

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 • 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, raspberry or strawberry 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
 • smoked salmon, red onion, capers.. \$7.99

HOUSE MADE ENGLISH MUFFIN..... \$2.99
 with butter, raspberry or strawberry 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 & apple cider

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

HOT CHOCOLATE..... \$2.75/\$3.50

*We serve Espresso, Cappuccino, Latte,
 Steamers, Chai and many other HOT
 drinks from our Espresso Bar.*

**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

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See our catering menu

SANDWICHES

CHICKEN PESTO \$9.99
chicken breast, mozzarella, pesto, tomato & lettuce on rosemary focaccia

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

C SALT ITALIAN SUB \$10.99
genoa salami, ham, sopressata, mortadella, sweet capicola, provolone, giardiniera vegetables, olives & basil mayo on rosemary focaccia

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

MEAT LOAF SANDWICH \$9.99
our classic bacon wrapped meat loaf on toasted sourdough with caramelized onions, provolone & red pepper jam

AUTUMNAL CHICKEN SALAD WRAP \$8.99
sage, celery, arugula, pear & spiced pecans

HARVEST TURKEY WRAP \$8.99
house roasted turkey breast, red onion, arugula, rosemary goat cheese spread with cranberry mayo

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

STEAK AND CHEESE \$9.99
shaved steak with melted provolone on a toasted hoagie roll, choice of peppers or onions

ROASTED BEEF PO' BOY \$9.99
house roasted beef, Old Bay mayo, lettuce, tomato, red onion & pickles on a hoagie roll

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

SWEET POTATO FRIES \$3.99
topped with grated parmesan cheese & fresh thyme

CHICKEN CAESAR WRAP \$8.99
grilled chicken breast, croutons & parmesan cheese tossed with caesar dressing

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

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

ROAST BEEF \$9.99
house roasted beef, aged cheddar, warm caramelized onions & chipotle mayo on toasted sourdough

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

CLASSIC CHICKEN SALAD \$8.99
with herbs, celery, scallion, lettuce & tomatoes

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

add : bacon +\$1.99

add : avocado +\$1.99

add : tomato +\$.75

GRILLED QUESADILLA \$4.99
served with house made pico de gallo & sour cream

add : peppers &/or onions +\$1.00

add : chicken +\$2.99

CRISPY BUTTERMILK CHICKEN TENDERS W/ FRENCH FRIES \$9.79
choice of sauce - ranch, buffalo, or honey mustard

PB&J \$3.99
creamy peanut butter & choice of raspberry or strawberry jam

GLUTEN-FREE BREAD OR WRAP
ADD +\$1.00

QUICHE

DAILY QUICHE \$5.99
served warm
with balsamic & greens \$7.99

SOUPS

DAILY SOUP cup \$3.50.....bowl \$5.50

NEW ENGLAND HADDOCK CHOWDER cup \$6.75...bowl \$8.75

CHILE CON CARNE.....cup \$6.75...bowl \$8.75
add : house made dinner roll +\$1.25

SALADS

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

WINTER GARDEN SALAD \$7.99
greens, roasted cauliflower, apples, cranberries, almonds & cider vinaigrette

HARVEST SALAD \$9.99
arugula, pear, bacon, blue cheese, red onion, spiced pecans & dijon vinaigrette

CAESAR SALAD \$7.99
romaine, croutons, parmesan & caesar dressing

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