

## Breakfast

Served until 11:00 am

### The French \$4.39

Butter croissant, butter, raspberry jam, coffee

### The Parisian \$3.99

Half of a white baguette, butter, raspberry jam, coffee

### The New-Yorker \$3.39

Bagel with cream cheese, coffee

### Salmon Bagel \$5.79

Bagel with smoked salmon salad

### Turkey and Swiss Bagel \$4.99

Bagel with smoked turkey, tomatoes and melted Swiss cheese

### Egg n' Sausage Bagel \$4.99

Simply egg, sausage, or turkey, or bacon, and spicy mayonnaise

### Veggie Bagel \$4.99

Pesto, tomatoes, fresh Mozzarella, ground pepper, balsamic vinegar

### Tuna Salad Croissant \$5.99

Homemade tuna salad with crispy romaine,

### Egg Salad Croissant \$5.29

Butter croissant with homemade egg salad and crispy romaine

### Granola \$3.99

Homemade granola with 8oz. milk, coffee

### For The Kids \$3.59

Bagel, peanut butter, raspberry jam, 8oz. milk

**Extras** Add Swiss Cheese, Brie, Turkey, Bacon, or Egg \$1.00  
Substitute a Croissant for a Bagel \$1.00

## Quiches

Served all day

Selection based on availability

	By the Slice	Combo*	Half Quiche	Whole Quiche
Crab	\$6.29	\$9.29	\$26.99	\$43.99
Lorraine	\$5.89	\$8.89	\$24.99	\$39.99
Provencale	\$5.29	\$8.29	\$22.99	\$37.99
Mushroom Blue Cheese	\$5.29	\$8.29	\$22.99	\$37.99
Tomato Spinach	\$5.29	\$8.29	\$22.99	\$37.99

### Quiche of the Day

\* Includes side salad and a cookie

## Salads

Served Mon.-Fri. until 6:00 pm,  
Sat. until 4:00 pm, & Sun. until 1:30 pm

Each salad is served on a bed of spring mix & crispy romaine, with shredded carrots, diced tomatoes, homemade croutons, and The Flour Pot Vinaigrette.

### Tomato Mozzarella Salad \$6.79

Sliced tomatoes, fresh mozzarella, balsamic vinegar and fresh ground pepper

### Hummus or Vegan Spread Salad \$6.79

Homemade hummus of your choice (plain, roasted pepper, jalapeno, spinach) or vegan curry spread with our crunchy baguette toasts

### Fruits and Nuts Salad \$6.79

Dried cranberries and apricots, toasted pecans and feta with The Flour Pot raspberry vinaigrette.

### Egg Salad \$6.39

Egg salad with a hint of spiciness, served with our crunchy baguette toasts

### NY Style Tuna Salad \$6.59

Homemade tuna salad with chopped pickles and celery

### Salmon Herb Salad \$7.29

Smoked Atlantic salmon with fresh dill and tomatoes

### Crab Cake Salad \$7.29

Homemade crab cake with spicy Aioli sauce

### Salami Blue Cheese Salad \$6.79

Italian salami and crumbled blue cheese

### Turkey and Brie Salad \$6.79

Smoked turkey and creamy brie

### Chicken Breast Salad \$7.29

Strips of mesquite white chicken breast with melted Swiss cheese

## Sides

Salad \$2.49

Egg Salad \$2.99

Hummus \$2.99

## Sandwiches

Served Mon.-Fri. until 6:00 pm,  
Sat. until 4:00 pm, & Sun. until 1:30 pm

All sandwiches served on your choice of sliced loaf or baguette. Check our recommendations.

