

# THE BEACH BASKET MENU

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## SEASONAL SALADS

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**NEW: ADD A PROTEIN TO ANY SALAD**

6oz chicken breast \$4 | 6oz salmon \$7 | 5 jumbo shrimp \$5

**pea pods + carrots salad** vg • gf

pea pods, carrots, edamame, red radish, almonds, ginger  
sesame-seed vinaigrette.

small \$7.45    large \$10.45

**bkt + blue salad** gf

bacon, kale, baby tomato, crumbled blue, green onion,  
lemon vinaigrette.

small \$7.45    large \$10.45

**shaved brussels + kale salad** gf

brussel sprouts, kale, red grapes, golden raisins,  
almonds, parmesan, vinaigrette.

small \$7.45    large \$10.45

**artichoke + chickpea salad** gf

articoles, chickpeas, tomato, black olives, red onion,  
feta, yellow pepper, parsley, garlic.

small \$7.45    large \$10.45

**peanut + soba noodles salad** vg • gf

carrots, edamame, soba noodles, green onions, radish,  
almonds, spiced peanut sesame vinaigrette.

small \$7.45    large \$10.45

**pesto pasta + mozzarella salad**

pesto pasta, heirloom tomato, mozzarella, basil, garlic,  
extra-virgin olive oil.

small \$8.45      large \$11.45

**grilled corn + avocado salad**    vg • gf  
corn, baby tomatoes, avocado, green onion, red pepper,  
cilantro, avocado-lime vinaigrette.

small \$8.45      large \$11.45

gf = gluten free    vg = vegan

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## FRESHLY BAKED SUBS

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### **ham**

shaved ham, american cheese, onions, green peppers,  
tomatoes, dill pickles, olive oil. \$8.45

### **salami**

peppercorn cured salami, provolone cheese, onions, green  
peppers, tomatoes, dill pickles, olive oil. \$8.95

### **italian**

3 meats: italian capicola, peppercorn cured salami,  
shaved ham, provolone cheese, onions, green peppers,  
tomatoes, dill pickles, olive oil. \$10.95

### **turkey**

roasted turkey breast, american cheese, lettuce, onions,  
tomatoes, mayo. \$8.95

### **roast beef**

grass fed roast beef, american cheese, lettuce, onions,  
tomatoes, mayo. \$8.95

### **blt**

bacon, lettuce, tomatoes, mayo. \$8.25

### **turkey blt**

roasted turkey breast, bacon, lettuce, tomatoes, mayo.  
\$9.95

### **meatball**

hearty meatballs, tomato sauce, provolone. \$8.95

**veggie**

onions, green peppers, tomatoes, dill pickles, american cheese, olive oil. \$7.25

**tuna salad**

lettuce, onions, tomatoes, dill pickles. \$8.95

**chicken salad**

celery herb blend, lettuce. \$8.25

**egg salad**

cage-free eggs, mayo, herb blend, lettuce. \$8.25

**maine lobster roll**

mixed knuckle + claw meat, light mayo, lettuce, on our own lightly buttered + grilled roll. \$MKT

**ADD TO ANY SANDWICH**

**fresh avocado \$2**

**bacon | extra meat | extra cheese \$1.50**

**on request**

black olives | banana peppers | hot relish

*make it a whole wheat wrap (no charge)*

*or vegan & gluten free homemade bread \$2*

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**SPECIALTY GRILLED CHEESE**

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#1 american cheese & crunchy bread. \$7.95

#2 apples, brie, ham. \$8.95

#3 turkey, cheese, cranberry relish. \$8.95

#4 grilled chicken, cheese, fig jam. \$8.95

#5 roast beef, cheese, pickled onion, horseradish. \$9.95

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## SIDES + SOUPS

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cup (8oz.) / bowl (12oz.)

**mac & cheese** \$4 / \$7

**soups** \$4 / \$7

tomato basil | split pea + ham | italian | broccoli +  
cheddar | chicken noodle | roasted vegetable | minestrone

**chowders** \$6 / \$9

chicken + corn | new england clam | buffalo chicken |  
seafood | sweet potato + sausage | lobster bisque

**stews & chilis** \$6 / \$9

beef stew | turkey chili + beans | steak chili

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## SWEET AND SALTY

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**chips**

sea salt | barbeque | salt + vinegar | sour cream + onion  
| maui onion \$2.25

**baked goods**

chocolate chip cookie | m&m cookie | oatmeal raisin |  
peanut butter \$2.45

whoopie pie \$3.45

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## HOT DRINKS

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**fresh brewed coffee**

regular | decaf

**steeped hot tea**

english breakfast | earl grey | green | chamomile

12 Oz. \$2.50

16 Oz. \$3.25

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**COLD DRINKS**

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**fresh squeezed lemonade \$3.50**

classic | peach-mango | dragon-fruit | watermelon |  
raspberry | maine blueberry | blackberry | kiwi |  
strawberry

**fresh brewed iced tea or iced coffee \$2.75**

**half + half (classic lemonade & ice tea) \$3.00**

**bottled soda or water \$2.50**

pepsi | diet pepsi | root beer | mountain dew

**sports drink + juices \$2.75**

gatorade fruit punch | lemon-lime | cool blue

apple juice | orange juice

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**BEACH POPS**

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our beach-ready popsicles made in house \$3.25

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**BREAKFAST MENU**

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**get your quick fix + grab & go**

**egg sandwich**

farm fresh egg, cheese, served on a homemade english muffin. \$4.75

add ham | bacon | sausage \$1.5      avocado \$2

**avocado toast \$8.95**

fresh avocado, extra-virgin olive oil, squeezed lemon, sea salt, cracked black pepper, red pepper flakes. \$8.95

**hot oatmeal \$4.25**

maine blueberries + sliced almonds + brown sugar

**yogurt parfait \$4.45**

mixed berries + granola | or | peaches + granola

**bagels \$3.50**

freshly baked plain | everything | cinnamon raisin

add cream cheese | butter spread \$ .75

**assorted muffins \$3.75**

maine blueberry | pumpkin | double-chocolate | cranberry-orange | lemon-poppysseed | chocolate-chip | pistachio | carrot-cake | butter-rum | mixed-berry | coffee-cake

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**KIDS MENU**

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**kids size \$4.50**

ham + cheese sub

meatball + cheese sub

tuna salad sub

turkey + cheese sub

classic  $\frac{1}{2}$  grilled cheese

*kids subs do not include standard toppings*

**banana | apple \$1.25**