

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 **ICED COFFEE - \$4.50**
12oz \$3 | 20oz \$4 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