



WHEATGRASS

- 1 oz. **\$2.75**
- 2 oz. **\$4.50**

16 oz. VEGGIE JUICE COMBOS

- CLASSIC CARROT** (JUST CARROT) **\$5.00**
- CLEANSING COCKTAIL** (CARROT, APPLE, CELERY, PARSLEY, BEET) **\$5.00**
- DAILY BEET** (CARROT, BEET, CELERY) **\$5.00**
- SKIPPER LOVES GINGER** (CARROT, APPLE, GINGER) **\$5.00**
- GREEN ACRE** (CARROT, APPLE, KALE, PARSLEY, CELERY, GINGER) **\$5.00**

16 oz. SMOOTHIES

- STRAWBERRY DELIGHT** **\$5.25**
STRAWBERRY, BANANA, YOGURT, HONEY, ICE
- BLUE MOON** **\$5.25**
BLUEBERRY, BANANA, YOGURT, HONEY, ICE
- BANANARAMA** **\$5.25**
BANANA, COCONUT MILK, YOGURT, HONEY, ICE
- COLOR ME PINK** **\$5.25**
ORANGE, RASPBERRY, YOGURT, HONEY, ICE
- IMMUNE BOOSTER** **\$5.25**
ORANGE, STRAWBERRY, COCONUT MILK, YOGURT, HONEY, ICE
- VERY BERRY CHILL** **\$5.25**
STRAWBERRY, BLUEBERRY, RASPBERRY, HONEY, ICE
- SUPER C FRUIT BLEND** **\$5.25**
ORANGE, STRAWBERRY, RASPBERRY, HONEY, ICE
- BREAKFAST SMOOTHIE** **\$6.25**
ORANGE, BANANA, BLUEBERRY, YOGURT, 15G VANILLA WHEY PROTEIN POWDER, HONEY, ICE
- AFTER SCHOOL SMOOTHIE** **\$6.25**
BANANA, PEANUT BUTTER, CHOCOLATE, YOGURT, 15G VANILLA WHEY PROTEIN POWDER
- ADD VANILLA WHEY PROTEIN POWDER (15GRAMS)** **\$1.25**

A LITTLE BIT ABOUT US...

Organic Bliss Gluten-Free Deli and Bakery is a locally owned and operated eatery. Our customers, our community, and the earth are important to us.

We are committed to using as many local, natural, and organic ingredients as possible. We strive to serve food that is free of chemicals, dyes, pesticides, unwanted additives, MSG, hormones, and antibiotics. Our food is prepared on site using cherished family recipes.

Everything we bake in our bakery is gluten free. We also are here to accommodate people with other allergies and sensitivities. Just give our baker a call to discuss your individual needs. We would **Love** to help you!



Organic Bliss

Gluten-Free Deli and Bakery

Offering Organic & Natural Foods,
and Refreshments

Healthy Starts Here

3723 N. King Road
Toledo, OH 43617

Monday - Friday 10:00 a.m. - 6:00 p.m.

Saturday Noon - 5:00 p.m.

Sunday Noon - 5:00 p.m.

Phone: 419-517-7799

Fax: 419-517-7796

www.organicblissmarket.com

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SANDWICHES (AVAILABLE GLUTEN-FREE)

