

Salads...served with fresh baked bread

- Juliet** **10.75**
Greens mix, gorgonzola cheese, candied walnuts, shaved red onion, sliced apples and dried cranberries tossed in our raspberry vinaigrette
- Hippy** **10.75**
Greens mix with walnuts, carrots, raw shredded beets, shaved red onion, garbanzo beans and hard boiled eggs tossed in our creamy lemon Parmesan vinaigrette
- Beetnik** **10.75**
Greens mix, roasted beets, Asiago cheese, candied walnuts, and sliced apples tossed in our creamy lemon Parmesan vinaigrette

Please check our selection of
Delicious artesian coffee and tea drinks. Fresh Juices. Smoothies. Hot organic Teas. Italian Sodas.



Welcome to your happy place

www.barefootbuddha.vi

Find us on Facebook

340-777-3668

6:30 AM - 3:00 PM Monday thru Friday

7:00 AM—3:00 PM Saturday

8:00 AM—3:00 PM Sunday

Barefoot Breakfast...served all day

- Bigfoot Bagel Sandwich** **8.50**
Egg frittata, smoked turkey, turkey bacon, cream cheese, sharp cheddar cheese, Chipotle aioli, tomato-onion coulis & fresh spinach
- Breakfast Bagel Sandwich** **7.50**
Egg frittata, turkey bacon, sharp cheddar cheese, sun-dried tomato schmear, tomato-onion coulis & fresh spinach
- Bialys Frittata Sandwich** **6.25**
Bialys (cross between a bagel and English muffin) toasted with egg frittata, sharp cheddar cheese, tomato-onion coulis and fresh spinach. Add turkey bacon for 1.25 additional.
- BLT** **7.50**
Turkey bacon, Roma tomato and fresh spinach with garlic spread on your choice of a bagel.
On a croissant **8.50**
- Quiche...served with a side spinach salad** **6.50**
Check the special board for the flavors of the day
- Bagel & Smoked Salmon Plate** **10.95**
Your choice of bagel with smoked salmon, cream cheese, capers, red onion, roma tomato & lemon
Make it a sandwich...**9.75**
- Granola, yogurt and banana** **5.75**
Vanilla yogurt, our homemade granola with almonds, coconut and flax topped with fresh banana.
- Buttery Croissant** **4.00**
Cheddar or swiss cheese **5.00**
Smoked turkey and cheddar cheese **6.00**
Savory egg frittata & cheddar cheese **6.25**
- Real New York Bagels with a schmear (cream cheese spread)** **3.75**
Plain, sesame, onion, everything, cinnamon raisin or multigrain.
Sun-dried tomato or plain cream cheese.

Paninis ...a delicious hot sandwich filled with fresh ingredients

- Cheddar Tuna Melt** 10.75
Albacore long line Tuna salad made with sour cream & yogurt, olive oil, sun-dried tomato, capers & diced red onion topped with sharp cheddar cheese, Roma tomato & fresh spinach.
- Barefoot Club** 10.75
Smoked turkey, baked turkey bacon, sharp cheddar cheese, roasted garlic spread, tomato-onion coulis & fresh spinach.
- Turkey Artichoke** 10.00
Smoked turkey, Swiss cheese, roasted garlic & spinach artichoke spread, tomato-onion coulis, roasted garlic spread & fresh spinach.
- Smoked Mozzarella Tomato** 9.75
Smoked mozzarella, marinated Roma tomatoes, sun-dried tomato, organic basil, Chipotle aioli and fresh spinach.
- Hummus & Rosemary Goat Cheese** 9.75
Our house hummus, rosemary goat cheese, sun-dried tomato, marinated Roma tomatoes & fresh seasoned spinach.
- Trinity Grilled Cheese Chipotle** 9.75
Sharp cheddar, Asiago and Parmesan cheeses with tomato onion coulis, fresh seasoned spinach & our signature Chipotle aioli.

Wraps...filled and grilled with fresh ingredients

- Buddha Club** 9.75
Smoked Turkey, turkey bacon, Chipotle aioli, sharp cheddar cheese, tomato coulis & fresh spinach.
- Veg Out** 8.75
Sun-dried tomato schmear, carrots, sprouts, avocado, red pepper, red onion, mixed greens & tomato coulis all tossed in our creamy lemon Parmesan dressing. Add hummus.
- Sweet Potato Wrap** 9.75
Roasted sweet potato, hummus, rosemary goat cheese, Roma tomato, Chipotle aioli & fresh seasoned spinach.

Bagel Sandwiches

- Mediterranean Bagel Sandwich** 8.50
Hummus, sun dried tomato, Roma tomato, feta cheese, shaved red onion & fresh spinach.
- Garden Patch** 7.50
Roma tomato, carrot, shaved red onion, sun-dried tomato, artichoke spread & fresh spinach.
- Tuna Bagel** 8.50
Albacore Tuna salad on a toasted bagel with sharp cheddar cheese, sun-dried tomato schmear, tomato coulis & fresh spinach.
- The Justine** 9.75
Albacore Tuna Salad, turkey bacon, sun dried tomato schmear, Roma tomato, our signature Chipotle aioli & fresh spinach.

Deli Sandwiches...always fresh ingredients

- Buddha Blessing** 8.75
Smoked Turkey, Swiss cheese, avocado, sprouts, Roma tomato, red onion and mixed greens tossed in our Buddha dressing.
- Add Pesto** 9.75
- Sun-dried Tomato Tuna** 9.75
Albacore Tuna Salad, sun-dried tomato schmear, avocado, sprouts, Roma tomato, shaved red onion and mixed greens.

Soup, Salad & Sandwich Combos

- Soup, Salad & Bread** 10.75
Soup of the day with a side garden salad tossed in one of our house dressings and grilled French bread.
- Soup & Sandwich** 10.75
Soup of the day with your choice of one of our breakfast or lunch bagel sandwiches.
- Soup of the day** Bowl 6.00 Cup 4.00
Served with a side of grilled French bread.