

Bits, Bytes-N-Buns

1178 Chapel Crossing Road
Brunswick, Georgia

phone: 912-265-2737

hours: Mon-Friday 6:30am - 6:00pm

Bagels

Fresh Baked Every Day - Get them hot & warm 6:30am-7:30am

- :: **Blueberry** -
- :: **Cinnamon Raisin** -
- :: **Cracked Wheat** -
- :: **Plain** -
- :: **Sundried Tomato** -

Breads & Cereal

A Granola recipe from a famous Bed & Breakfast Inn. Baked Fresh Tuesdays & Thursdays.

- :: **Home Made Granola** - *Our granola is made from oats, pecans, sunflower seeds, honey and more!* ____ **Fresh European Breads Coming Soon!**

Coffee

We offer blends and single-origin coffee's. Most are Full City Roasted with exception of Organics.

- :: **House Blend Colombian** - *Full City Roasted and our most popular*
- :: **Amaretto Supreme** - *The sweet taste of amaretto combined with rich and smooth coffee beans*
- :: **Chocolate Raspberry** - *A delicious mixture of rich chocolate and sweet raspberry*
- :: **Organics** - *Peruvian, Guatemalan and Rain Forest. Beans grown and harvested to comply with organic standards and no chemicals*
- :: **French Roast** - *The flavor that transports you to the french country side*
- :: **Heavenly Delight** - *If you enjoy dancing with goats, you'll be in heaven with this wonderous blend. Also available in DECAF!*
- :: **Irish Creame** - *Indulge in your very own journey to the emerald island. Also available in DECAF!*
- :: **Kona** - *Straight from the Aloha Island, give our Kona blend a try*
- :: **Sinful Delight** - *For those who enjoy the darker things in life. Our Sinful Delight will warm you to the core. Also available in DECAF!*
- :: **Vanilla Nut** - *Try a cup with a shot of vanilla syrup for a extra yummy taste*

Cookies

Truely Gourmet!

- :: **Gourmet Chocolate Chuck with Pecans** - *A delicious retreat!*
- :: **Gourmet Oatmeal Raisin** - *Trying to be more healthy, but have craving for something sweet? Give these cookies a try!*
- :: **Snickerdoodle** - *So what is a snickerdoodle? We don't know but we do know that these cookies will erase such worries from your mind.*
- :: **Sugar** - *Take a break from being a grown-up and re-visit your childhood with these made from scatch cookies. Just like Mom used to make!*

Donuts

Our glazed donuts have less grease and are soft & fresh with a vanilla maple icing

- :: **Apple Fritter** - *Dreaming of Moms's apple pie? Then just give our fritters a try!*
- :: **Chocolate Cake** - *Melt in your month chocolate cake in the convenience of a donut*
- :: **Donut Holes** - *The yummy taste of our fresh glazed donuts jam packed into bite-size shapes!*
- :: **Glazed Rounds and Twist** - *These aren't your ordinary glazed donuts! Fresh baked everyday, these donuts will blow your bobby socks off!*
- :: **Glazed Jelly Filled** - *Filled with raspberry or lemon jelly. People jam through the doors just to get a taste!*

Espresso

We offer the perfect combination of single-origin medium roasted beans.

- :: **Americano** - *Need that extra strong jolt in the morning? Our fresh Americanos will perk you right up!*
- :: **Brevé** - *Like your espresso drinks to be sweet and creamy? Our Brevé will fit the bill!*
- :: **Cappuccino** - *The traditional espresso treat! Made with only the freshest ground espresso, steamed milk, and topped with lots of foam. Have an taste of the old country with us!*
- :: **Café Latté** - *Just like our cappucino, but with little or no foam*
- :: **Mocha** - *Everyone loves a mocha. Made with fresh espresso, steamed milk, and just enough chocolate to make you scream for more! Feeling adventurous? Experience our White Mocha or add a little raspberry for that extra bit of sweet!*

Fruit Tea Infusions

Infuse your tastebuds with all natural ingrediants. Frozen and very fruity!

Internet Access

OK! Internet is not real food but it is Food for Thought! Wi-Fi Hotspot, Ethernet & More

Juice

We offer several low-carb juices that are not too sweet!

- :: **Dasani Bottled Water** -
- :: **Tropicana 50% less Sugar Apple** -
- :: **Ocean Spray Ruby Red Grapefruit** -
- :: **Welch's Grape** -

Low Carb & Low Fat

Our very own recipe of low carb & low fat muffins. Try our low carb flavored milks & syrups.

- :: **LOW FAT/CARB Apple Cinnamon Raisin** - *All the taste, none of the guilt.*
- :: **LOW FAT/CARB Banana** - *We aren't monkeying around! These muffins help you keep the diet without sacrificing taste!*
- :: **LOW FAT/CARB Blueberry** - *All the good, none of the bad. Enjoy.*

Muffins

Experience a West Coast tradition of hot fresh and very large Mega & Regular Muffins.

- :: **Banana Nut** - *Teaming with flavor, our banana nut muffins will send you straight to the banana grove! Banana Nut is available in MEGA and regular sizes.*
- :: **Blueberry** - *Old fashion blueberry muffins. Some things you should never change. Available in MEGA and regular sizes.*
- :: **Coffee Cake** - *The perfect companion to your Café Latté. Available in MEGA and regular sizes.*
- :: **Honey Bran** - *Need a little extra fiber in your diet? One of our Honer Bran muffins should do the trick in a yummy way! Available in MEGA and regular sizes.*
- :: **Lemon Poppy Seed** - *A perfect blend of sweet and tart. Available in MEGA and regular sizes.*
- :: **Pumpkin Raisin** - *Have a hankering for Mom's pumpkin pie and thanksgiving is months away? Give in to temptation in a healthier way! Our pumpkin raisin muffins will satisfy your desires!! Available in MEGA and regular sizes.*

Pastries

Enjoy your coffee or espresso with our Fruit Filled Puffed Pastries and Rolls.

- :: **Danish Twist with Assorted Fillings** - *You don't have to travel to Denmark to try these danishes! Come and sink your teeth into a cherry or strawberry filled danish! We also offered the one of a kind coffee buttercream and almond danish, it's like nothings else out there!*
- :: **Croissants with Assorted Fillings** - *These croissants aren't just good, they're BERRY good. Filled with blueberry or strawberry cream, the perfect on the go breakfast!*

Smoothies

A refreshing alternative to a caffeine beverage. Fruit Powder & Non-Fat Milk with extra vitamins.

Sodas

Regular, Sugar-Free, Uncaffeinated Available

Tea

Caffeinated, Decaffeinated and Herbal