

BOUNTIFUL BREAD

EST. 1997

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 12.99

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

SUNRISE SCRAMBLE 14.29

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 13.79

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

CAPRESE OMELETTE 14.99

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 16.99

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

SESAME SALMON BOWL 16.99

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

HAWAIIAN STIR FRY BOWL 16.99

A bed of barley and fresh spring mix topped with BBQ chicken, roasted broccoli, roasted red peppers, shaved carrots, corn, cheddar, pineapple, and avocado.

homemade soups

CUP Served with a slice of bread, roll, or breadstick 6.49

BOWL Served with a slice of bread, roll, or breadstick 7.49

BREAD BOWL WITH SOUP 8.49

QUART 17.49

combos

SOUP & SANDWICH COMBO 14.29

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 14.29

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.

SOUTH OF THE BORDER SANDWICH 15.29

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.

HEALTHY OMELETTE 14.99

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).

BUILD YOUR OWN BREAKFAST SANDWICH 9.79

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

BUILD YOUR OWN OMELETTE 14.99

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

toasts

V EVERYTHING AVOCADO TOAST 12.99

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

SPICY MEDITERRANEAN STEAK TOAST 14.99

Two pieces of sliced pepper jack bread topped with buffalo hummus, sliced Cajun steak, red onions, cucumbers, Kalamata olives, and feta cheese.

APPLE BRIE TOAST 12.99

Two pieces of sourdough topped with melted brie, sliced apples, warm bacon, and caramelized onions.

wraps

TUNA WRAP 14.99

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

CRANBERRY CHICKEN WRAP 14.99

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 14.99

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

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

Prices and product availability are subject to change without notice.

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sandwiches

(GRILLED OR NOT GRILLED) SERVED WITH YOUR CHOICE OF CHIPS OR HOUSEMADE PASTA SALAD

VERMONT TURKEY Roasted turkey, sage stuffing, cranberry mayo, and cheddar on multi-grain bread.	14.99	SOUTHWEST ROAST BEEF Sliced roast beef, tomatoes, red onions, pepper jack, and BBQ mayo on pepper jack bread.	14.99
CLASSIC CLUB Roasted turkey, tomato, bacon, lettuce, cheddar, and mayo, triple-stacked on Italian semolina bread.	15.79	SPICY TUNA Tuna salad, lettuce, tomato, and cheddar on pepper jack bread.	14.99
RACHEL Roasted turkey, sauerkraut, Swiss, and Bountiful Russian on marble rye bread.	14.99	VEG VEGAN BUFFALO HUMMUS SANDWICH Buffalo hummus, shaved carrots and celery, romaine and smashed avocado on housemade Ciabatta.	13.99
CHICKEN PESTO Roasted sliced chicken, roasted red peppers, red onions, provolone, and basil pesto on a Ciabatta roll.	15.79	VEG PANZANELLA Marinated tomatoes, fresh mozzarella, and basil pesto on a crusty baguette.	13.99
HAM AND BRIE Smoked ham, pears, brie, and cranberry mayo on cinnamon raisin bread.	14.99	ADD PROSCIUTTO +2 4 oz. SLICED CHICKEN BREAST +4 BLACK AND BLEU Cajun-seared steak, peppadews, caramelized onions, bleu cheese crumbles, and pesto mayo on a Ciabatta roll.	16.99

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.	12.99	AJW Spring mix, roasted chicken, avocado, artichoke hearts, carrots, toasted nuts, dried fruits, and goat cheese. Served with Bountiful balsamic vinaigrette.	15.99
CAESAR Romaine, Romano cheese, and garlic-herb croutons. Served with Caesar dressing. ADD CHICKEN +3 SALMON +6 STEAK +6	12.99	COBB Romaine, tomatoes, cucumbers, bacon, red onions, roasted chicken, egg, avocado, and bleu cheese crumbles. Served with Bountiful herb vinaigrette.	15.99
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.	15.99	VEG ROASTED BEET & MUSHROOM Spring mix, roasted beets, roasted mushrooms, goat cheese, dried cranberries, and pumpkin seeds. Served with Bountiful balsamic vinaigrette.	14.99

build your own salad or sandwich

SALAD SMALL 6.99 LARGE 8.99
CHOOSE YOUR BASE, TOPPINGS, AND A DRESSING

SANDWICH 14.99
CHOOSE YOUR BREAD, MAIN, CHEESE, 3 TOPPINGS, & DRESSING

1. CHOOSE A BASE OR BREAD

BASE Spring Mix | Romaine | Spinach | Kale

OR BREAD

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

2. CHOOSE TOPPINGS

TOPPINGS (+.79)

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 (+.99)
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 (+1.49)
Artichoke Hearts

Avocado
Kalamata Olives
Pickled Onions
Pico de Gallo
Pineapple
Roasted Broccoli
Roasted Mushrooms
Smashed Avocado
TOPPINGS (+1.99)
Brie
Buffalo Hummus
Fresh Mozzarella

Lentils
Red Bean Hummus
Soy Glazed Carrots
TOPPINGS (+3.19)
Roast Beef
Roasted Turkey
Roasted Chicken
Smoked Ham
Tarragon Chicken Salad
Tuna Salad
TOPPINGS (+6.19)
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
Coconut Curry Sauce
Cranberry Mayo
Horseradish Mayo
Mayo

Pesto Mayo
Ranch
Raspberry Dressing*
Spicy Mustard
Toasted Sesame Vinaigrette*

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