

Starters

Crispy Fish Tacos \$20

3 soft tortillas filled with crispy fried Cod,
served with pico de gallo & avocado guacamole

Arancini Cheesy Risotto Balls \$18

Arancini are crispy risotto balls with a cheesy center
Served with a tomato basil pink sauce

Mozzarella Sticks \$18

Breaded & seasoned mozzarella fried, to the perfect
crispiness – served with our marinara dipping sauce

BBQ Cauliflower Florets \$18

Breaded cauliflower florets
served with a BBQ sauce

Tempura Seabass Bites with Chili Sauce \$26

This delicious fish appetizer has a mild flavor with a subtle sweetness, the flesh is moist and
tender and a crunchy tempura coating.
Tossed in a sweet & spicy chili sauce.

Maryland Crab Cakes \$18

Crispy on the outside & tender in the inside
these succulent pan-fried imitation Crab cakes
are served with our in house made tartar sauce

Lasagna Cheese Frittats \$20

A great twist on lasagna, this delicious cheese filled
lasagna roll ups are breaded & pan fried.
Served with Alfredo and marinara sauce.

Pan de Queso \$16

This traditional gluten free Brazilian cheese bread is the perfect appetizer for any cheese lover. Crunchy on the
outside, soft & chewy inside. Never fried always baked

Truffle Fries with Parmesan \$16

Fresh cut potatoes tossed with
truffle zest and parmesan

Beet Carpaccio with Goat Cheese & Vinagrette \$18

Thinly sliced roasted beets, crumbled goat cheese, mixed greens mixed with a herb vinagrette

Mozzarella Caprese \$20

Fresh mozzarella sliced thin over select
sun ripened tomatoes drizzled with olive oil,
balsamic reduction and fresh basil

Stuffed Baby Bella Mushrooms \$17

A delicious baby portabello mushroom appetizer,
filled with a special blend of herbs, garlic & cheese and baked to perfection

Soups & Chowders

Split Pea – Lentil – Vegetable ... 10 French Onion – Corn Chowder ... 14

Please check with your server for the fresh soups of the day

Salads

CAESAR SALAD \$18

Crispy romaine lettuce, croutons, parmesan cheese, gently tossed with our classic Caesar dressing.

**Our croutons are made using our fresh baguettes baked daily on premises*

MIDDLE EASTERN CHOPPED SALAD \$20

Romaine, tomatoes, cucumber, red onion, red bell pepper, parsley, za'atar, breadcrumbs, feta, fresh lemon, extra virgin olive oil

SPINACH APPLE SALAD \$18

This Apple Spinach salad is our all time favorite. It is made with a delicious mix of sweet & savory ingredients – fresh spinach, apples, onion, toasted pecans, dried cranberries & feta cheese

GREEK SALAD \$19

Romaine lettuce, red onion, cucumbers, cherry tomatoes, kalamata olives, stuffed grape leaves, topped with freshly grated feta cheese & oregano – Greek dressing.

MEDITERRANEAN FARRO SALAD \$20

Mixed greens, farro, cucumber, roasted red peppers, sun dried tomato, feta cheese, red onion, parsley, radish, marinated artichoke & fresh mint.

GRILLED HALLOUMI SALAD \$22

A delicious blend of fresh & flavorful ingredients, including grilled halloumi, cool crisp cucumber, rich kalamata olives & toasted pine nuts. Then brightened up with lots of fresh greens, mint then made extra hearty with some chewy nutritious farro.

QUINOA & KALE TROPICAL POWER SALAD \$18

A healthy, nutrient packed salad!

This tropical power salad consists of kale, quinoa, mango, cashews, blueberries & avocado

SESAME CRUSTED SALMON TERIYAKI SALAD \$30

Baked Salmon, sesame seeds, romaine, red cabbage, arugula, romaine, string beans & sweet potato

ROASTED BEET & QUINOA SALAD \$18

This Sweet & savory winter salad is a delicious start to any meal.