	Full Sandwich	Half Sandwich w/ side salad	Combo*
<b>Tomato Mozzarella Sandwich</b> \$6.49 Sliced tomatoes and fresh mozzarella with pesto spread	\$5.99	\$5.49	\$8.99
<b>Egg Salad Sandwich</b> \$5.99 Egg salad with a hint of spiciness with crispy romaine	\$6.49	\$5.49	\$9.49
<b>NY Style Tuna Sandwich</b> \$6.49 Homemade tuna salad with chopped pickles and celery, and with crispy romaine	\$6.79	\$5.99	\$9.59
<b>Salami Blue Cheese Sandwich</b> \$6.79 Italian salami and blue cheese with spring mix	\$6.99	\$6.29	\$9.99
<b>Salmon Herb Sandwich</b> \$6.99 Atlantic Smoked salmon salad with fresh herbs, sliced tomatoes and spring mix	\$6.79	\$5.99	\$9.79
<b>Turkey and Brie Sandwich</b> \$6.79 Smoked turkey, brie, tomatoes, spring mix	\$6.79	\$5.49	\$9.79
<b>Bacon Swiss Sandwich</b> \$6.79 Toasted bacon and swiss cheese with spring mix and tomato	\$4.29		
<b>For The Kids</b> \$4.29 Turkey and swiss cheese on sliced white bread <b>or</b> Peanut butter and raspberry jam on sliced white bread	\$3.59		

\* Includes side salad and a cookie

## Flat Bread Pizzas

Served only on Wednesday  
from 10:00 am until 2:00 pm

Tomato sauce with herbs & swiss cheese \$3.99

**Toppings** \$0.79 each

Pepperoni, Sausage, Ham, Salami, Turkey, Bacon,  
Mushroom, Olive, Fresh Tomato, Sun Dried Tomato,  
Spinach, Pineapple, Black Olive, Bell Pepper, Jalapeno,  
Feta, Blue Cheese, Swiss, Fresh Mozzarella

\* Pizzas require 20 minutes to prepare and bake  
Please call ahead if possible

## Beverages

**Fresh Squeezed Lemonade**

**coffee**

**Juices**

Orange, Cranberry, Apple, Fuze, & Capri Sun

**Aloe Fresh**

**Voss Water**

Still or Sparkling

**Orangina & Lorina French Lemonade**

**Sport Drinks**

Red Bull, Gatorade, Rockstar, Citrus  
or Orange Blossom G-Drink

**Sodas**

## Desserts

Rum Ball  
Mini Éclair  
Chocolate Brownie  
Chocolate Éclair  
Strawberry Filled Cream Puff  
Key Lime Pie  
Crème Brûlée  
Caramel Chocolate Pecan Tart

Cheese Cake  
Chocolate Bomb  
Tiramisu  
Pear Almond Tart  
Blueberry Almond Tart  
Summer Crunch™  
Seasonal Mixed Fruit Tart

## By order only

### catering

Breakfast Platter

Lunch Platter Minimum order: 10 servings (each serving includes  
sandwich/quiche, egg free croissant, salad, cookie)

Delivery Available

### custom cakes

Wedding

Birthday

Graduation

Baby Shower

Any Occasion

Just Because

### Also

Vegan Cake

Petit-Fours

Dinner Rolls

Custom Cookies

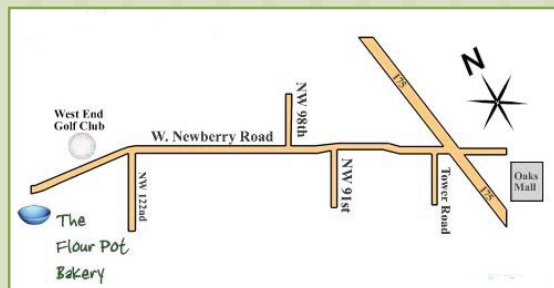
### Wholesale (Please inquire directly)

Bread

Pastries

Dessert

## The Way to The Flour Pot Bakery....



## Visit us at local farmer's markets

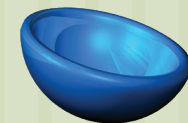
Downtown Farmer's Market: Wednesdays 4 pm-7 pm

High Springs Farmer's Market: Thursdays 2 pm-6 pm

Haile Plantation Farmer's Market: Saturday 8:30 am-12pm

Alachua County's Farmer's Market: Saturday 8:30 am-11 am

## Menu



feel the knead™

# The Flour Pot Bakery

352.331.1771

Monday-Friday 7 am-7 pm  
Saturday 8 am-5 pm  
Sunday 9 am-2 pm

Tioga Town Center  
13005 SW 1st Road #137  
Gainesville, FL 32669  
[www.theflourpotbakery.com](http://www.theflourpotbakery.com)