

SANDWICHES & SALADS

Bread Choices: Multigrain or Rye bread, White or Wheat Wrap, Sub Roll, Portuguese Roll, Onion Roll, Gluten Free Bread, Vegan Bread

cold sandwiches available all day; hot sandwiches available after 10am

COLD SANDWICHES

Turkey Club \$9.95

Sliced turkey, bacon, lettuce, tomato & mayo on your choice of bread

BLT \$8.25

Bacon, Lettuce, Tomato, Mayo on your choice of bread

The Mayflower \$9.95

Sliced turkey, sprouts, avocado, lettuce, & tomato aioli on a croissant

Mr. Miyagi \$8.95

Roast Beef with cucumber wasabi, red onion, lettuce, tomato & your choice of cheese on an onion roll

Old Fashioned Chicken Salad \$8.95

White chicken breast with celery & mayo, lettuce, tomato & mayo on your choice of bread

Cranberry Walnut Chicken Salad \$8.95

White chicken breast with raisins, walnuts & celery, with lettuce and cranberry mayo on your choice of bread

Chicken Fajita Wrap \$8.50

Spicy rubbed chicken breast with chipotle ranch dressing, American cheese, lettuce & tomato on your choice of wrap

Add Avocado 1.75 Add Salsa .75 Add Sour Cream .75

Chicken Caesar Wrap \$8.25

Romaine Lettuce with creamy Caesar dressing, Shredded Parmesan cheese and sliced white chicken breast on your choice of wrap

Mermaid's Tale \$8.95

All White albacore tuna with lettuce, carrots and sprouts on your choice of bread

Tree Hugger Wrap \$9.50

Grilled vegan burger with chipotle ranch dressing, roasted red peppers, sprouts, lettuce and tomato on your choice of wrap

The Guru Wrap \$8.95

Curried chickpeas and caramelized onions with spinach, sprouts and carrots on your choice of wrap. Served with Balsamic Vinaigrette.

The Green House \$8.95

Fresh spinach, carrots, cucumbers, sprouts & red onion with a roasted tomato aioli on your choice of wrap

Add Bacon - 2.50

Spring Hill Wrap \$8.95

Mixed greens with goat cheese, raisins, sprouts, cucumbers, and carrots on your choice of wrap. Served with Balsamic Vinaigrette

Add Chicken - 1.50

PB & J \$4.95

Peanut butter & jelly on your choice of bread

HOT SANDWICHES

Pastrami Reuben \$9.95

Thinly Sliced Pastrami with melted swiss cheese and fresh sauerkraut grilled on marble rye. Served with 1,000 Island dressing

Up Ship's Creek \$9.95

Grilled Ham and American Cheese with tomato and avocado on your choice of multigrain or rye

Meatball Sub \$8.95

Meatballs in marinara smothered with provolone cheese on a sub roll

Kickin' Chicken Quesadilla \$8.25

Spicy rubbed chicken breast with melted American cheese on your choice of wrap with a side of salsa and sour cream

Add Grilled Onion .50 Add Tomato .50 Add Avocado 1.25

The 1370 \$8.25

Grilled chicken and melted parmesan cheese with tomatoes and pesto on your choice of wrap

Grilled Cheese \$4.95
 Melted American cheese on your choice of bread
 Add Tomato .50 Add Grilled Onion .50 Add Avocado 1.75

CHECK THE BOARD FOR SEASONAL SOUPS!

SALADS

Caesar Salad \$7.95
 Romaine lettuce, creamy Caesar dressing, croutons and shredded parmesan cheese

The Tao of Popeye \$8.95
 Fresh spinach, sliced almonds, Granny smith apple slices, carrots and raisins with a side of apple cider vinaigrette

Build your Own Salad \$6.25
 Starts with mixed greens, cucumbers, tomatoes, carrots, and sprouts

Dressings:
 Balsamic Vinaigrette, Ranch, Caesar, Apple Cider Vinaigrette, Honey Mustard, 1,000 Island

Salad Add-Ons

- Cranberry Walnut Chicken Salad \$3.25
- Ol' Fashioned Chicken Salad \$3.25
- Chicken Breast \$1.50
- Spicy Rubbed Chicken Breast \$1.50
- Tuna Salad \$4.25
- Bacon \$2.50
- Sunflower Seeds75
- Walnuts75
- Goat Cheese \$1.25
- Avocado \$1.75
- Artichoke Hearts \$1.25
- Kalamata Olives..... .95
- Parmesan Cheese95
- Onion50

DRINKS, SMOOTHIES & BREAKFAST

HOT

ICED & FROZEN

Small (12 oz.), Medium (16 oz.), Large (20 oz)

Small (14 oz.), Medium (18 oz.), Large (24 oz.) & XL (32 oz.)

