

Broad River EXCHANGE

Southern Grocer | Home | Pies & Cakes

Menu for the week of 3/14/23 - 3/18/23
pre-order baked goods by Sunday and pick up the following Thurs - Sat.

Fresh Bakery Menu

Pies

5" & 9"

Flavors

- Apple Crumb \$10.99 | \$25
- Chocolate Brownie \$9.99 | \$22
- Keylime Pie \$10.99 | \$25
- Sugar Free Banana Cream Pie \$10.99 | \$25
- Pecan \$10.99 | \$25
- Tomato \$10.99 | \$25

Bundt Cakes

10" Round

Flavors

- Sour Cream Bundt Cake | \$45
- Strawberry Sour Cream Bundt Cake | \$47

Celebration Cakes

7" Round | Single Layer | \$25

All Cakes are frosted with Cream Cheese Frosting

- Almond
- Beaufort Hummingbird (Not too Sweet | Very good)
- Carrot
- Confetti
- Chocolate

Misc

- Pack of 4 Cupcakes | Surprise Flavors | \$9.50
- Pullman Loaf Wheat Bread | \$8.50
- Pullman Loaf Sourdough Bread | \$8.50
(It's a subtle / light sourdough taste)
- 1/2 Dozen Cinnamon Rolls | \$14

Pre-order baked goods online | www.BroadRiverExchange.com

or

You're welcome to e-mail Kristi@broadriverexchange.

Please note: We always have fresh bakery items available
on a first come first serve basis every Thursday - Sat.

However, we do not stock the full bakery menu.

We do not have baked goods Tues or Weds.

Ashley
BAKERY

Baked by Ashley Bakery | www.AshleyBakery.com

(Comes in on Thursday after 1pm)

Rio Bertolini's Pasta Menu

Fresh Cut Pasta

- 1lb Spinach Fresh Cut Spaghetti Pasta | \$6

Ravioli

2.5" Square

- Tuscan White Bean and Basil | \$9.65
- Porcini Mushroom Ravioli | \$9.65

Misc

- 1lb Gluten Free Ricotta Gnocchi | \$7
 - 1lb Alkaline Noodles | \$6
 - Pizza Dough | \$3.50

Take & Bake Meals

2lb | \$11.50

- Baked Shells & Cheddar (Bake 1 hour from frozen)
(Bertolini's take on Mac & Cheese)
- Tortellini Rose (Bake 1 hour fro frozen)

Sauce

1 Pint | \$7

- Tomato and Basil Sauce
 - Vodka Sauce
 - Amatriciana Sauce



Pre-order Online | www.BroadRiverExchange.com

Please note: Currently Rio Bertolini only sells their Beef Bolognese Lasagna and Meatballs at local farmers markets.

They only make a small amount each week.

They are only available at our Port Royal Farmers Market.

Frozen Fresh Pasta by: | www.RioBertolinisPasta.com

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2023 Easter Menu

Pies 9"

Flavors

- Apple | \$25
- Keylime Pie \$25
- Sugar Free Chocolate Cream Pie | \$25
- Pecan | \$25

Bundt Cakes

10" Round | Cream Cheese Glaze

Flavors

- Sour Cream Bundt Cake | \$45
- Strawberry Sour Cream Bundt Cake | \$47

Cakes

7" Round | Single Layer | \$25

All Cakes are frosted with Cream Cheese Frosting

- Red Velvet
- Beaufort Hummingbird (Not too Sweet | Very good)
- Carrot
- Chocolate Kahlua

Sides

- Tomato Pie 9" | \$25
- Quiche Lorraine 9" | \$28
- Thumann's 5lb Red Skin Potato Salad | \$24
- Thumann's Original Mac Salad 11lb | \$5.25
- Thumann's Original Potato Salad 11lb | 5.25
- Thumann's Coleslaw 11lb | 4.95
- 1/2 Dozen Fresh Baked Cinnamon Rolls | \$14
- Dozen Fresh Baked Yeast Rolls | \$8.50
- Rio Bertolini Baked Shells & Cheddar | \$11.50
(Mac & Cheese | Serves 5-6 as a side)



Spiral Cut Holiday Ham w/ Brown Sugar Glaze

Fully Cooked | Warm in Oven
\$8.50 per pound



Easter Menu | Pre-order only
Please have Ham orders in by 3/28/23
via e-mail: Kristi@BroadRiverExchange



**All Natural Thumann's
Brand Meats sliced fresh
daily- No preservatives or
msg and Gluten free!**



**Thumann's is a competitor of Boars Head.
They have been perfecting quality meats since 1944.
Most of their meats come pre-smoked. All you need to do is heat!**

