

# Panini's

**(Each Panini comes with ONE side)**

Regular Panini's dressed with Mayo,  
Mustard, Tomatoes, Onion, and Mixed  
Greens

## Regular Panini's

Honey Roasted Turkey-	\$7.50
Smoked Ham -	\$7.50
Roast Beef-	\$8.00
Pastrami-	\$8.00

## Specialty Panini's

Chicken Salad Panini	- \$8.00
BBQ Chicken-	\$8.00
The Reuben-	\$8.75

## PANINI ONLY:

Honey Roasted Turkey -\$5.50 Ham.....\$5.50  
Reuben-\$6.75

Roast Beef- \$6.00 Pastrami -\$6.00  
Chicken Salad -\$6.00 BBQ Chicken-\$6.00

## Vegan Friendly

Grilled Eggplant, Avocado Panini- Grilled eggplant, Has Avocados, light mayo, tomatoes, onions and mixed greens, with freshly made hummus to dip that great healthy Panini into!!! \$8.75 **Panini Only-\$ 6.75**

Veggie Panini.. Mayo, tomatoes, zucchini, squash, onion, mixed greens, avocado and your choice of raspberry dressing, or oil and vinegar..... \$7.75 **Panini Only-\$ 5.75**

Grilled Tofu Panini.... Grilled Tofu, mayo, mustard, onion, mixed greens, and your choice of raspberry dressing, or oil and vinegar \$8.00 Panini Only \$ 6.00

Grilled Tofu Plate..... Grilled Tofu, your choice of dressing one side of your choice and a side salad.....\$7.50

BR TOFU BOWL- Your choice of brown rice or quinoa, steamed veggies, topped with either chunky salsa or homemade teriyaki sauce. **\$7.00**

BR Grilled Eggplant Bowl- Your choice of brown rice or quinoa, steamed veggies, topped with either chunky salsa or homemade teriyaki sauce. **\$7.00**

Veggie Chili- A meatless, chunky chili made with a garbanzo beans, fresh vegetables, and seasoned to perfection. Sm- \$3.75 Lg-\$6.50

B-B-Q Bowl- Your choice of sweet or tangy sauce, tempeh or tofu, with brown rice or quinoa, steamed veggies, salsa or teriyaki sauce. \$7.25

## SOUPS

Tomato Basil-  
Cream of Broccoli-  
Chicken Rice Soup-  
Veggie Chili-  
Meat Chili-

Small (8oz)...\$3.75
Large(16oz)... \$6.50

## Combos

Any Soup & Cornbread Combo  
Sm...\$4.50 Lg...\$7.25  
Any Soup & Any Salad Combo- \$8.50  
Any Soup and Any 1/2 Sandwich Combo- \$8.50

# Truly Free Bakery and Deli

4321 Perkins Road, Baton Rouge, LA 70808

## 225-383-3344

✓ Gluten Free    ✓ Dairy Free  
✓ Egg Free        ✓ Casein Free

**Naturally Healthy. Truly Tasty**

**Hours: M-F 6am-6:00pm**

**Sat 8am-6:00pm**

**Sun CLOSED**

[www.trulyfreebakery.com](http://www.trulyfreebakery.com)

## Sides A La Carte

Baked Sweet Potato Fries.....flavored with just a dash of cinnamon and a little agave....\$2.75

Baked French Fries..... You won't even miss all that oil and extra calories.....\$2.75

Seasonally flavored Steamed Veggies Zucchini, squash, broccoli and carrots...\$2.75

Chips and Salsa.....Fresh Homemade chunky salsa with your choice, hot or mild....\$2.75

Cucumber Salad.....Cucumbers and onions smothered in a flavorful dressing. \$2.75

Side Salad.....Mixed greens, onions, tomatoes, croutons and your choice of dressing.....\$2.75

## Salads

Cranberry Pecan Salad.....Mixed greens or spinach, onion, cheese, cranberries and pecans with Raspberry Dressing-**\$8.99**

### Spinach, Pear and Walnut Salad

Baby Spinach, pears, cheese, red onion, and walnuts with some excellent homemade Lemon Vinaigrette- **\$8.99**

### TFB Cobb Salad

Mixed greens, avocado, tomatoes, onion, cheese, and your choice of the following **2 meats:** grilled tofu, turkey, ham or chicken-**\$8.99**

Spinach, Quinoa, and Chicken Salad Spinach, quinoa, chicken, red onion, tossed with our homemade pesto dressing-**\$8.99**

Turkey and Avocado Salad- Freshly sliced Turkey, Has avocado, cheese, onion and tomatoes. Your choice of Dressing. \$8.99

Shrimp and Artichoke Salad- Local Louisiana Shrimp, artichokes, red bell peppers, onions and cheese. \$9.99