Roasted red & Golden Beets – Pear – Toasted Walnuts – Feta – Mixed Greens – Quinoa

THE BAY SALAD \$18

Romaine hearts, cherry tomato, pecans, breaded goat cheese medallions, cucumber & orange segments

AVOCADO SALAD \$17

Mixed greens, sliced avocado, tomato, cucumber & red onion

Salad extras ...

Grilled Salmon \$12 ~ Grilled Tuna \$14 ~ Scoop of LF Tuna \$5 ~ Avocado \$3 ~ Hard Egg \$3

Feta Cheese \$4 ~ Mozzarella \$4 ~ Goat Cheese \$4 ~ Crispy Haloumi \$6

Dressings

Caesar – Honey Dijon – Creamy Italian – Balsamic Vinaigrette – Greek – Lemon Oil –

Raspberry Vinaigrette – Creamy Pesto – Garlic Mayo

Brick Oven Pizza

Margherita \$22

San Marzano tomato sauce, homemade mozzarella, fresh basil, ex virgin olive oil & sea salt

Wild Mushroom Truffle \$25

Truffle takes this pizza from fine to sublime

Pizza Bianca \$22

*This delicious **White Pizza** is drizzled with olive oil, garlic, and white cheeses*

Olive Zaatar \$22

Mozzarella, olives, zaatar & sesame (no sauce)

Vegetable Cheese \$24

Mushroom Pesto \$24

Fresh mushrooms, mozzarella cheese, basil pesto using an alfredo sauce

Paninis / Wraps

Mozzarella Panini \$17

(only served between 11 am – 5 pm)

Fresh mozzarella, avocado & tomato with pesto

Avocado Panini \$16

Avocado, hard egg, feta, lettuce, olive tapenade & tomato

Roasted Portobello \$17

Roasted portobello mushroom, fresh mozzarella, fire roasted red bell peppers with pesto

Tuna Melt \$18

Tuna salad, mozzarella cheese, lettuce, tomato & onion

Grilled Salmon \$20

Grilled fresh salmon, lettuce, cucumber & onions served with a garlic mayo dressing

Stuffed Baked Potato

Baked stuffed potatoes, also known as twice baked potatoes are a hit. These jumbo potatoes are baked then scooped out of their skins, mashed, seasoned, mixed with vegetable of your liking, topped with mozzarella cheese.

Spinach & Cheese **Broccoli & Cheese** **Mushroom & Cheese** \$15

Burgers

All burgers come with lettuce, tomato, pickles – choice of regular or pretzel bun

