

BREAKFAST

BREAKFAST BURRITO..... \$7.99
 3 lightly scrambled eggs, aged cheddar cheese,
 pico de gallo salsa, cilantro & potatoes in a flour
 tortilla on the griddle
add : bacon, ham or sausage..... +\$1.99

BREAKFAST SANDWICH
 made with 2 eggs, build your own

MEAT, EGG & CHEESE..... \$6.99

EGG & CHEESE \$4.99

meat : bacon, ham or sausage
cheese : aged cheddar, American, Swiss,
bread : house made English muffin,
 plain or everything bagel

PLAIN OR EVERYTHING BAGEL

with whipped cream cheese
 • plain • veggie • scallion herb..... \$3.29

with whipped herb cream cheese,
 smoked salmon, capers & red onion..... \$7.99

Sourdough or Wheat TOAST..... \$2.99

2 slices with butter, Above the Dam raspberry or
 strawberry rhubarb jam &/or peanut butter

AVOCADO TOAST \$4.99

open face Maine Grain toast with half a sliced
 avocado, drizzled with olive oil, sea salt & pepper

add : • tomato slice & fried egg \$6.49
 • hummus & cucumber \$6.49
 • smoked salmon, red onion, capers.. \$7.99

HOUSE MADE ENGLISH MUFFIN..... \$2.99

2 slices with butter, Above the Dam raspberry or
 strawberry rhubarb jam, &/or peanut butter

***DAILY QUICHE** \$4.99
 served warm

MUFFINS, SCONES, CROISSANTS & MORE!
 Baked fresh every morning!

SMOOTHIES

16oz..... \$5.49

SURFSIDE: strawberry, banana, pineapple,
 mango & fresh orange juice

THE GREEN DREAM: greens, banana,
 mango, blueberries & apple cider

CARROTEENI: carrot, fresh ginger, mango,
 banana, pineapple, honey & fresh orange juice

BANANA BERRY: strawberry, banana, honey
 & almond milk

add :
 • local honey • protein powder • kelp cubes..... \$1.25

BEVERAGES

COFFEE..... \$1.70/\$2.10

BOTTOMLESS MUG (dine in only) \$2.00

TAZO HOT TEA..... \$1.99

• Earl Grey • Zen Green w/lemongrass & spearmint
 • Calm Chamomile • Awake English Breakfast

16 oz./24 oz.

ICED COFFEE \$2.50/\$3.00

COLD BREWED ICED COFFEE \$2.99/\$3.69

ICED TEA \$2.99/\$3.99

LEMONADE \$2.99/\$3.99

ARNOLD PALMER (½ & ½)..... \$2.99/\$3.99

LOCAL GLUTEN-FREE BREAD

ALERGEENA +\$1.50

BAKERY · SANDWICHES
 SMOOTHIES · SOUPS
 SALADS · COFFEES



PROVISIONS · GIFTS
 PREPARED FOODS · WINE
 BREADS · CHEESE · BEER

349 OCEAN HOUSE ROAD
 IN FRONT OF CAPE ELIZABETH HIGH SCHOOL
 CAPE ELIZABETH, MAINE

CALL: 207-956-7700

CSALTGOURMETMARKET.COM LIKE US: (f)

See our catering menu

SANDWICHES

ULTIMATE LOBSTER ROLL..... MARKET PRICE
6 oz. of FRESH local tail, knuckle & claw meat, a touch of mayonnaise, drawn butter, chives & a lemon wedge on a classic split-top toasted roll

C SALT ITALIAN SUB.....\$10.99
Genoa salami, ham, sopressata, mortadella, sweet capicola, provolone, Italian "salad" with olives & basil spread on Standard Baking Co. rosemary focaccia

TURKEY TERRIFIC.....\$10.99
house roasted turkey, bacon, lettuce, tomato & avocado with herb mayo on toasted sourdough

CAPRESE.....\$8.99
fresh mozzarella, tomato, cucumber, house made basil mayonnaise on Standard Baking Co. rosemary focaccia

CHICKEN PESTO.....\$9.99
chicken breast, mozzarella, *pesto, tomato & lettuce on Standard Baking Co. rosemary focaccia