Jim's Organic Coffee - House, French Roast, Hazelnut, Decaf

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Teas - English Breakfast, Earl Grey, Green, Herbal etc.

House Made Iced Tea - Unsweetened Black or Green

Cafe au Lait - Coffee & steamed milk

Caramel Iced Coffee

Hot Cocoa - Made with chocolate milk

Iced or Frozen Latte

Cocoa Java - Coffee & hot chocolate

Iced or Frozen Mocha Latte

Cafe Latte - Espresso & steamed milk

Iced or Frozen Caramel Latte

Cappuccino - Espresso, steamed milk, & foam

Iced or Frozen Chai Latte

Mocha Latte - Espresso & steamed chocolate milk

Caramel Latte - Espresso, steamed milk, & caramel

Add a shot of espresso to any drink for \$0.75

Chai Tea Latte - Chai & steamed milk

Add a flavor shot to any drink for \$0.50

All-Natural Flavor Shots: Almond, Banana, Caramel, Coconut, Hazelnut, Peppermint, Raspberry, Toasted Marshmallow, Vanilla

Sugar-Free Flavor Shots: Hazelnut & Vanilla

Dairy Alternatives: Soy Milk, Vanilla Almond Milk, Oat Milk

SMOOTHIES

PLEASE LET US KNOW IF YOU HAVE A NUT ALLERGY!

SMALL \$4.50

MEDIUM \$5.50

LARGE \$6.50

XL \$7.25

made with nonfat yogurt & fresh fruit unless otherwise indicated

Berry Healthy - Strawberry, blackberry, raspberry, blueberry

Just Ducky- Strawberry, coconut, pineapple

Chocolate Monkey - Chocolate, banana, peanut butter

PB & J - Strawberry, banana, peanut butter

Creamsicle - orange & vanilla

Up & At 'Em - Oatmeal, banana, raisins

Island Breeze- Coconut, pineapple, banana

Green Monstah- Almond milk, spinach, banana, peanut butter

Jolly Mon - Strawberry & Banana

Java Monkey - Iced coffee, chocolate, banana, peanut butter

Smoothie Add-Ons

Whey & Plant Protein 2.00

Avocado 1.75.

Coconut oil 1.25

Extra fruit .95

Flax .95.

Chia Seeds .95

Espresso .75

Whipped Cream .50

BREAKFAST

Add-Ons for Bagels, Sandwiches and Burritos

Cape Cod Bagels **\$2.25**
Plain, Cinnamon Raisin, Asiago, Everything, Wheat, Sesame, Onion

Bacon 2.50

Build Your Breakfast Sandwich **\$3.75**
Starts with an egg on a bagel, English muffin, Portuguese roll, croissant, multigrain, rye, gluten free or vegan toast

Ham, Sausage, Linguica 2.00

American, Cheddar, Provolone, Swiss75

Spinach 1.25

Tomato50

Sprouts75

Onions50

Peppers75

Avocado 1.75

Salsa75

Sour Cream75

Pesto 1.50

Hummus 1.25

Cream Cheese 1.00

Veggie Cream Cheese 1.25

Peanut Butter 1.00

Build your Egg Scrambler **\$3.75**
Starts with two scrambled eggs

Cleveland Ledge **\$6.95**
Fried egg with a hash brown, sausage, cheddar cheese and chipotle ranch on a croissant

Nut & Honey **\$4.75**
Peanut butter, banana, & local honey drizzled on your choice of bagel, English muffin, multigrain, rye, gluten free or vegan toast

ASK US ABOUT OUR DAILY ASSORTMENT OF BAKED GOODS!