

## SMOOTHIES- \$9

### HULL GUT

Fresh pressed apple, organic vanilla yogurt, kale, spinach, ginger, and pineapple

### KEEP IT CLASSY

Almond milk, organic strawberry yogurt, strawberry, and banana

### SURFS UP

Coconut milk, banana, mango, and pineapple

### MAHONEY MASH

Almond milk, cacao, honey, peanut butter, Nutella, and banana

### SOUR APPLE

Fresh pressed apple, organic strawberry yogurt, strawberry, and mango

### SPRAY TAN

Orange juice, organic vanilla yogurt, banana, and mango

### RATTENBERRY

Fresh pressed apple, organic vanilla yogurt, strawberry, blueberry, and raspberry

## BOWLS- \$12

### THE OG

Açaí, banana, strawberry, and blueberry blended together and topped with fresh banana, strawberries, blueberries and homemade granola

### THE KING

Almond milk, cacao, honey, peanut butter, and banana blended together and topped with fresh banana, cacao nibs, homemade granola, and a scoop of honey-roasted peanut butter

### HARBORMASTER

Blue spirulina, banana, kiwi, and pineapple blended together and topped with fresh banana, raspberries, coconut and homemade granola

### MAMBO

Pitaya, banana, strawberry, and mango blended together and topped with fresh banana, kiwi, coconut and homemade granola

### ADD ONS

Vanilla Protein \$2  
Chocolate Protein \$2  
Peanut Butter Protein \$2  
Collagen \$1.50  
Zinc \$1  
Bee Pollen \$2  
Turmeric \$1  
Raw Beet Root \$1.50  
Cacao Powder \$1

Flax Seeds \$1  
Chia Seeds \$1  
Vitamin C \$1  
Echinacea \$1.50  
Spirulina \$2  
Cinnamon \$0.50  
Açaí \$1.50  
Goji Berry \$2  
Granola \$2

Honey \$1  
Coconut \$1  
Sliced Almonds \$1.50  
Pecans \$1  
Cacao Nibs \$1.50  
Spinach \$0.50  
Kale \$0.50  
Super Green Powder \$1  
Extra Fruit \$0.50  
Peanut Butter \$1  
Honey Roasted Peanut Butter \$1.50  
Almond Butter \$2  
Nutella \$1

## BEVERAGES

### HOT COFFEE

12oz \$3 | 20oz \$4

### ICED COFFEE - \$4.50

24oz

*Unsweetened Flavors Available*

*Milk Options: Whole milk, skim milk, almond milk, oat milk, coconut milk*

### REFRESHERS - \$5

Certified Organic, vegan, Kosher, gluten-free

### MANDARIN CARDAMOM

*Mandarin, minty cardamom, turmeric, lemony coriander*

### BERRY PATCH

*Apple, pomegranate, strawberry, cherry, black currant*

### LEMONADE

*Ripe lemon, turmeric, all-natural sugar cane*

### STRAWBERRY DRAGONFRUIT

*Strawberry, dragonfruit, sweet cherry, pomegranate, Jerusalem artichoke inulin*

## SPECIALTY ICED COFFEE - \$5

Made with oat milk and topped with whipped cream and drizzle (24oz)

### LAZY LILY - Turtle

### FRESH FRANKIE - Mint Patty

### LITTLE LEXI - Reese's

### NUTTY PRESTIA - Almond Joy

## QUICK GRAB

Yogurt Parfait \$6

Assorted Chips & Snacks \$2

Assorted Homemade Jams \$12

Overnight Oats \$6

Banana \$1

1lb Crave Coffee Grounds \$10

*Chocolate Peanut Butter, Aloha Coconut*

## BAKED

Assorted Muffins \$3

Assorted Powerballs \$6

Gluten-Free Donuts \$6

Homemade Granola Bag \$10

Assorted Cookies, Brownies & Treats \$2-\$3

## BREAKFAST SANDWICHES

**EGG & CHEESE \$5**

Cage-free eggs, American cheese on a Portuguese bun, or honey wheat bread

**BACON, EGG & CHEESE \$6**

Cage-free eggs, American cheese, Hormel bacon on a Portuguese bun or honey wheat bread

## SALADS & WRAPS

**CAESAR SALAD OR WRAP \$7**

With homemade croutons and aged parmesan

**GARDEN SALAD \$6**

Add Chicken \$5

Add homemade Chicken Salad \$5

Add Tuna \$4

Add Chicken Fingers \$4

**HARD BOILED EGG & SPINACH \$6**

Two hard-boiled eggs on a bed of spinach

## CLUB CLASSICS

**CHICKEN TENDERS & FRIES \$9**

3 tenders, choice of sauce: Honey mustard, BBQ sauce, ranch, or buffalo | Extra sauce \$1

**HOT DOG \$5.50**

Served with a bag of chips

**GRILLED CHEESE \$6**

American cheese

Add tomato \$0.50 | Add Bacon \$3

**FRENCH FRIES \$4**

Lightly salted

## SANDWICHES & MORE

**SALLY'S SLIDERS \$9**

Two certified Angus Beef sliders served with fries

**CAESAR CHICKEN SLIDERS \$9**

Two Caesar chicken tender sliders with parmesan served with fries

**BLT \$6**

Classic BLT on honey wheat bread

**TUNA MELT \$9**

With American cheese on honey wheat bread

**TUNA SALAD SANDWICH \$8**

Choice of Portuguese bun, wrap, or honey wheat bread

**STEVE SPECIAL \$6**

Tuna on a bed of tomatoes with a hardboiled egg

**MAGIC CARPET CHICKEN SALAD  
SANDWICH \$10**

Homemade Chicken salad with grapes, sunflower seeds, and lettuce, choice of Portuguese bun, wrap, or honey wheat bread