ROAST BEEF.....\$8.99
house roasted beef, aged cheddar, warm caramelized onions & chipotle mayonnaise on toasted sourdough

STEAK AND CHEESE.....\$8.99
shaved steak with choice of cheese on a hoagie roll, choice of peppers &/or onions

BUFFALO CHICKEN WRAP.....\$8.99
crispy chicken with buffalo sauce, coleslaw, romaine & tomato tossed with ranch dressing

TURKEY RACHEL.....\$10.99
house roasted turkey, coleslaw, Russian dressing & Swiss cheese on marble rye

BÁNH MÌ VIETNAMESE SANDWICH:
lightly pickled vegetables, cucumber, red onion, sliced jalapeño, cilantro & sriracha soy mayonnaise on a toasted roll with grilled chicken or our marinated tofu\$8.99

CHICKEN CAESAR WRAP.....\$8.99
grilled chicken breast, croutons & Parmesan cheese tossed with Caesar dressing

***CHICKEN SALAD WRAP.....\$8.99**
with herbs, celery, scallion, lettuce & tomato

***CURRIED CHICKEN SALAD WRAP ..\$8.99**
with dried cranberries, curry spices, carrot & lime

***TUNA TUNA!.....\$8.99**
albacore tuna, celery, lemon, capers, mayonnaise, red onion, lettuce & tomato on wheat bread

CLASSIC BLT.....\$8.99
bacon, lettuce, tomato & herb mayonnaise on toasted sourdough

AVOCADO & CHEDDAR WRAP.....\$7.99
with mesclun greens, jicama, tomato, red onion & chipotle mayonnaise in a spinach wrap

***HUMMUS WRAP.....\$7.99**
spinach wrap with greens, cucumbers, red onion, tomatoes, carrots & jicama

GRILLED CHICKEN QUESADILLA.....\$8.99
served with sour cream & pico de gallo, choice of peppers &/or onions

GRILLED CHEESE.....\$4.99
grilled to perfection - aged cheddar on sourdough

add : bacon..... +\$1.99
add : avocado..... +\$1.99
add : tomato..... +\$.75

PB&J.....\$3.99
creamy peanut butter & Above the Dam raspberry or strawberry rhubarb jam

KIDS CHEESE QUESADILLA.....\$3.75
made with aged cheddar, perfect for little hands

CRISPY BUTTERMILK CHICKEN TENDERS W/ FRIES.....\$8.99
choice of sauce - ranch, buffalo, or honey mustard

FRESH CUT FRIES.....\$3.99
crispy on the outside and creamy on the inside!
Made with Maine Green Thumb Farm's potatoes

QUICHE

***DAILY QUICHE.....\$4.99**
served warm
with balsamic dressed greens.....\$6.99

SOUPS

***DAILY SOUP.....cup \$3.99.....bowl \$5.49**
made in house with the freshest ingredients

***NEW ENGLAND FISH CHOWDER**
made with fresh haddock...cup \$6.75...bowl \$8.75

SALADS

COBB SALAD.....\$9.99
greens, egg, almonds, bacon, tomato, artichoke, feta, avocado & balsamic vinaigrette

SUMMER SALAD.....\$8.99
greens, strawberries, blueberries, goat cheese & toasted almonds with champagne herb vinaigrette

CAESAR SALAD.....\$7.99
romaine, croutons, Parmesan & Caesar dressing

FRESH GARDEN SALAD.....\$6.99
greens, cucumbers, tomatoes, jicama, carrot, red onion with champagne herb vinaigrette

DEMI GARDEN SALAD.....\$4.99

***QUINOA TABOULI.....\$8.99**
with fresh parsley, mint, tomatoes, cucumbers, lots of lemon & extra virgin olive oil

***ASIAN NOODLES.....\$8.99**
on a bed of greens with grilled chicken or our marinated tofu

add : chicken salad, tuna salad or grilled chicken to any salad.....\$2.99

add : hummus to any salad.....\$1.99

*Many of our salads and sandwich fillings are available in our case.