



Sunny Bridge Cafe

SUNNY BRIDGE NATURAL FOODS

130 Gallery Drive • McMurray, PA • 724-942-5800



[SunnyBridgeNaturalFoods.com](https://www.SunnyBridgeNaturalFoods.com)



CAFÉ HOURS • Mon - Fri 9-5 • Saturday 9-3 • Closed Sunday

STORE HOURS • Mon - Thurs 9-8 • Friday 9-7 • Saturday 9-5 • Sunday 10-5

All served with your choice of
one of our Chef's daily sides.

HANDHELDS

Available on a gluten-free bun, lettuce cup
or our house made Vegan flaxseed wrap.

Mush-Have Burger \$8.99 GF V LC

Seared mushroom & zucchini burger topped with pickled red onions, arugula & our tangy red pepper sauce.

Guac Guac Goes the Chicken Sandwich \$8.99 GF DF LC

Local Coleman Farm chicken breast nestled on top of pickled red onions & local greens from Green City Growers & smeared with our guacamole spread.

Mexi-Cauli Wrap \$8.99 GF V

Roasted & fried beans, cauliflower rice, organic bell peppers, shredded lettuce & house made guacamole.

There Beano Meat Burger \$7.99 GF V

House roasted organic black beans, quinoa, kale & bell pepper burger served with lettuce, onion, tomato & Vegenaïse mayo.

Fakin' til We Bacon Vegan BLT Wrap \$7.99 GF V LC

House made eggplant "bacon", lettuce, tomato & Vegenaïse all rolled up inside our Vegan flaxseed wrap.

The Buff Stops Here \$8.99 GF V LC

Buffalo-roasted cauliflower, Vegan cheddar, house made Vegan ranch dressing & our creamy kaleslaw.

Chickadea Wrap \$8.99 GF V DF

Roasted chickpeas, hummus, organic cucumbers & alfalfa sprouts.

BOWL-ING AT THE BRIDGE

Cauliflower Rice Bowls

With guacamole,
organic bell peppers,
pickled jalapeños,
red onions &
your choice of:

Veggie Bomb \$8.99 V

Roasted chickpeas, cauliflower & mixed veggies.

Chicken Pull Party \$9.99 LC

Enchilada-style pulled dark meat chicken.

The Un-Beef-Liev-a-Bowl \$10.99 LC

Mexican-seasoned all-natural local dry-aged ground beef.

Vegan Mac Attacks \$6.99 GF V

House made creamy cheddar cashew cheez sauce tossed with gluten free macaroni.

Throttle up your Thursdays! Check our Facebook page on Thursdays for our featured Mac & Cheez Special!

SOUP OF THE DAY

12oz \$3.99



32oz \$7.99

SALADS

Add grilled local chicken breast or our Vegan black bean burger for \$4.99
Your choice of house made dressings: Balsamic, Vegan Ranch or Seasonal Dressing.

Spring Sprout Salad \$7.99 GF V

Local mixed greens, roasted chickpeas, pickled red onions & organic cucumbers topped with alfalfa sprouts.

Garden Veggie Delight \$7.99 GF V LC

Local mixed greens dressed with roasted cauliflower, organic bell peppers, red onions, arugula & zucchini.



SUNRISE KIDS MENU

Served with a good for you fruit & a yummy for your tummy baked cookie.
For our guests 10 & under.

Captain Cheesypants \$4.99 GF

Goopy grilled cheese sandwich made with our house made millet bread.

The Mexican Mouse \$4.99 GF

Cheese snuggled inside our house made Vegan flaxseed wrap.

Way Above Average AB&J \$4.99 GF

Our house made millet bread stuffed with freshly ground almond butter & house made organic jelly.

GF Gluten-Free

DF Dairy Free

V Vegan

LC Low Carb Option

We can accommodate most special dietary needs with options for Vegan, Dairy Free or Low Carb to our peanut & gluten-free menu. Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of food borne illness.

OUR MEATS

ARE NATURALLY RAISED
GRASS FED AND ANTIBIOTIC FREE
HORMONE

OUR FRUITS

and VEGGIES

are sourced locally in season

AND DIRTY DOZEN ORGANIC

WE BELIEVE IN SUSTAINABILITY

AND RECYCLE
PURPOSE
USE when possible

including food donations to our

LOCAL FOOD BANK

+ food scraps to always hungry local chickens!



We are a designated Sustainable Pittsburgh Restaurant, committed to our community, our economy, and our planet. Learn more at EatSustainably.org

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