

## Smoothies 9 am To 7 pm

ALL OF OUR SMOOTHIES ARE MADE WITH 100% ORGANIC FRESH INGREDIENTS. WE MAKE EACH SMOOTHIE TO ORDER WITH FRESH, RIPE ORGANIC PRODUCE

### GREEN GODDESS

Kale, spinach, celery, pineapple, banana, cilantro, coconut milk

### PURPLE PASSION

Blueberry, banana, lemon, coconut milk

### JUST PEACHY

Peach, orange, coconut milk, honey

### STRAWBERRY BLUEBERRY BLAST

Strawberry, blueberry, coconut milk, yogurt

### MORNIN' SUNSHINE

Strawberry, banana, mango, pineapple, orange, yogurt, honey, coconut milk

### THE REFRESHER

Kiwi, cucumber, grape, yogurt, honey, coconut milk

**8OZ—\$3.00**

**16OZ - \$5.00**

FREEbies—Cinnamon, Cayenne, Stevia

EXTRA LOVIN' - \$1.00 Chia seeds, Flax seeds, Local Honey, B-12,

POWER SHOTS - \$1.50 Protein Powder, Coconut Oil, Avocado, Almond butter, Whey, Ginger, Turmeric

\*All of our ingredients for our smoothies are GLUTEN FREE

## Ingredients

### Local and Organic

Here at Clearfork Market Bakery & Deli, we strive to offer you the best available products. Gluten-free, organic, non-GMO, anti-biotic free and hormone free are things we hold dear to our hearts. This extends to the bakery as well. We will clearly state what is in the food you are consuming so as to preserve the clarity that is Clearfork. If we can not get organic, it will be a local Texas producer.

We are fervent in our belief that we can support our neighbors by making diligent purchases in the local area. If you ever would like to sample an ingredient, please ask. We will also be testing and sampling out the grocery items to make sure we have good tasting and thoughtful items on the shelves.

**Shop Local.**

Follow us on Facebook and see our daily menu post.



## Bakery & Deli

### Operating hours

**Monday– Friday 9 am to 4:00 pm**

**Saturday 9 am to 1:30 pm**

**Sunday Closed**

*Check Facebook for daily menu  
Call.....682-333-0938 to order*

**3500 Fort Worth Hwy**

**Hudson Oaks, TX 76086**



## Breakfast

### Burritos: Full for \$7.50

Choose: Ham/Bacon/Turkey Sausage

Choose: Cheddar/Pepper jack cheese

On Wheat Tortilla Wrap

### TACOS: 2 for \$6.00

Choose: Ham/Bacon/Turkey Sausage

Choose: Cheddar/Pepper jack cheese

On Corn Tortillas

### Gluten Free Oatmeal Cups \$3.69

Bob's Red Mill w/ Flax & Chia

Classic, Apple pieces and Cinnamon,

Brown Sugar and Maple, Blueberry and Hazelnut

ORGANIC COFFEE

8OZ \$1.15

12 OZ \$1.75

16OZ \$2.25

## Lunch

- **Soup:** Market Price. Changes weekly and seasonally.

### Sandwiches:

- **TBLAT:** Turkey, Bacon, Lettuce, Avocado, Tomato, Pepper-jack Cheese Veganise on Honey-Oat or Gluten Free Bread **\$9/\$4.50**
- **Delaney's Fav:** Ham, Gouda, Pickles, Spring Mix, Honey Mustard, Mayo on Toasted Honey Oat or Gluten Free Bread. **\$8/\$4**
- **Adult Grilled Cheese:** Soft herbed cheese, Fresh Mozzarella, Tomato on Honey Oat or Gluten Free Bread **\$6/\$3**
- **Med Fest:** Hummus, Roasted Peppers, Feta, Olives, Roasted Portobello Mushroom, Spinach on a Spinach or Whole-Wheat Wrap **\$8/\$4**
- **Nut~n~Honey...or Jam:** Choice of-Peanut, Almond, Sunflower Butter and Local Honey, Strawberry or Blueberry Jam on Gluten Free or Honey Oat **\$5/\$2.50**
- **Wholesome Chicken Salad:** Farm Fresh Whole Roasted Chicken, Apple, Dried Cranberries, Onions, Sunflower Seeds, Walnuts, House-made DF Poppy seed Dressing **\$8/\$4**
- **Tuna Salad:** Albacore Tuna, Vegenaise, Sweet Pickle Relish, Onion, Salt & Pepper **\$7.50/\$3.75**
- **Rebecca's Fav:** Grilled Pimiento cheese on Honey Oat or Gluten Free bread. **\$7.50/\$3.75**
- **All Veg;** Onion, Spring Mix, Spinach Tomato, Cucumber, Avocado, Peppers, Raw Cheese, Honey Mustard, Vegenaise **\$8/\$4**
- **Extra Meat/Cheese \$ .50**

## What we serve

### Bread Fresh Baked Daily:

#### Mon/Wed Gluten Free

#### Tue/Thur Classic

- **GF DF Sandwich**
- **Banana Walnut/ Blueberry, Chocolate Chip**
- **Zucchini-Walnut**
- **Pumpkin (Seasonal)**
- **Gingerbread (Seasonal)**
- **Seasonal Buttermilk Fruit: Apple, Pear, Cranberry, Blueberry, Blackberry, Poppy seed, Citrus, Vanilla Bean, Mixed Berry, changes weekly.**
- **Honey-Oat (Classic only)**
- **Gluten Free Vegan Farmhouse**
- **High Protein (Classic Only)**

**Most Breads are made both Classic and Gluten-free**

### Sweets

- **Cookies:** Chocolate chip, Oatmeal-raisin, Coconut-pecan. **\$2.50**

**Please allow 48 hours notice for all special orders to guarantee availability. We are more than willing to accommodate "free", diets with notice as items are not available daily.**