Thumann's: Pre-cooked ready to eat smoked sausage, franks, and more.
We offer a variety of meats from Thumann's.
We stock the following from Thumann's:

- Pre-cooked Smoked Sweet Italian Sausage (ready to eat just brown it) = \$8.50 (Pack of 5)
- Full bun All Beef Franks = \$9 (Pack of 6)
- 100% all natural Chicken Franks = \$10.50 (Pack of 6)

- Very lean | 100% Beef Hamburger Patties = (8 ct) \$10
- Thick cut 1lb of Bacon = \$8.50lb



In Store Dairy



Fresh off the farm non-homogenized milk

Non-homogenized milk is better for you! Homogenization is a simple process that can do serious damage to the structure of milk. Large dairy plants have been homogenizing milk for more than fifty years. The process began in earnest when dairy manufacturers stopped using glass bottles and switched to using cardboard. Consumers could no longer see the cream line on the milk, and when the cream flowed from the cardboard container, many consumers thought the milk was spoiled. Homogenization is a mechanical process which pulverizes the large butterfat globules and breaks them down to micron sized pieces. Although the product looks "homogenous" and smooth, studies have shown that homogenized milk is not as healthy as non-homogenized milk. Instead of milk fats being digested slowly as they move through the digestive system, the fat is absorbed directly into the blood stream from the stomach. It shocks the system and may act as a toxin. Other studies show that healthful enzymes surrounding milk fats may be destroyed when milk is homogenized. Many of our customers tell us that Southern Swiss milk is the only milk they can drink without suffering from digestion problems. We strongly believe that non-homogenized milk is simply better for you. It certainly tastes better!

Please note: (This dairy needs to stay cold and be shaken before use.) Expiration Dates are less time period.

Dairy:

- 1/2 Gallon | Whole, 2%, Skim | \$5.25
- Pint | Whole, 2%, Half & Half, Heavy Cream | \$2.99 - \$3.99
- 1/2 Pint | Chocolate Milk | \$1.75
- Pasture Raised Eggs | 1 dozen | \$7.25

- 1/2 lb Butter | Honey Butter or Salted Butter (*e-mail pre-order only*)



Our Eggs are Pasture Raised!

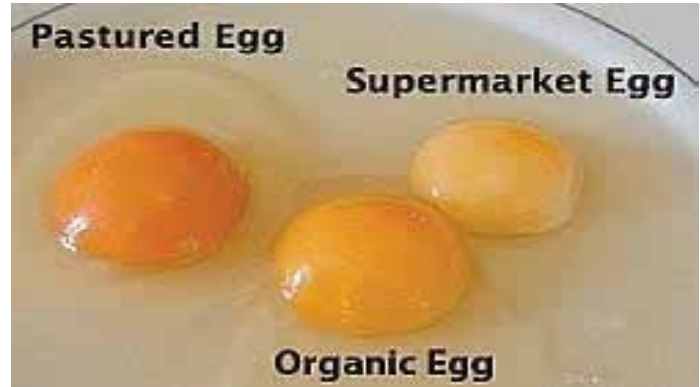
Look for our pasture raised eggs in the infamous pink carton.
We're keeping our prices low at \$7.25 per dozen

CAGED EGG vs. **PASTURE RAISED EGG**
@Chris.Rocchio_Fit



- fed unnatural diet
- higher omega-6 to -3 ratio
- lower in fat soluble vitamins

- natural diet and environment
- more nutritious
- more vitamin A, E, D & omega-3s

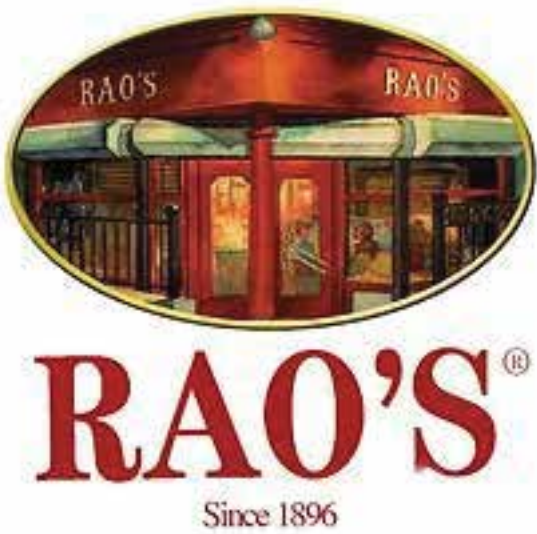


We also carry....



We offer a variety of 24oz Panera Soups.
(Heat & Eat)

Panera
BREAD®



We also carry....



What is so special about Rao's Pasta Sauce?