### Dressings:

Lemon Vinaigrette, Raspberry, Pesto,  
Thousand Island, Honey Mustard,  
Oil and Vinegar

## CARB FREE WRAPS

Choose the following types of wraps:  
Cabbage, Rice Paper, or Nori (seaweed)

- Ainsley's Wrap**- Chicken, red bell pepper, onion, tomatoes, jalapenos, avocado, cheese, hummus.
- Erick's Wrap**- Turkey, avocado, onion, tomato, mixed greens: choice of hummus **OR** the famously HOT Newport Sauce.
- Vegan Wrap**- Tofu or Tempeh, eggplant, tomatoes, red bell peppers, spinach, cheese, avocado, banana peppers, and lemon vinaigrette.
- BBQ Wrap**- Chick, onion, spinach, red and green bell peppers, and your choice of sweet, tangy or both BBQ Sauce.
- Super Meat**- Turkey, Ham, Roast Beef, mixed greens, cheese, and your choice of salsa or hummus.
- Super Veggie**- Onions, artichoke hearts, avocado, mixed greens, tomatoes, banana peppers, cheese, and raspberry dressing.
- Rueben Wrap**-Corned Beef, cheese, sauerkraut, and thousand island.
- Vegan Rueben**- Tofu or Tempeh, sauerkraut, cheese, and thousand island.
- Create Your Own-**

1. Choose your own "meat"-One choice
2. Type of "greens" mixed greens or spinach
3. 4 types of toppings
4. Any type of "wet" topping: dressing, salsa, sauce, or hummus-One choice

**Meat Toppings:** Turkey, Chicken, Ham, Roast Beef, Corned Beef, Tofu, Tempeh,

**Veggie Toppings** :Artichoke hearts, black olives, banana peppers, cheese, ham, eggplant, garlic, green bell peppers, red bell peppers, spinach, pesto, red onion, tempeh, tofu, and tomatoes.

**Wet Toppings:** Raspberry, Lemon Vinaigrette, Pesto, Thousand Island, Honey Mustard, Oil and Vinegar, Salsa, Teriyaki Sauce, HOT NEWPORT SAUCE, or Hummus.

## BR BOWLS

Great HEALTHY ALTERNATIVE!!!

Your choice of brown rice or quinoa, steamed veggies, topped with either chunky salsa, homemade teriyaki sauce or SWEET or TANGY BBQ SAUCE!!!

**Meat-** \$7.50 **Chicken-** \$7.00  
**Baja Shrimp -** \$7.50 **Tempeh or Tofu-** \$7.00  
**Eggplant-** \$7.00

## Drinks

**Unsweet Iced Tea- Sm \$1.50; LG \$1.75**  
**Sweet Tea.....with sugar free natural sweetener-**  
**Sm \$1.60; LG-\$1.83**  
**Fresh Squeezed Limeade- SM..\$2.00 LG...\$2.25**  
**Coffee....small -\$1.55 Regular..\$2.05**  
**Hot Tea.....Assorted Flavors....\$1.10**  
**Soy Vanilla Milk-** Sm \$1.25; Lg \$1.95  
**Rice Milk-** Sm \$1.25 Large \$1.95  
**Izze Drinks....pure fruit juice with sparkling water. Variety of flavors \$2.00**  
**Switch Drinks-** Variety of flavors \$1.39

Prices for all items are subject to change with or without notice.

## TACO TUESDAY

### MEALS:

Turkey TACOS-\$7.50

CHICKEN TACOS-\$7.25

Baja Shrimp Meal- \$9.50

TOFU TACO MEAL -\$7.25

Meals: Come with Cheese, Lettuce,  
Salsa on the 3 tacos and chips and  
Mexican Beans on the side

BEEF AL A CARTE.....\$2.50

CHICKEN AL A CARTE\$2.35

TOFU AL A CARTE.....\$2.25

Baja Shrimp Al A CARTE \$2.90

ADD AVOCADO.....\$1.25

## Spaghetti Thursday

Al Dente gluten free,  
organic spaghetti served  
with your choice of sweet  
sauce or hot and spicy.  
Comes with a side salad  
and garlic bread.

\$9.25

You can also upgrade to a  
meat sauce or tofu sauce!!!

## Lasagna Fridays

Our homemade lasagna  
is double layered made  
with the finest noodles,  
our in house sauce, and  
comes with a small side  
salad.

Meat Lasagna: \$10.99

Eggplant and Spinach:  
\$10.99

These are our  
"theme" day  
specials that  
occur every week.  
We also serve our  
regular deli menu  
everyday.

Breakfast menu is  
now out!!! We  
open at 6am and  
serve breakfast  
daily!!!!

PIZZAS ARE  
NOW SERVED  
EVERYDAY!!!!!!!!!!

**\*\*SOY FREE\*\***

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know we can  
help!!!!