

# BED ROCK

## Market & Café

\*ALL MENU ITEMS GLUTEN-FREE. \*PLEASE NOTIFY STAFF OF ANY ALLERGY ISSUES.  
WE ARE A FACILITY THAT USES NUTS IN MANY APPLICATIONS.

### BREAKFAST SERVED ALL DAY

#### BEDROCK BREAKFAST SPECIALS

Power Pancakes .....	\$6.25
fluffy protein pancakes served with pure maple syrup and organic butter	
Super Charged Waffle.....	\$8.00
gorgeous golden protein waffle served with pure maple syrup and organic butter	
Peanut Butter & Banana Waffle .....	\$8.50
super charged waffle with peanut butter maple syrup and sliced banana	
Smokehouse Waffle .....	\$13.00
protein waffle topped with house smoked pork, sausage, caramelized onions, bacon, fried farm egg and mustard BBQ sauce	
Moon Pie Waffle.....	\$10.00
chocolate covered protein waffle filled with homemade marshmallow cream	
PB&J Waffle .....	\$10.00
protein waffle sandwich filled with organic peanut butter and house made strawberry jam	
Thunder Chicken and Waffles.....	\$13.00
crispy chicken thighs tossed in spicy maple butter served on top of our protein waffle	
Banana Pudding Waffle .....	\$11.00
protein waffle topped with homemade vanilla pudding, sliced bananas and meringue	
Creme Brûlée Waffle.....	\$11.00
protein waffle covered in organic pastry cream and torched raw sugar	
Breakfast Burrito .....	\$12.00
local breakfast sausage, Kirk Farm eggs, organic cheese, salsa, peppers, onions	
Breakfast Tacos .....	\$9.00
chorizo and egg tacos (3) with cheese and spicy aioli	
BEC Quesadilla .....	\$11.00
quesadilla with bacon, egg, cheese and side of spicy aioli	

#### FRENCH TOAST

Banana Bread French Toast .....	\$7.00
house made banana nut bread served with pure maple syrup and sliced banana	
Maple Bacon French Toast .....	\$7.00
house made maple bacon bread served with pure maple syrup and chopped bacon	

#### BREAKFAST SANDWICHES

Bacon, Egg and Cheese Waffle Sandwich .....	\$11.75
Ham, Egg and Cheese Waffle Sandwich.....	\$11.00
Chorizo and Egg Grilled Cheese.....	\$10.00

#### OMELETS AND EGGS

BLT Omelet .....	\$10.00
3 slices of chopped bacon, tomato, wilted arugula and house made aioli	
Pork Enchilada Omelet .....	\$11.50
house smoked spiced pork, caramelized onions, organic cheese, enchilada sauce and avocado	
Make Your Own Omelet .....	\$3.00
Veggie Add Ons .....	\$0.75/ea
onions, peppers, spinach, cheese, mushrooms, tomatoes	
Add Bacon.....	\$2.00
Add Breakfast Sausage .....	\$3.00
add Pulled Pork or Chorizo.....	\$5.00
Add Avocado.....	\$1.00
Make Your Own Scramble .....	\$3.00
choose from the same add ins as the omelet	
2 Eggs Any Style.....	\$3.00

#### A LA CARTE

Bacon (3 slices).....	\$4.00
Simpson Farms Breakfast Sausage .....	\$5.00
Steel Cut Oats .....	\$5.00
walnuts, raisins, cinnamon and coconut sugar	
Sweet Potato Hash Browns .....	\$4.50
Everything Bagel with Cream Cheese .....	\$5.00
Fresh Fruit .....	\$4.00

### LUNCH SERVED FROM 11AM

#### BEDROCK LUNCH SPECIALS

Bedrock Burger .....	\$11.50
lettuce, tomato, organic cheese, house pickles, balsamic ketchup and mustard aioli	
Waffle Burger .....	\$11.75
bacon, cheese, caramelized onions and spicy mayo	
Turkey Club .....	\$11.00
house smoked turkey, bacon, avocado, organic cheese, tomato, lettuce, sriracha aioli	
Pulled Pork Sandwich .....	\$10.00
sweet Memphis style BBQ sauce, jalapeno bacon slaw	
BBLT .....	\$9.00
6 slices of thick cut bacon, tomato, romaine, house aioli	
Brisket Patty Melt .....	\$11.00
house smoked brisket, organic cheddar, peppers, onions and mustard BBQ sauce	
Sausage and Cheese Plate .....	\$13.00
smoked sausage, organic cheese, mustard BBQ sauce, strawberry jam, house pickles, waffle pieces	
Brisket Tacos (3).....	\$9.00
smoked brisket, house slaw, mustard BBQ sauce	
BBQ Quesadilla.....	\$11.00
smoked pork, peppers, onions, organic cheese, sweet Memphis BBQ sauce	

#### SMOKED MEAT PLATES (1 MEAT, 1 SIDE)

Pork .....	\$12.00
Smoked Sausage .....	\$12.00
Brisket .....	\$12.00
Smoked Turkey.....	\$12.00

#### Sides:

slow cooked turnip greens, sweet potato salad, jalapeno bacon coleslaw, broccoli salad, lyonnaise potatoes, brussels with charred citrus vinaigrette

#### MACRO BOWLS

Smoked Turkey Macro Bowl .....	\$11.00
smoked turkey hash with potato, spinach, bacon, sriracha aioli topped with a fried farm egg (48g protein, 35g carbs, 16g fat, 476 calories)	
Buffalo Chicken Macro Bowl.....	\$11.00
buffalo chicken hash with potato, roasted red peppers, onions, ranch dressing and a fried farm egg (46g protein, 34g carbs, 15g fat, 455 calories)	

#### SALADS

Smokehouse Salad .....	\$13.00
(pulled pork, smoked sausage or brisket) romaine, honey mustard dressing, caramelized onions, roasted red peppers, fried egg	
Bedrock Salad.....	\$12.50
(chicken salad, tuna salad or smoked turkey and bacon) romaine, hardboiled Westwind Farms egg, avocado, sliced strawberries, house ranch	
Ahi Tuna Salad .....	\$13.00
seared ahi tuna over greens with pickled veggies, apples and walnuts, charred citrus vinaigrette	

#### SIDES

Roasted Sweet Potato Salad .....	\$4.50
Slow Cooked Turnip Greens .....	\$4.00
Jalapeno Bacon Slaw.....	\$3.50
Broccoli Salad .....	\$4.00
Brussels with Charred Citrus Vinaigrette.....	\$4.50
Lyonnaise Potatoes .....	\$4.00