



Summer Cobb Salad (gf) 10.95 with grilled chicken (gf) 12.95

Chopped romaine, crumbled gorgonzola cheese, avocado slices, grilled zucchini, tomatoes, hard boiled egg and crispy bacon. Served with a side of our citrus balsamic vinaigrette

Cafe Spinach Salad with Blueberries 9.95

Baby spinach, goat cheese, avocado slices, blueberries, dried cranberries, raw broccoli and sunflower seeds. Served with a side of our poppy seed ranch dressing

California Caprese Salad 10.95

Grilled chicken, bacon, avocado, sliced tomatoes, fresh mozzarella and served on a bed of mesclun greens with our citrus balsamic vinaigrette

Healthy Living Salad (gf,df) 9.95

Bibb Lettuce, avocado, blackberries, strawberries, blueberries and toasted almonds.
Served with a side of olive oil and lemon dressing
with chicken add \$2 with quinoa add \$3 with salmon add \$4 with pan seared shrimp add \$4

Quiche Slice of the Day 8.95

Served with a side garden salad and our citrus balsamic vinaigrette

Turkey Sandwich Panini 9.95

House roasted turkey breast, fresh mozzarella, caramelized onions, bacon, tomato and avocado mayo served on sourdough

Ultimate Gourmet Grilled Cheese 9.95

Our combination of Vermont cheddar, provolone and swiss cheeses, avocado slices, bacon and tomato served on sourdough

Blueberry and Lemon Chicken Salad Sandwich 8.95

with bibb lettuce and served on a toasted brioche roll

Sweet Potato Veggie Burger 10.95

Our own veggie burger made with sweet potatoes, rolled oats, chickpeas, cashews and coconut oil served with pickled red onions, greens and avocado mayo on a kaiser roll

Caribbean Shrimp Wrap 10.95

Grilled shrimp, pineapple salsa, avocado slices, greens and our house made bbq sauce

The Lighter Side

½ Sandwich served with a cup of soup or side garden salad 9.95
(choice of Turkey Panini or Ultimate Gourmet Grilled Cheese)

Design-Your-Own-Pasta 9.95

(served with our garlic cheese bread)

Choose the flavor: classic egg, spinach, garlic & parsley, cracked black peppercorn

Choose the cut: fettuccine, linguine, angel hair, pappardelle

Choose the sauce: marinara, bolognese, vodka sauce, alfredo, pesto, olive oil

Choose and add in: chicken add \$2 meatballs add \$2 add shrimp add \$4

Kidz Cafe 6.95

Grilled Cheese with cheddar cheese

Mollie's Favorite Chicken Tenders with bbq dip

Mac and Cheese

Specialty Cold Drinks

Unsweetened Iced Tea

Hibiscus Iced Green Tea

Hibiscus Sparkler with lemon seltzer

Moroccan Mint Iced Green Tea

The Razzy-Moroccan Mint Iced Tea with frozen raspberries

House Made Lemonade

Iced Mocha Latte

Iced Chai Tea Latte Iced Dirty Chai Tea Latte

Iced Cold Brew

Iced Coffee of the Day

Smoothies

\$5.99

Lean Green: spinach, frozen pineapple, cucumber, honey, vanilla, almond milk

Island Blast: frozen pineapple, bananas, turmeric, coconut oil, coconut milk

The Creamsicle: frozen strawberries, banana, orange juice, almond milk

Berry Delicious: frozen blueberries, almond butter, cinnamon, lemon juice, almond milk

BeanZ and Co. Cafe 300 West Main Street Avon, CT 06001

(Conveniently located with The New England Pasta Company)

860-321-7549