

SANDWICHES & SALADS

Bread Choices: Multigrain or Rye bread, White or Wheat Wrap, Sub Roll, Portuguese Roll, Onion Roll, Gluten Free 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 \$10.25
 Sliced turkey, sprouts, avocado, lettuce, & tomato aioli on a croissant

Mr. Miyagi \$9.95
 Roast Beef with cucumber wasabi, red onion, lettuce, tomato & your choice of cheese on an onion roll

Ol' 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 \$8.50
 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 \$9.95
 Grilled vegan burger, roasted red peppers, sprouts, lettuce and tomato with Chipotle Ranch Dressing or Hummus on your choice of wrap

The Green House \$8.95
 Fresh spinach, carrots, cucumbers, sprouts & red onion with roasted tomato aioli or hummus 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 Grilled Chicken - 1.50 Add Chicken Cranberry Walnut - 1.75

Fluffernutter \$4.95
 Peanut butter & fluff on your choice of bread
Add Bacon - 2.50

PB & J \$4.95
 Peanut butter & grape jelly on your choice of bread

HOT SANDWICHES

Pastrami Reuben \$10.50
 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 \$9.25
 Meatballs in marinara smothered with provolone cheese on a sub roll

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

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

Steak & Cheese Sub \$10.95
 Steak and American cheese with lettuce and tomato on a sub roll

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 \$6.75
 Starts with mixed greens, cucumbers, tomatoes, carrots, and sprouts

Dressings:
 Balsamic Vinaigrette, Caesar, Apple Cider Vinaigrette, 1,000 Island

Salad Add-Ons

- Cranberry Walnut Chicken Salad \$1.75
 - Ol' Fashioned Chicken Salad \$1.75
 - Chicken Breast \$1.50
 - Spicy Rubbed Chicken Breast \$1.50
 - Tuna Salad \$2.25
 - Bacon \$2.50
 - Sunflower Seeds \$1.00
 - Walnuts \$1.75
 - Goat Cheese \$1.75
 - Avocado \$1.75
 - Kalamata Olives95
 - Parmesan Cheese95
 - Red Onion50

DRINKS, SMOOTHIES & BREAKFAST

HOT	ICED & FROZEN
<p>Small (12 oz.), Medium (16 oz.), Large (20 oz.)</p> <p>Jim's Organic Coffee - House, French Roast, Decaf</p> <p>Teas - English Breakfast, Earl Grey, Green, Herbal etc.</p> <p style="padding-left: 20px;">Cafe au Lait - Coffee & steamed milk</p> <p style="padding-left: 20px;">Hot Cocoa - Made with chocolate milk</p> <p style="padding-left: 20px;">Cocoa Java - Coffee & hot chocolate</p> <p style="padding-left: 20px;">Cafe Latte - Espresso & steamed milk</p> <p style="padding-left: 20px;">Cappuccino - Espresso, steamed milk, & foam</p> <p style="padding-left: 20px;">Mocha Latte - Espresso & steamed chocolate milk</p> <p style="padding-left: 20px;">Caramel Latte - Espresso, steamed milk, & caramel</p> <p style="padding-left: 20px;">Chai Tea Latte - Chai & steamed milk</p>	<p>Small (14 oz.), Medium (18 oz.), Large (24 oz.) & XL (32 oz.)</p> <p>Jim's Organic Coffee - House, French Roast, Decaf</p> <p>House Made Iced Tea - Unsweetened Black or Green</p> <p style="padding-left: 20px;">Caramel or Mocha Iced Coffee</p> <p style="padding-left: 40px;">Iced or Frozen Latte</p> <p style="padding-left: 40px;">Iced or Frozen Mocha Latte</p> <p style="padding-left: 40px;">Iced or Frozen Caramel Latte</p> <p style="padding-left: 40px;">Iced or Frozen Chai Latte</p> <p style="text-align: center; padding-top: 10px;">Add a shot of espresso to any drink for \$0.75</p> <p style="text-align: center;">Add a flavor shot to any drink for \$0.50</p>

All-Natural Flavor Shots: Almond, Banana, Caramel, Coconut, Hazelnut, Mocha, 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 \$5.25 MEDIUM \$6.25 LARGE \$7.25 XL \$8.25

made with nonfat yogurt & fresh fruit unless otherwise indicated

- | | |
|---|--|
| <p>Berry Healthy - Strawberry, Blackberry, Raspberry, Blueberry</p> <p>Chocolate Monkey - Chocolate, Banana, Peanut Butter</p> <p>Creamsicle - Orange Juice & Vanilla Frozen Yogurt</p> <p>Island Breeze - Coconut, Pineapple, Banana</p> <p>Jolly Mon - Strawberry & Banana</p> | <p>Just Ducky - Strawberry, Coconut, Pineapple</p> <p>PB & J - Strawberry, Banana, Peanut Butter</p> <p>Up & At 'Em - Oats, Banana, Raisins</p> <p>Green Monstah - Almond Milk, Spinach, Banana, Peanut Butter</p> <p>Java Monkey - Iced Coffee, Chocolate, Banana, Peanut Butter</p> |
|---|--|

Smoothie Add-Ons

- | | | | |
|----------------------------|-----------------|------------------|-----------------|
| Whey or Plant Protein 2.00 | Avocado 1.75 | Coconut Oil 1.25 | Extra Fruit .95 |
| Collagen 2.00 | Chia Seeds 1.25 | Espresso .75 | Flax 1.25 |

BREAKFAST

Cape Cod Bagels **\$2.25**

Plain, Cinnamon Raisin, Asiago, Everything, Sesame

Build Your Breakfast Sandwich **\$3.75**

Starts with a fried egg on a bagel, English muffin, Portuguese roll, croissant, multigrain, rye, or gluten free toast

Build Your Burrito **\$3.75**

Starts with two scrambled eggs wrapped in a white or wheat tortilla

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 **\$4.95**

Peanut butter, banana, & honey drizzled on your choice of bagel, English muffin, multigrain, rye or gluten free toast

Add-Ons for Bagels, Sandwiches and Burritos

- | | |
|-------------------------------------|------|
| Bacon | 2.50 |
| Ham, Sausage, Linguica | 2.00 |
| American, Cheddar, Provolone, Swiss | .75 |
| Spinach | 1.25 |
| Tomato | .50 |
| Sprouts | .75 |
| Onions | .50 |
| Peppers | .75 |
| Avocado | 1.75 |
| Hash Brown | 1.25 |
| Salsa or Sour Cream | .75 |
| Pesto | 1.50 |
| Hummus | 1.25 |
| Cream Cheese | 1.00 |
| Veggie Cream Cheese | 1.25 |
| Peanut Butter | 1.00 |

ASK US ABOUT OUR DAILY ASSORTMENT OF BAKED GOODS!