

BREAKFAST

BREAKFAST BURRITO..... \$7.99
 3 lightly scrambled eggs, aged cheddar cheese,
 pico de gallo salsa & 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
 Maine Grain toast with sliced avocado, drizzled
 with olive oil, sea salt & pepper
add : • tomato & fried egg \$6.49
 • hummus & cucumber \$6.49
 • smoked salmon, red onion, capers.. \$7.99

HOUSE MADE ENGLISH MUFFIN..... \$2.99
 with butter, Above the Dam raspberry or
 strawberry rhubarb jam, &/or peanut butter

MUFFINS, SCONES, CROISSANTS & MORE!

SMOOTHIES 16oz.....\$6.50

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
BLUEBERRY GINGER: blueberry, ginger,
 banana & almond milk
add :
 • local honey • protein powder \$1.25

BEVERAGES

COFFEE..... \$1.70/\$2.25
BOTTOMLESS MUG (dine in only) \$2.25
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/\$3.99
ICED TEA (unsweetened) \$2.99/\$3.99
LEMONADE \$2.99/\$3.99
ARNOLD PALMER (½ & ½)..... \$2.99/\$3.99

.....
GLUTEN-FREE BREAD OR WRAP
ADD +\$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

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 melted provolone 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

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

GLUTEN-FREE BREAD OR WRAP
ADD.....+\$1.00

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

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.....\$4.50
made with aged cheddar, perfect for little hands

CRISPY BUTTERMILK CHICKEN
TENDERS W/ FRIES.....\$9.79
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.....\$5.99**
served warm
with balsamic dressed greens.....\$7.99

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, seasonal fruit, 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

***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.