

SMOOTHIES-\$7

Surf 'Til Sunset

Strawberry, banana, gf oats, peanut butter, agave, cinnamon, almond milk

Second wind

Strawberry, blueberry, pineapple, kale, coconut water

The Duke

Banana, peanut butter, cocoa, agave, almond milk

Pachamama

Banana, pineapple, mango, spinach, kale, coconut water

Long Sand's blueberry pie

Blueberry, banana, gf oats, cinnamon, almond milk

Acai Bowl - \$9

Banana, strawberry, sunflower seed butter, almond milk. Topped w/ house granola (GF), sliced almonds, coconut & fresh fruit.

Dragonfruit Bowl - \$9

Mango, strawberry, orange juice. Topped w/ house granola (GF), sliced almonds, coconut & fresh fruit.

BEVERAGES

COFFEE

Our Coffee beans are roasted by Flight Coffee Co. Bedford, NH

Hot \$2.25 small, \$2.50 large

Iced \$2.50 small, \$3.00 large

Latte/Cappuccino \$3.50

Red Eye Hot \$4.25 small, \$4.50 large

Iced Red Eye \$4.50 small, \$5.00 large

Common Roots Bulletproof \$5.00

Espresso Shot \$2.00 single, \$3.00 double

TEA

We offer White Heron Tea

\$2.00

-Green

-Black

-Chamomile

-Earl Grey



WE SERVE BREAKFAST & LUNCH, WITH SOMETHING FOR EVERYONE.

CONVENIENCE

STOCKED WITH BEACH NECESSITIES, PICNIC SUPPLIES AND VACATION RENTAL REMEDIES.

SURF

RENT A SURFBOARD, BROWSE OUR BEACH GEAR AND HEAD TO THE WAVES!

KITCHEN

7AM-2PM

MARKET HOURS

7 DAYS 7AM-7PM

603-379-2895

RYEBEACHMARKET.COM

2203 OCEAN Blvd. RYE, NH 03870



BREAKFAST

Basic Beach - \$6

Bacon, egg, cheese on an English muffin

The Big Wave - \$8

2 eggs, cheddar, sautéed spinach, caramelized onions, sriracha aioli, choice of bread

Common Roots Sandwich - \$8

2 eggs, sautéed mushrooms, baby kale, grilled bell peppers, sunflower seed-spinach pesto, swiss cheese, choice of bread

French Toast Grilled Cheese - \$6

Flax eggs, cinnamon, vanilla, oat milk, cheddar, apple butter, sliced apples, wheat bread

Lovely Lox - \$6.00

Choice of bagel, cream cheese, capers, sliced tomato, shaved red onion, alfalfa sprouts, smoked salmon

Common Roots Burrito - \$8

2 eggs, bacon, salsa, seasoned home fries, avocado, sriracha aioli, wheat wrap

The Scramblin' Plant Burrito - \$8

Sauteed Mushrooms, Onions, Spinach, Peppers, tomatoes, home fries, vegan eggs & cheese, wheat wrap

Rise Up Burrito - \$8

2 eggs, bbq pulled king oyster mushrooms, seasoned black beans, swiss, hot sauce, grilled tomato & onion, fresh cilantro, wheat wrap

Cali Dip Burrito - \$8

2 eggs, veggie sausage, fries, baby spinach, avocado, chia sprouts, cashew nacho cheese, wheat wrap

BAGELS - \$3.50

Plain, sesame, everything or cinnamon raisin

top w/ butter, peanut/almond butter, cream cheese, almond cream cheese or our house veggie cream cheese

TOASTS - \$5

Avocado

lemon vinaigrette, pea tendrils, smoked paprika, multigrain bread

Downward Dog

Common Roots Hummus, pickled carrots, shaved red onions, chia sprouts, fried chick peas, basil-tahini dressing, multigrain bread

Mushroom

Sauteed mushrooms, sundried tomato tapenade, toasted sunflower seeds, alfalfa sprouts, dill aioli

SIDES

Fries - \$4

Cashew Nacho Cheese Fries - \$5

Hemp Parmesan Fries - \$5

Flight of Sauces – Pick 4 for \$2

PLANT BASED AVAILABLE FOR ALL MENU ITEMS

GLUTEN FREE BREAD AVAILABLE +\$1

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

Please let us know if you have any food allergies!

LUNCH

Café Garden salad - \$6

artisan greens, cucumber, tomato, carrot, shaved red onion, crispy chickpeas, balsamic vinaigrette

Kale Caesar Salad- \$8

baby kale, cashew caesar dressing, hemp seed parmesan, crispy chickpeas

Grilled Cheese - \$7

Cheddar, baby spinach, sliced apple, red onion marmalade, alfalfa sprouts, wheat bread

BLT / or / TLT - \$8

(bacon or tempeh) w/ lettuce and tomato on multigrain bread

Chicken / or / Vegan Caesar Wrap - \$9

baby kale, cashew caesar dressing, hemp seed parmesan, crispy chickpeas, wheat wrap

Common Root Gyro - \$8

Cannellini bean seitan, marinated cucumbers, romaine, tomato, shaved red onions, coconut yogurt tzatzki, Lavash

Root Down Panini - \$9

King oyster/Jackfruit BBQ pulled plant, house pickles, cashew nacho cheese, whole grain bread

The Reubenator - \$9

House Roasted turkey, cheddar, health slaw, homemade remoulade, Grilled wheat bread

Turkey / or / Veggie burger - \$10

w/ artisan greens, tomato, cheddar or vegan cheese, roasted garlic/herb mayo on potato burger roll