

BREAKFAST

BREAKFAST BURRITO..... \$8.99
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..... \$5.49

meat : bacon, ham or sausage

cheese : aged cheddar, American, Swiss,

bread : house made English muffin,
plain or everything bagel

PLAIN OR EVERYTHING BAGEL..... \$2.49

with whipped cream cheese

• plain • scallion herb..... \$3.49

LOX BAGEL

with whipped herb cream cheese,

smoked salmon, capers & red onion..... \$7.99

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, jam &/or peanut butter

GLUTEN-FREE BREAD OR WRAP

ADD.....+\$1.00

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

ICED TEA (unsweetened) \$2.99/\$3.99

LEMONADE \$2.99/\$3.99

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

**MUFFINS, SCONES, CROISSANTS
& MORE!**

BAKERY · SANDWICHES
SMOOTHIES · SOUPS
SALADS · COFFEES



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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

LOBSTER BLT MARKET PRICE

brioche bun with FRESH local tail, knuckle & claw meat dressed in drawn butter w/ bacon, lettuce, tomato & herb mayo

● 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

● CAPE GOBBLER.....\$10.99

house roasted turkey, lemon aioli, aged cheddar, bacon, greens & cucumber on a baguette

● 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.....\$9.99

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

CHICKEN CAESAR WRAP\$8.99

grilled chicken breast, croutons & Parmesan cheese tossed with Caesar dressing

● These sandwiches are pre-made and can't be modified.

*CHICKEN SALAD WRAP\$8.99

with herbs, celery, scallion, lettuce & tomato

*TUNA TUNA!\$8.99

albacore tuna, celery, lemon, capers, mayonnaise, red onion, lettuce & tomato on wheat bread

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\$9.99

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 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 & jam

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/ 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

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

QUICHE

*DAILY QUICHE.....\$5.99

served warm

add: balsamic dressed greens.....\$7.99

SOUPS

*LOBSTER BISQUE..... MARKET PRICE

made with FRESH local lobster

*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\$7.99

greens, cucumbers, tomatoes, jicama, carrot, red onion with champagne herb vinaigrette

*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.