INCLUDES A 4 OZ BLUE STAR SALAD

CALIFORNIA TURKEY AND CHEESE \$6.95

ROASTED TURKEY BREAST, SWISS, ROMAINE, TOMATO, CUCUMBER, SHIITAKE & SESAME VINAIGRETTE, CHOICE OF GRILLED BREAD

DAVE'S HAM & CHEESE \$6.95

BLACK FOREST HAM, SWISS, ROMAINE, TOMATO, CHOICE OF GRILLED BREAD

ROASTED CHICKEN WRAP \$6.95

MARINATED CHICKEN, PARMESAN, ROMAINE, TOMATO, ONION, DILL PICKLE, SHIITAKE & SESAME VINAIGRETTE, CHOICE OF WRAP

FARMER'S GRILLED CHICKEN \$7.95

MARINATED CHICKEN BREAST, ROMAINE, TOMATO, MAYO, GRILLED BUN

ALASKAN SALMON BURGER \$7.95

GRILLED WILD SALMON, ROMAINE, TOMATO, GRILLED BUN

REUBEN TUESDAY \$6.95

ROASTED TURKEY BREAST, SWISS, SAUERKRAUT, 1000 ISLAND DRESSING, CHOICE OF GRILLED BREAD

NEW YORK CLUB \$7.95

ROASTED TURKEY BREAST, BLACK FOREST HAM, TURKEY BACON, ROMAINE, TOMATO, MAYO, CHOICE OF GRILLED BREAD

BACON LETTUCE TOMATO \$5.95

TURKEY BACON, LETTUCE, TOMATO, MAYO, CHOICE OF GRILLED BREAD

SPICY ROAST BEEF \$7.95

LEAN ROAST BEEF, PEPPERJACK, ROMAINE, TOMATO, ONION, STONE GROUND/SPICY HONEY MUSTARD, CHOICE OF GRILLED BREAD

PHILLY CHEESE STEAK \$7.95

LEAN ROAST BEEF, SWISS, GRILLED ONIONS & PEPPERS, SHIITAKE & SESAME VINAIGRETTE AND GRILLED BREAD

CHICKEN QUESADILLA \$6.95

MARINATED CHICKEN, PEPPERJACK, GRILLED ZUCCHINI, ONION, GREEN PEPPER & TOMATO, CHOICE OF WRAP, SALSA

SANDWICHES (AVAILABLE GLUTEN-FREE) - CONTINUED

HOMEMADE CHICKEN SALAD \$8.95

HOMEMADE CHICKEN SALAD, ROMAINE, TOMATO, CHOICE OF GRILLED BREAD

HOMEMADE TUNA SALAD \$6.95

HOMEMADE TUNA SALAD, ROMAINE, TOMATO, CHOICE OF GRILLED BREAD

OSCAR TUNA MELT \$7.95

HOMEMADE TUNA SALAD, CHEDDAR, CHOICE OF GRILLED BREAD

VEGETARIAN SANDWICHES (AVAILABLE GLUTEN-FREE)

INCLUDES A 4 OZ BLUE STAR SALAD

GARDEN FRESH VEGETABLE WRAP \$5.95

ROMAINE, SPINACH, TOMATO, CARROT, ONION, CUCUMBER, GREEN PEPPER, PAPAYA POPPYSEED DRESSING, CHOICE OF WRAP

MEDITERRANEAN WRAP \$6.95

TABOULI, HUMMUS, FETA, ROMAINE, TOMATO, ONION, CUCUMBER, KALAMATA OLIVES, CHOICE OF WRAP

FALAFEL WRAP \$5.95

FALAFEL, TABOULI, HUMMUS, ROMAINE, TOMATO, ONION, CUCUMBERS, DILL PICKLE, CHOICE OF WRAP

VEGGIE QUESADILLA \$5.95

PEPPERJACK, GRILLED ZUCCHINI, ONION, GREEN PEPPER & TOMATO, CHOICE OF WRAP

HEARTY GRILLED CHEESE \$4.95

SWISS, CHEDDAR, ROMAINE, TOMATO, CHOICE OF GRILLED BREAD

TOLEDO CHEESY VEGGIE \$5.95

CHEDDAR, GRILLED CARROTS, ONIONS & GREEN PEPPERS, SHIITAKE & SESAME VINAIGRETTE, CHOICE OF GRILLED BREAD

HARVEST VEGGIE BURGER \$6.95

WHOLE GRAIN VEGETABLE PATTY, ROMAINE, TOMATO, CARROT, ONION, GRILLED BUN

CARIBBEAN AVOCADO WRAP \$6.95

AVOCADO, ROMAINE, SPINACH, TOMATO, CUCUMBER, BLACK BEANS, PAPAYA POPPYSEED DRESSING, CHOICE OF WRAP

ENTREE SALADS

SPRINGTIME GARDEN SALAD \$5.95

ROMAINE, SPINACH, TOMATO, CARROT, CUCUMBER, TOASTED ALMONDS, PAPAYA POPPYSEED DRESSING

ATHENS GREEK SALAD \$6.95

ROMAINE, TOMATO, ONION, CUCUMBER, GREEN PEPPER, KALAMATA OLIVES, FETA CHEESE, LEMON JUICE/OLIVE OIL DRESSING

GRILLED WILD SALMON SALAD \$7.95

GRILLED SALMON, ROMAINE, TOMATO, CARROTS, ONION, CUCUMBER, GREEN PEPPER, PAPAYA POPPYSEED DRESSING

ALMOND GRILLED CHICKEN SALAD \$7.95

MARINATED CHICKEN, ROMAINE, TOMATO, CUCUMBER, PARMESAN CHEESE, TOASTED ALMONDS, RANCH DRESSING

ELAINE'S QUESADILLA SALAD \$7.95

MARINATED CHICKEN, PEPPERJACK, ROMAINE, GRILLED ZUCCHINI, ONION, GREEN PEPPER, TOMATO, SALSA

COMBO SALAD PLATES

ANY GREEN/PASTA SALAD IN DELI CASE (4 oz) \$1.95

TUNA SALAD (4 oz) \$2.95

CHICKEN SALAD (4 oz) \$3.50

BREAKFAST WRAPS (CHOICE OF WRAP)

CLASSIC \$5.95

EGGS AND CHEDDAR CHEESE

VEGGIE \$5.95

EGGS, CHEDDAR, SPINACH, GRILLED ONION, GREEN PEPPER, CARROTS, TOMATOES

MEAT \$5.95

EGGS, CHEDDAR, TURKEY BACON, HAM

SOUTHWEST \$5.95

EGGS, PEPPERJACK, GRILLED ONION & GREEN PEPPER, SALSA