Rao's uses high quality tomatoes and olive oil, without any added preservatives or coloring. The rest of the ingredients won't surprise you: salt, pepper, onions, garlic, basil, and oregano. You know, the stuff you'd expect to be in tasty marinara. And the biggest omission from that list is added sugar. It is Gluten Free and Keto Friendly.

Their pasta only has two ingredients. Yep that is it. Drumb wheat and water.



Pairs great with our Thumann's pre-cooked Italian Sausage.



What's NEW at Broad River Exchange?

Tote Thursday

10% off
Entire Purchase

Broad River
EXCHANGE
Southern Grocer | Home | Pies & Cakes

1p - 6:30p

EVERY THURSDAY



Use code: **TOTETHURSDAY**
on our pre-order online store with Thursday pick-up.

NEW PRODUCT

Hale Tea Co. | Savannah



*Zero Sugar Organic
Matcha Powder*

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Coming Soon to BRE...

In a few weeks we will have Take & Heat BBQ + Chili + Vegan Chili.
(Sold Frozen Fresh)
Yumm

We are gearing up to build a produce stand outside BRE.
(Estimated: Late Spring 2023)
Once it is built, we will offer a nice variety of local and organic produce.
(From multiple local vendors.)
In the meantime, we will continue to have a limited amount
of fresh produce in store.

Coming in April... Fresh Brewed Iced Tea!
From: The Beaufort Tea & Spice Exchange.
Hours: 10:30a - close

We will also have cute Habersham Tumblers available for purchase.
You're welcome to bring your own as well.
Fresh Brewed Iced Tea will be FREE with any \$15 purchase.

Follow us on Facebook and Instagram

From time to time, we will be promoting our products, doing demos,
and having LIVE sales on Facebook.

Follow us to know when we are going live.

Facebook: @BroadRiverExchangeMarketplace

Insta: @BroadRiverExchange

Best Sellers

Ashley Bakery:

Keylime Pie | Strawberry Sour Cream Bundt Cake | Hummingbird Cake
Cinnamon Rolls | Pecan Pie | Tomato Pie

Rio Bertolini:

Tortellini Rose Take & Bake | Gluten Free Ricotta Gnocchi
Pint of Amatriciana Sauce

Charleston Favorites:

Cheese Straws | Charleston Gold Rice | Pralined Pecans

Hosting:

Molly's Kitchen 6lb Vegetable Lasagna | Serves 8-10

What's NEW at Broad River Exchange?



**We are gearing up for the
Beaufort Twilight Run on 3-25-23.
See you there!**

We carry over 20 Local Vendors!



**Vendor of the Month:
Dottie's Toffee
Give the gift of Toffee!
(Sparkle City, SC)**

**We will be offering pre-order dessert boxes
for the Party for Parkinson's event!**

Lettuce from Brant Family Farm!

We're excited to have some lettuce in from Brant Family Farm this week. Brant Family Farm grows locally with all organic practices. The Lettuce will be in this Wednesday! (3/22/23)



Home • Accessories
Gifts • Apparel



Spring is in the Air



Check out our fun new Spring Items!



Slow Cooker Bean Recipe

Slow cooker beans:

Slowly cooking dried beans makes them creamy, flavorful, and delicious. Plus, they're cost effective, incredibly versatile, and super good for you. Beans are high in fiber and protein, low in sugar, fat, and sodium, and full of slow-burning complex carbohydrates.

Suggested | Quick-Soak Method:

Rinse beans in a colander set in the sink, then put them in a pot and cover with water. Set the pan over high heat, bring the water to a boil; let boil for 2 minutes. Remove the pan from the heat, cover, and let the beans soak for 1 hour.

Or

Rinse beans in a colander set in the sink, then put them in a pot and cover with water. Let soak over night.

The recipe makes a lot of cooked beans - about 6-7 cups. You can certainly cut the recipe in half. But, I've found that it's not that difficult to use 6 or 7 cups of beans in different dishes throughout the week. If there are any leftover, they freeze beautifully and are great to have on hand.

Slow cooker beans take about 4 hours on high and 6 hours on low. This is a general recipe that works for pretty much any kind of dried bean except for split peas and lentils. Use all one type of bean or mix a few different ones together.

Slow cook the beans in a crock pot:

Pour beans into a colander and rinse in the sink for a minute or so. Pour into your slow cooker.

We suggest using a slow cooker liner.

- 16 ounces (1 lb) dried beans, any variety
- 1 tablespoon minced garlic
- 1 tablespoon onion powder
- 1 teaspoon salt
- 1 teaspoon pepper
- ¼ teaspoon baking soda
- 2 teaspoon Worcestershire sauce or soy sauce
- 8 cups water, or chicken or vegetable broth
- Any other herbs and spices that you like (optional)

Enjoy!