Salmon Burger \$26

Made with fresh Atlantic salmon & served with our in house made tartar sauce

“Impossible” Burger \$28

Plant based “impossible” burger patty – add \$3 for cheese topping



Pasta & Risotto

- Spinach Fettuccine Alfredo with Mushrooms & Cherry Tomato** **\$30**
This spinach homemade pasta is made fresh daily, using fresh spinach to color & give a subtle flavor to the pasta. Prepared with our silky homemade alfredo sauce, fresh mushrooms, & cherry tomatoes.
- Spaghetti with “Meatballs” with Pomodoro Sauce** **\$30**
Our homemade fresh spaghetti pasta served with a classic delicious recipe for Italian “meatballs” using Impossible vegan “meat”. This dish contains parmesan cheese.
- Spinach & Ricotta Cannelloni** **\$28**
Spinach & ricotta rolled into Bay Cafes handmade fresh pasta sheets- topped with parmesan & mozzarella & baked to perfection – served with bechamel & a tomato basil sauce.
- Wild Mushroom Risotto** **\$24**
Authentic Italian style risotto cooked the slow way, but so worth it. Topped with parmesan.
- Penne Vodka** **\$24**
Penne pasta served with our homemade tomato cream sauce & fresh basil
- Fettuccini Alfredo with Mushrooms** **\$26**
House made Fettuccini pasta, creamy wild mushroom alfredo sauce *(add smoked salmon \$6)*
- Whole Wheat Penne Primavera** **\$24**
Lightly sauteed veggies, with whole wheat penne. It’s made with bell peppers, onion, garlic, fresh tomatoes, broccoli florets & parsley.
- Mac and Cheese** **\$24**
Considered the queen of comfort food, our Mac & Cheese includes a selected types of cheeses to bring you the most delightful cheesy pasta experience.
- Spinach & Cheese Ravioli with a tomato crème sauce** **\$28**
This in house made fresh ravioli uses only the freshest ingredients.
Served with a tomato crème rose sauce.
- Gnocchi with Mushroom Cream Sauce** **\$30**
In house made potato gnocchi pan seared with fresh mushroom, garlic, and cream sauce
- Spaghetti Squash Medley (gluten free)** **\$23**
Spaghetti minus the carbs – served with feta cheese, sautéed vegetables, olives & basil
- Eggplant Parmesan with Spaghetti** **\$25**
Thin slices of fresh eggplant breaded, baked with our homemade marinara sauce, & topped with mozzarella & parmesan. Served over spaghetti.

Fish

MAPLE GINGER GLAZED CEDAR PLANKED SMOKED SALMON \$43

A delicious, grilled salmon with enormous flavor.

You will get that lovely smoky flavor from the cedar wood in this select cut salmon.

The maple and ginger are the perfect complement to this recipe.

LEMON & WALNUT CRUSTED TURBOT \$40

A light, zesty & hearty. The Turbot is perfectly flaky & buttery enough to melt in your mouth & the walnut crust gives each bite the perfect crunch.

SALMON TERIYAKI \$41

Perfectly baked salmon with our homemade teriyaki sauce & finished off with toasted sesame seeds.

MEDITERRANEAN BRANZINO \$47

Simply ... healthy & delicious. The oregano and lemon make it truly a Greek cuisine that we are sure you will enjoy - ** Whole Fish Butterfly Fillet **

PAN SEARED BRANZINO \$42

2 Fillets are gently pan seared and seasoned.

SEARED PEPPER-CRUSTED AHI TUNA STEAKS \$48

If you enjoy steak, you will love this black pepper crusted Ahi tuna steak, always prepared medium rare (unless requested differently)

THE QUEENS FISH 'N' CHIPS \$38

Fresh fillet of white fish, coated in our signature batter, gently fried to the perfect crispness & accompanied by fresh cut russet potato fries – served with malt vinegar & tartar sauce.

PORCINI MUSHROOM CRUSTED SEA BASS \$55

This amazing buttery fish is perfectly baked with a crust prepared with the intense flavor of dried porcini mushrooms, spices & herbs

GRILLED SALMON \$40

Fresh fillet salmon, seasoned with salt & pepper grilled over an open fire

Choice of 2 sides

Organic Wild Rice – Grilled Vegetables – Sautéed Broccoli - Sautéed Spinach

Mashed Potatoes - Charred Cauliflower – Roasted Baby Potatoes

Sides

French Fries – Mash Potatoes – Charred Cauliflower – Roasted Baby Potatoes

Sautéed Broccoli - Sautéed Spinach – Grilled Vegetables – Garlic Fries

\$11



Fresh Fruit Frozen Smoothies 12

Choose your favorite fruit ...

Watermelon – banana – strawberries – pineapple – blueberries – raspberries – mango

Choose your base ...

