

## - BREAKFAST -

- all breakfast sandwiches come with two eggs, salt & pepper -  
- feel free to make changes to any of our signature sandwiches  
or create your own -

Mon-Sat: 7:30am-11:30am • Sunday: 8:30am-11am



<b>FORMULA-</b> bacon • eggs • american • hard roll	\$7.25
<b>PURSUIT-</b> sausage • eggs • american • hard roll	\$7.25
<b>REGULATOR-</b> ham • eggs • american • hard roll	\$7.25
<b>HATTERAS-</b> bacon • scrambled eggs • cheddar • potato hash • mike's hot honey • jumbo english muffin	\$10.99
<b>VIKING-</b> shaved ribeye • runny eggs • provolone • caramelized onions • charred jalapeños • garlic aioli • hard roll	\$12.99
<b>CABO-</b> sausage • scrambled eggs • pepper jack • pico de gallo • avocado • potato hash • white wrap	\$11.89
<b>CHRIS•CRAFT-</b> bacon • scrambled eggs • goat cheese • roasted red peppers • avocado smash • everything bagel	\$9.89
<b>AZIMUT-</b> prosciutto • scrambled eggs • provolone • portuguese roll	\$9.49
<b>BERTRAM-</b> bacon • eggs • american • spinach • tomato jam • multi grain toast	\$9.49
<b>BÉNÉTEAU-</b> ham • eggs • swiss • spinach • onion jam • croissant	\$10.05
<b>GRADYWHITE-</b> egg white • feta • roasted red peppers • sautéed spinach • whole wheat wrap	\$9.49

## - BREAD -

\*bread prices may vary\*

- HARD ROLL • SOURDOUGH • MULTI GRAIN • 3- GRAIN PANINI ROLL • CROISSANT • JUMBO ENGLISH MUFFIN • PORTUGUESE ROLL • WHITE WRAP • WHOLE WHEAT WRAP • SPINACH WRAP • GLUTEN FREE BREAD
- ASSORTED BAGELS

## - SIDES & ADD ONS -

•homemade potato hash	\$4.30	•avocado	\$1.50
•hash brown	\$2.55	•tomato jam	\$1.25
•side of bacon (5 pcs.)	\$4.55	•sun-dried tomato spread	\$1.25
•assorted muffins & pastries	\$4.75	•jalapeño jam	\$1.25

## - DRINKS -

### HOT

Coffee	\$2.75/3.55
Latte	\$5/6.05
Espresso Shot	\$2.50/3.25
Cappuccino	\$3.90/4.95
Tea	\$2.40/3.20
Hot Chocolate	\$3.00/3.50
<u>COLD</u>	
Cold Brew	\$4.95/5.75
Iced Latte	\$4.95/5.35
Iced Tea	\$3.60/4.40
Fresh-squeezed Lemonade	\$4.15/4.95
Arnold Palmer	\$3.99/4.69
La Croix Seltzer	\$2.70
Orange Juice	\$3.20
Apple Juice	\$3.25
Chocolate/Strawberry Milk	\$3.49
East Coast Kombucha	\$5.10

### MILK OPTIONS

- whole • half & half
- skim • almond • oat

### COFFEE FLAVORS

+50¢

- caramel • french vanilla
- hazelnut • mocha
- sugar free vanilla

## - LUNCH -

- all lunch sandwiches come with chips or a pickle -  
- feel free to make changes to any of our signature sandwiches  
or create your own -

