

WHEALTH

BREAKFAST (until 10:30am)

OATMEAL CHOOSE 3 TOPPINGS

HONEY, BANANA, RAISINS, BROWN SUGAR, TOASTED WALNUT,
TOASTED SUNFLOWER SEEDS, CINNAMON, - **\$4.5**

CLASSIC BREAKFAST SANDWICH - PASTURED RAISED EGG -
CHEESE - (HOUSE MADE SAUSAGE OR BACON) ON A ROLL OR BAGEL
\$5.5

THE "ANNIE" - EGG WHITES, TURKEY SAUSAGE, AVOCADO SMASH,
GLUTEN FREE TOAST **\$6.50**

BAKED

COOKIES, CROISSANTS, SCONES, ENERGY BARS, MUFFINS **\$3-\$5**

SMOOTHIE

CHOCOLATE PEANUT BUTTER SMOOTHIE - BANANA - CACAO -
HONEY - PEANUT BUTTER, PROTEIN **\$7**

GREEN - APPLE - BANANA - CUCUMBER - GREENS **\$7**

GRAB AND GO

CHIA PUDDING - ROASTED APPLE - SUNFLOWER COCONUT MILK,
GRANOLA YOGURT **\$5**

FRITTATA - ROASTED SEASONAL VEGGIES **\$4.5**

LEMON CHICKEN SALAD - CHICK PEA - CUCUMBER - GREENS -
FARRO - LEMON - OLIVE OIL **\$9**

SIPPY SIPPY

COFFEE - TEA - COLD PRESSED JUICE - NATURAL SODAS - BOTTLED
WATER -

MON-FRI - 7am-4pm - LUNCH 11AM-4PM

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BOWLS

CLASSIC - BROWN RICE - GREENS - HALF + HALF

SERVED WITH - CUCUMBER, APPLE SALAD + ROASTED VEGGIES + SUNFLOWER, LIME CHIMICHURRI

ROASTED SWEET POTATO **\$8.50** PASTURE RAISED CHICKEN **\$10**
AVOCADO CHICKEN SALAD **\$11** GRASS FED BEEF **\$11**

ADD ONS - EXTRA VEGGIES - \$1.50 - AVOCADO SMASHED \$1.95

SIGNATURE

BRITTANI BOWL - GREENS - GRASS FED BEEF - SLAW - PICKLES - ROASTED ROOTS - APPLE CUCUMBER SALAD - CHIMICHURRI - XTRA SRIRACHA - **\$12**

ZUCCHINI BOLOGNESE - ZUCCHINI NOODLES - TOMATO - GROUND CHICKEN - ONION - CHILI FLAKE - BASIL - SUNFLOWER **\$11**

SPRING FEVER - ASPARAGUS, AVOCADO, GRAPEFRUIT, CARA CARA ORANGE, LEMON, FREE RANGE CHICKEN, ARUGULA, \$11.75

SOUP - SANDWICH

ANY SOUP & HALF SANDWICH **\$8**

SANDWICH

THE VEG HEAD - LEMON CURRY CHICKPEA SPREAD - CARROT - CUCUMBER - GREENS - **\$7**

AVOCADO CHICKEN SALAD-\$7.95

DAILY GRILLED CHEESE \$7.50

SOUP

G'MAS CHICKEN

DAILY SOUP



HARBORSIDE CAFE MENUMARCH/APRIL 2017

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