Filtered Water – Almond Milk – Reg/LF Milk – Orange Juice

Hot Espresso Drinks

Cappucino – espresso, steamed milk topped with milk froth & cinnamon	\$7.50
Caffe Latte – espresso & steamed milk	\$7.50
Mocha Latte – Espresso, steamed milk & chocolate	\$8.00
Hazelnut Latte – shot of espresso, steamed milk, hazelnut	\$8.00
Vanilla Latte – shot of espresso, steamed milk, French vanilla	\$8.00
Honey Almond Milk Latte – shot of espresso, almond milk, and a touch of honey	\$8.00
Almond Milk Latte – shot of espresso, our home pressed almond milk	\$8.00
Café Americano – shot of espresso with hot water	\$5.50
Espresso – shot of espresso	\$4.00
Macchiato – shot of espresso topped with steamed milk	\$7.00
Caramel Macchiato – espresso, steamed milk, caramel & milk froth	\$8.00
Espresso con Panna – shot of espresso topped with fresh whipped crème	\$7.50

Hot Brewed Coffee / Tea

Fresh Brewed Coffee (reg / decaf) -	\$3.50
Herbal Organic Teas (ask server for selection)	\$3.50
Café Misto – a one to one combination of fresh brewed coffee & steamed milk	\$3.50

Frappuccino's Blended Drinks

Coffee milk & ice blended to the perfect smoothness and flavored with your choice ... \$9.50

Brazilian Hazelnut, Cappuccino, French Vanilla, Chocolate, Toffee Caramel

SF French Vanilla, SF Chocolate

Mocha Cookie Frappuccino ... \$9.50

mocha sauce coffee milk, ice blended topped with whipped crème & cookie crumble & a drizzle of mocha

S'mores Frappuccino ... \$10.00

A creamy blend of chocolate, vanilla, coffee, milk and ice finished off with marshmallows whipped crème & honey

Iced Coffee Drinks

Fresh Brewed Iced Coffee (reg / decaf)	\$4.00
Iced Latte / Iced Cappuccino	\$8.00
Cold Brewed Coffee (brewed in house)	\$5.50

Bay Café's Specialty Beverages

Hot Chocolate \$7.50

Lemonana \$8.50

Lemonade \$6.00

Strawberry Daquiri \$10

Pina Colada \$10

Fresh Pressed Apple Cider – in house pressed & all natural \$7.50

All our desserts are made on premises from scratch, always using the freshest ingredients.

Desserts

Churros 16

There's nothing like a fresh homemade churro. Crispy on the outside, soft & tender on the inside comes with a chocolate ganache & raspberry dipping sauce.

Lemon Curd Mascarpone Cheesecake 18

This dessert is prepared with a bottom layer of graham crust, center filled with decadent Mascarpone cheesecake & topped off with the perfect silky smooth tangy & sweet Lemon Curd

Belgian Waffles with Ice Cream 18

Fresh baked Belgian waffles with ice cream, whipped cream, candy sprinkles berries & bananas

Sachlav Rose Water Pudding 16

A rose water milk pudding topped with shaved coconut, pistachios & cinnamon.

New York Style Cheesecake 20

Our famous creamy cheesecake with a graham cracker crust

Crème Brulé 20

The smooth and creamy texture of this sweet custard is highlighted by its candied top – always a delicious classic.

Sticky Toffee Pudding 20

Sticky toffee pudding is a classic English dessert.

This homemade dessert boasts a moist tender sponge cake which is sweetened with mejool dates. The cake is then topped with a generous dollop of sweet toffee sauce enriched with molasses.

Apple Crisp with Salted Caramel 17

This dessert delicious baked apple dessert is topped with an oat streusel. Served with a scoop of ice cream and drizzled with our homemade salted caramel.

Chocolate Soufflé with Ice Cream 19

This classic dessert is airy, with a deep chocolate flavor with a decadent chocolate center served warm with a scoop of ice cream

Chocolate Mousse 16

Served chilled with fresh fruit & whipped cream – A decadent dessert for all the chocolate lovers out there

Limoncello Tiramisu 18

This amazingly delicious dessert uses fresh mascarpone & Limoncello imported from Italy, a most elegant & rich layered dessert.

Classic Tiramisu 18

A velvety mélange of savoiardi cookies dipped in an espresso, layered with delicately sweetened whipped eggs and mascarpone cheese, and topped with a dusting of cocoa powder.