Mon-Thurs: 11:30am-3pm • Friday + Sat: 11:30am-4pm • Sunday: 12pm-4pm



<p><b>BETTS-</b> grilled chicken • melted mozzarella • sundried tomato spread • olive oil drizzle • arugula • sourdough <b>\$15.70</b></p>	<p><b>CALF PASTURE-</b> shaved ribeye • american &amp; provolone • sautéed sweet &amp; spicy peppers • caramelized onions • garlic aioli • grinder <b>\$17.20</b></p>
<p><b>TAVERN-</b> chicken cutlet • fresh mozzarella • roasted red peppers • house made pesto (nut free) • balsamic glaze • 3-grain panini roll <b>\$16.29</b></p>	<p><b>CHIMONS-</b> chicken cutlet tossed in buffalo sauce • american cheese • lettuce • bacon • choice of ranch or blue cheese • hard roll <b>\$13.89</b></p>
<p><b>COCKENOE-</b> prosciutto • goat cheese • arugula • jalapeño jam • balsamic glaze • italian bread <b>\$17.69</b></p>	<p><b>THE RAM-</b> chicken cutlet • bacon • pepper jack • white cheddar • lettuce • caramelized onions • cherry peppers • avocado • secret sauce • 3-grain panini roll <b>\$16.90</b></p>
<p><b>LITTLE TAVERN-</b> fresh mozzarella • tomato • basil • house made pesto (nut free) • sundried tomato spread • balsamic glaze • baguette <b>\$13.09</b></p>	<p><b>GALLEY GRILLED CHEESE-</b> chicken cutlet • bacon • american • provolone • tomato jam • balsamic glaze • italian bread <b>\$14.90</b></p>
<p><b>SHEFFIELD-</b> turkey • provolone • bacon • avocado smash • lettuce • tomato • red pepper hummus • multi grain <b>\$13.39</b></p>	<p><b>THE HARBOR- Choice of:</b> chicken cutlet, grilled chicken or shaved ribeye • pepper jack &amp; provolone • shredded lettuce • caramelized onions • sweet &amp; spicy peppers • lime cilantro crema • white wrap <b>\$14.99</b></p>
<p><b>SHERWOOD-</b> roast beef • muenster cheese • caramelized onions • arugula • garlic aioli • sourdough <b>\$15.79</b></p>	<p><b>THE NCM- Choice of:</b> chimichurri chicken or ribeye • parmesan sheets • pickled red onions • arugula • pesto • garlic aioli • 3-grain panini roll <b>\$15.79</b></p>
<p><b>L'HAMMOCK-</b> grilled chicken • cheddar • avocado • shaved lettuce • cherry tomatoes • bacon • chipotle ranch • white wrap <b>\$13.25</b></p>	<p><b>GRASSY-</b> herbed goat cheese • cucumber • avocado • sprouts • bibb lettuce • multi grain <b>\$13.20</b></p>
<p><b>MANRESA-</b> salami • pepperoni • ham • prosciutto • provolone • pepperoncini • roasted red peppers • red onion • lettuce • oil &amp; vinegar • seeded grinder <b>\$15.79</b></p>	<p><b>ZIEGLERS-</b> sautéed veggies (peppers, onions, broccoli, zucchini, brussel sprouts) teriyaki glaze • shaved carrots • baguette <b>\$13.39</b></p>

### -ADD ONS-

- grilled chicken \$5
- chicken cutlet \$5.50
  - bacon \$3
  - avocado \$1.50
  - tomato jam \$1.25
- sun-dried tomato spread \$1.25
- jalapeño jam \$1.25

### -SIDES-

- French fries \$4.99
- Sweet potato fries \$5.90
- Chicken tenders \$6.60
- Assorted chips \$2.95

### -KIDS-

- all kids sandwiches come with chips or pickle-
- Grilled cheese \$6.95
  - Turkey & cheese \$7.25
  - Ham & cheese \$7.25
  - Tenders & fries \$8.60

## - BREAD -

- HARD ROLL • SOURDOUGH • MULTI GRAIN • 3- GRAIN PANINI ROLL • CROISSANT • JUMBO ENGLISH MUFFIN • PORTUGUESE ROLL • WHITE WRAP • WHOLE WHEAT WRAP • SPINACH WRAP • GLUTEN FREE BREAD • ASSORTED BAGELS