

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

LOX BAGEL
 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
 • 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** served warm \$5.99
 with demi garden salad..... \$9.99

MUFFINS, SCONES, CROISSANTS & MORE!

SMOOTHIES 16oz..... \$5.49

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

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..... sm \$1.70/lg \$2.25

BOTTOMLESS MUG..... \$2.25

JOE to GO (includes cups, cream, sugar) 12 cups/\$16

TAZO HOT TEA..... \$1.99
 • Earl Grey • Zen Green w/lemongrass & spearmint
 • Calm Chamomile • Awake English Breakfast

HOT COCOA (seasonal)..... sm \$2.95/ lg \$3.25
 served with whipped cream

ICED COFFEE..... sm \$2.50/lg \$3.00

COLD BREWED ICED COFFEE..... sm \$2.99/lg \$3.99

GLUTEN-FREE BREAD..... +\$1.00

GLUTEN-FREE WRAP +\$1.00

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

- 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
- CHICKEN PESTO**\$9.99
chicken breast, mozzarella, *pesto, tomato & lettuce on Standard Baking Co. rosemary focaccia
- CAPRESE**\$8.99
fresh mozzarella, tomato, cucumber, house made basil mayonnaise on Standard Baking Co. rosemary focaccia
- TURKEY TERRIFIC**\$10.99
house roasted turkey, bacon, lettuce, tomato & avocado with herb mayo on toasted sourdough
- TURKEY RACHEL**\$10.99
house roasted turkey, coleslaw, Russian dressing & Swiss cheese on marble rye
- CLASSIC BLT**\$8.99
bacon, lettuce, tomato & herb mayonnaise on toasted sourdough
- 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 melted provolone on a hoagie roll, choice of peppers &/or onions
- MEATBALL PARM SUB**\$9.99
meatballs simmered in our marinara sauce, topped with provolone cheese on a hoagie roll
- *TUNA TUNA!**\$8.99
albacore tuna, celery, lemon, capers, mayonnaise, red onion, lettuce & tomato on wheat bread
- 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
- AVOCADO & CHEDDAR WRAP**\$7.99
with mesclun greens, jicama, tomato, red onion & chipotle mayonnaise in a spinach wrap
- BUFFALO CHICKEN WRAP**\$8.99
crispy chicken with buffalo sauce, coleslaw, romaine & tomato tossed with ranch dressing
- 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
- 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
- KIDS CHEESE QUESADILLA**\$3.75
made with aged cheddar, perfect for little hands
- PB&J**\$3.99
creamy peanut butter & Above the Dam raspberry or strawberry rhubarb jam
- 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
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- GLUTEN-FREE BREAD**+\$1.00
- GLUTEN-FREE WRAP**+\$1.00
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QUICHE

- *DAILY QUICHE**\$5.99
served warm
with demi garden salad.....\$9.99

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
- *CHILI CON CARNE**.....cup \$4.49..bowl \$6.99
topped with aged cheddar

SALADS

- COBB SALAD**\$9.99
greens, egg, almonds, bacon, tomato, artichoke, feta, avocado & balsamic vinaigrette
- CAESAR SALAD**\$7.99
romaine, croutons, Parmesan & Caesar dressing
- BEET SALAD**\$8.99
over mesclun greens, with York Hill goat cheese, toasted almonds & orange vinaigrette
- FRESH GARDEN SALAD**\$6.99
greens, cucumbers, tomatoes, jicama, carrot, red onion with champagne herb vinaigrette
- DEMI GARDEN SALAD**\$4.99
- HARVEST BOWL**\$8.99
roasted root vegetables, brown rice & kale, served warm topped with almonds & feta
- *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

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