



## Morning Sweet & Savories

<b>Cinnamon Roll</b>	<b>\$2.75</b>
<b>Bagel</b>	<b>\$2.50</b>
<b>Muffin</b> (variety changes daily)	<b>\$3.00</b>
<b>Coffee Cake</b> (variety changes daily)	<b>\$2.25</b>
<b>Sausage Pinwheel</b>	<b>\$2.00</b>
<b>Quiche</b> (variety changes daily)	<b>\$4.95/Slice</b>
<b>Fresh Fruit</b> (in season)	<b>\$3.75</b>
<b>For Heavens Toast w/Jelly</b>	<b>\$1.95</b>

### Homemade Jelly:

Strawberry  
Wild Plum  
Marmalade

## Deli Sandwiches

*Breads: Country White, Whole Wheat, Honey Oat, Sourdough*

*Cheeses: American, Havarti, Pepperjack, Provolone*

<b>Flutter Nutter-</b> peanut butter and marshmallow cream on country white	<b>\$3.95</b>
<b>Classic Bologna</b> - all beef bologna on country white with mayo and american cheese	<b>\$6.95</b>
<b>Pimento Cheese</b> - homemade pimento cheese on sourdough	<b>\$6.95</b>
<b>BLT</b> - bacon, lettuce, tomato, and mayo on honey oat	<b>\$6.95</b>
<b>Chicken Salad-</b> homemade all white meat chicken salad w/almonds on whole wheat	<b>\$6.95</b>
<b>Panini of the Day</b>	<b>\$8.50</b>
Monday- *Turkey	Thursday- Italian
Tuesday- *Chicken	Friday- **Customer Choice
Wednesday- *Ham & Pimento	

\*Beef, Pork, and Poultry are roasted in house and carved daily.

\*\*Each week customers will vote for their favorite sandwich for the next week on Facebook Business Page.

# Crisp Salads

*Served with our homemade sourdough*

**Salad Dressings: House Ranch, House Blue Cheese,  
House Balsamic Vinaigrette, House Vinaigrette**

**Chicken Salad** **\$8.50**

our homemade all white meat chicken salad served on a bed of lettuce with tomatoes

**For Heavens Salad** **\$8.50**

Our favorite-fresh spinach with mandarin oranges, red onions, and candied pecans served with house balsamic vinaigrette

**Grilled Chicken Pasta Caesar Salad** **\$8.95**

Fresh romaine lettuce, freshly shredded parmesan cheese, grilled chicken, penne pasta, and caesar dressing and our own croutons

**Old Fashioned Garden Salad** **\$8.50**

A traditional salad with broccoli, cucumbers, carrots, tomatoes, bacon, in house roasted turkey, boiled egg halved, and cheddar cheese

**Tampa Bay Greek Salad** **\$8.95**

Fresh Iceberg lettuce, cucumbers, bell peppers, red onions, salami, kalamata olives, feta cheese

## For Heavens Quiche

*Variety changes daily*

**Whole Quiche** **\$16.95**

**Savory Quiche** **\$8.50**

Served with a side salad and bread

**Slice of Quiche only** **\$4.95**

## Refreshing Beverages

**Orange Spiced Un-Sweet**

**Iced Tea** **\$1.95**

**Southern Sweet Tea** **\$1.95**

**Flavored Iced Tea**  
(variety changes daily) **\$1.95**

## Hearty Soups

*Available only during the fall and winter months*

*Served with homemade bread*

**Chicken Noodle** **\$5.95**

**Chili** **\$5.95**

**Soup of the Day** **\$5.95**

**Freckled Lemonade** **\$1.95**

**Blueberry Lemonade** **\$1.95**

**Cucumber & Pineapple**  
**Infused Water** **\$1.95**

**Specialty Bottled Drinks**

# For Heavens Confections

*“Sweet Tooth” Approved!*

**Homemade Bread**      **\$5.00—\$7.00**

Country White, Whole Wheat, Honey Oat, Rye, Sourdough, Garlic Herb, Italian, Rosemary, Apple-Zucchini, Peach-Apricot, Cinnamon Raisin, Challah, Hatch Chili and Cheddar (variety changes daily)

**Yeast Rolls**      **\$5.00/half dozen**

## **Bundt Cakes**

- **Mini Bundt**      **\$3.00**
- **6 Cup Bundt** (pre order 48 hours)      **\$12.95**
- **12 Cup Bundt** (pre order 48 hours)      **\$20.00**

## **Cinna-Buns**

- **Individual**      **\$2.75**
- **Half Dozen** (pre order 48 hours)      **\$13.95**
- **Dozen** (pre order 48 hours)      **\$24.95**

## **Muffins**

- **Individual**      **\$3.00**
- **Package of 4**      **\$9.95**
- **Dozen** (pre order 48 hours)      **\$24.95**

**Cake**      **\$4.95/slice**

Chocolate, Carrot, Siracha-Strawberry, Red Velvet, German Chocolate, Peanut Butter, Butter Pecan, Coconut, Italian Cream... (variety changes daily)

**Pies**      **\$3.50/slice**

Apple, Cherry, Banana Cream, Chocolate Cream, Coconut Cream, Lemon Meringue, Blueberry Cream, Basil Blackberry, Buttermilk, Fruit Crisp, Pumpkin, Sweet Potato, Pecan (variety changes daily)

## **Cupcakes** (variety changes daily)

- **Individual**      **\$2.50**
- **Sampler box of 4**      **\$10.00**
- **Dozen** (pre order 48 hours)      **\$26.00**

## **Quarter Pound Cookies**

(variety changes daily)

- **Individual**      **\$2.00**
- **3 Cookies**      **\$5.00**

## **Bars** (variety changes daily)

- **Individual**      **\$3.00**
- **Half Dozen**      **\$15.00**
- **Dozen** (pre order 48 hours)      **\$30.00**

*Each day's offerings are different so call ahead to check what we have today or pre-order your favorite.*

*All our baked goods and meals are made from scratch with organic/locally grown/in season ingredients when available! The recipes that have been handed down through our family, or have been developed in our kitchen, or I use recipes that we have tested and tweaked from my favorite Food Network Shows. I absolutely love to bake and cook for family and friends! Seeing a smile on someone I love after they have tasted a treat from my oven brings me much delight! I look forward to sharing a variety of savories & confections with all who will place an order!*