NEW ORLEANS TOAST

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.

15.50

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	16.00+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.	

wraps

TUNA WRAP	14.50
Tuna salad, cheddar, and spring mix, rolled into a wheat wrap. Served with side of the day and a pickle.	
CRANBERRY CHICKEN WRAP	14.50
Tarragon chicken salad, cran-grape mix, spring mix, and cheddar, rolled into a wheat wrap. Served with side of the day and a pickle.	
THAI LETTUCE WRAPS	14.50
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.	14.50	SOUTHWEST ROAST BEEF Sliced roast beef, tomatoes, red onions, pepper jack, and BBQ mayo on pepper jack bread.	14.50
CLASSIC CLUB Roasted turkey, tomato, bacon, lettuce, cheddar, and mayo, triple-stacked on Italian semolina bread.	15.50	SPICY TUNA Tuna salad, lettuce, tomato, and cheddar on pepper jack bread.	13.50
RACHEL Roasted turkey, sauerkraut, Swiss, and Bountiful Russian on marble rye bread.	14.50	VEGAN BUFFALO HUMMUS SANDWICH Buffalo hummus, shaved carrots and celery, romaine, and smashed avocado on house-made ciabatta.	13.50
CHICKEN PESTO Roasted sliced chicken, roasted red peppers, red onions, provolone, and basil pesto on a Ciabatta roll.	15.50	PANZANELLA Marinated tomatoes, fresh mozzarella, and basil pesto on a crusty baguette. ADD PROSCIUTTO +2 4 oz. SLICED CHICKEN BREAST +4	13.50
HAM AND BRIE Smoked ham, pears, brie, and cranberry mayo on cinnamon raisin bread.	14.50	BLACK AND BLEU Cajun-seared steak, peppadews, caramelized onions, bleu cheese crumbles, and pesto mayo on a Ciabatta roll.	1.506

salads SERVED WITH FRESH BREAD AND DRESSING ON THE SIDE

VEG CLASSIC GARDEN Spring mix, carrots, tomatoes, red onions, cucumbers, feta, and garlic-herb croutons. Served with Bountiful rosemary maple vinaigrette.	12.50	AJW Spring mix, roasted chicken, avocado, artichoke hearts, carrots, toasted nuts, dried fruits, and goat cheese. Served with Bountiful balsamic vinaigrette.	15.50
VEG CAESAR Romaine, Romano cheese, and garlic-herb croutons. Served with Caesar dressing. ADD CHICKEN +3 SALMON +6 STEAK +6	12.50	COBB Romaine, tomatoes, cucumbers, bacon, red onions, roasted chicken, egg, avocado, and bleu cheese crumbles. Served with Bountiful herb vinaigrette.	15.50
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.	15.50	VEG ROASTED BEET & MUSHROOM Spring mix, roasted beets, roasted mushrooms, goat cheese, dried cranberries, and pumpkin seeds. Served with Bountiful balsamic vinaigrette.	14.50

build your own salad or sandwich

SALAD SMALL 6.50 | LARGE 8.50

CHOOSE YOUR BASE, TOPPINGS, AND A DRESSING

SANDWICH 14.50

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)

Lettuce	Roasted Beets
Apples	Goat Cheese
Baby Spinach	Hard-boiled Eggs
Black Beans	Pears
Carrots	Pepper Jack
Chickpeas	Provolone
Chopped Pickles	Roasted Red Peppers
Corn	Romano Cheese
Crispy Rice	Swiss
Cucumbers	Toasted Nuts
Dried Cranberries	Walnuts
Everything Bagel Seasoning	TOPPINGS (+1.50)
Green Peppers	Artichoke Hearts

Lettuce
Peppadews
Pumpkin Seeds
Red Onions
Tomatoes

TOPPINGS (+1)

Almonds
Bacon
Bleu Cheese
Caramelized Onions
Cheddar
Dried Fruit
Feta

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	Chipotle Crema
Bountiful Balsamic Vinaigrette	GF Coconut Curry Sauce
Bountiful Bleu Cheese	Cranberry Mayo
Bountiful Herb Vinaigrette	Dill Cream Spread (cream cheese)
Bountiful Maple Rosemary Vinaigrette	Horseradish Mayo
Bountiful Russian	Mayo
Caesar Dressing	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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