

## Breakfast

### **Basic Beach 6.**

Toasted English Muffin, 1 Fried Egg, 2 slices Bacon, Cheddar Cheese

### **Big Wave 8.**

2 Eggs, Cheddar, Spinach, Caramelized Onions, Sriracha Aioli, Choice of Bread

### **Hang 10 8.**

2 Eggs, Bell Peppers, Mushrooms, Baby Kale, Sunflower Seed-Spinach Pesto, Swiss Cheese, Choice of Bread

### **Lovely Lox 8.**

Choice of Bagel, Cream Cheese, Smoked Salmon, Capers, Tomato, Shaved Red Onion, Alfalfa Sprouts

### **Common Roots Burrito 8.**

2 Eggs, Bacon, Salsa, Homefries, Avocado, Sriracha Aioli, Wheat Wrap

### **Scramblin' Plant Burrito 8.**

2 Eggs, Bell Peppers, Mushrooms, Caramelized Onions, Spinach, Tomato, Homefries, Cheddar Cheese, Remoulade, Wheat Wrap

### **Cali Dip Burrito 8.**

2 Eggs, Veggie Sausage (Wheat), Fries, Spinach, Avocado, Alfalfa Sprouts, CASHEW Nacho Cheese, Wheat Wrap

## Bagels 3.5

**Plain, Everything, Sesame, Cinnamon Raisin, Onion. Topped with Cream Cheese, Butter, Peanut or Almond Butter, Vegan Cream Cheese (Violife)**

## Toasts (Add Egg 1.)

### **Avocado 5.**

Lemon Vinaigrette, Pea Tendrils, Smoked Paprika, Multigrain Bread

### **Downward Dog 6.**

House Hummus, Pickled Carrots, Shaved Red Onions, Alfalfa Sprouts, Basil Tahini, Fried Garbanzo Beans, Multigrain Bread

 **Plant Based or Plant Based Available**

**\*\*Gluten Free Bread\*\* 1.**

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

## Smoothies (16 oz.)

### **Pachamama 8.**

Banana, Pineapple, Mango, Kale, Spinach, Coconut Water

### **The Duke 8.**

Banana, Peanut Butter, Agave, Cocoa Powder, Almond Milk

### **Second Wind 8.**

Strawberry, Blueberry, Pineapple, Kale, Coconut Water

### **Long Sands Blueberry Pie 8.**

Blueberry, Banana, Cinnamon, GF Oats, Almond Milk

### **Surf Til' Sunset 8..**

Strawberry, Banana, GF Oats, Peanut Butter, Agave, Cinnamon, Almond Milk

### **Daybreak 8.**

Banana, Mango, Shredded Coconut, Agave, Lemon Juice, Orange Juice

### **Sunshine 8.**

Banana, Pineapple, Mango, Orange Juice, Coconut Water

### **Wild Dragon 8.**

Pitaya, Strawberry, Pineapple, Orange Juice

### **The Lotus 8.**

Acai, Banana, Blueberry, Almond Butter, Almond Milk

## Bowls

### **Acai Bowl 10.**

Acai, Banana, Strawberry, Sun Butter, Almond Milk. Topped With Granola, Coconut, Sliced Almonds, Banana & Strawberry

### **Pitaya Bowl 10.**

Pitaya, Mango, Strawberry, Orange Juice. Topped With Granola, Coconut, Strawberry & Chia Seed

### **Power Bowl 10.**

Banana, Strawberry, Almond Butter, Blue Spirulina, Vanilla Pea Protein, Almond Milk. Topped With Granola, Coconut, Banana & Chia Seed.

### **Green Monster 10.**

Banana, Pineapple, Spinach, Coconut Water. Topped With Granola, Coconut, Flax & Banana

### **Big Kahuna 10.**

Banana, Peanut Butter, Agave, Cocoa Powder. Topped With Granola, Banana, Chocolate Chips & Roasted Peanuts

Boost up any Smoothie or Bowl  
Pea Protein (Vanilla, Plain, Peanut Butter, Fudgy Chocolate) 1.  
Chia or Flax Seed .50  
Peanut, Almond or Sunbutter .50

## Lunch

### **BLT 9.**

Bacon, Lettuce, Tomato, Mayo on Toasted Multigrain Bread

### **TLT 9.**

Smoked Tempeh Strips, Lettuce, Tomato, Mayo on Toasted Multigrain Bread

### **Chicken Caesar Wrap 9.**

Romaine, Grilled Chicken Breast, CASHEW Caesar Dressing, Hemp Seed Parmesan, Fried Chickpeas, on Wheat Wrap

### **Gourmet Grilled Cheese 8.**

Cheddar, Baby Spinach, Sliced Apples, Alfalfa Sprouts, Red Onion Marmalade, on Multigrain Bread

### **Reubenator 9.**

House Roasted Turkey Breast, Cheddar Cheese, Cole Slaw, Remoulade, on Grilled Wheat Bread

### **Seas the Day 9.**

Grilled Chicken Breast, Tomato, Lettuce, Red Onion, Cheddar Cheese, Spicy Mayo, on Wheat Wrap

### **Veggie Burger 10.**

Grilled Veggie Patty (GF), Lettuce, Tomato, Vegan Cheddar, Roasted Garlic-Herb Mayo, on Potato Roll

### **Baby Kale Caesar Salad 8.**

Baby Kale, CASHEW Caesar Dressing, Hemp Seed Parmesan, Fried Chickpeas

### **Plant-Based Burgers 10.**

“Ultimate” Burger (wheat)

### *“Standard”*

Lettuce, Vegan Cheese, Pickles, Onion, Ketchup, Mustard, Sesame Roll

### *“Drive-Thru”*

Lettuce, Vegan Cheese, Pickles, Shaved Red Onions, Special Sauce, on Sesame Bun

### *“Bronco”*

Vegan Cheddar, Fried Onions (Wheat), House BBQ Sauce, on Sesame Bun

### *“Bacon-Bleu”*

Smoked Tempeh, Caramelized Onions, Plant Based Bleu Cheese Dressing on Sesame Roll

**\*Menu items and prices subject to change without notice.**


 **- plant-based item**

## Get Fried

**Salt & Pepper Fries 5.**   
(Served with Ketchup)

**Sweet Potato Fries 5.**   
(Served with Ketchup)

**\*\*CASHEW\*\* Nacho Cheese Fries 6.**   
(Regular or Sweet Potato)

**Customize your Fries 6.**   
(Regular or Sweet Potato)

Choice of One Seasoning & One Dipping Sauce

Choose **one** Seasoning. 

Curry

Everything And..

Hemp Seed Parmesan

Cajun

&

Choose **one** Dipping Sauce. 

(Extra and/or Added Sauce Additional Charge)

Herbed BBQ

Sriracha Aioli

Basil Tahini

Roasted Garlic-Herb Mayo

Ketchup

**\*\*CASHEW\*\* Nacho Cheese  
Remoulade**

## Coffee

(We brew beans from Flight Coffee Co. Bedford, NH)

### Drip

Hot small (12oz.) 2.75 large (16oz.) 3.00

Iced small (16oz.) 3.00 large (24oz.) 3.75

### Espresso

Single 2.00 Double 3.50

### Americano

Small (12oz.) 3.00 large (16oz.) 3.50

Iced (16oz.) 3.50

### Red Eye

(Drip coffee with espresso added)

Small (12oz.) 4.50 large (16oz.) 5.00

Iced small (16oz.) 5.00 large (24oz.) 6.00

### Cappuccino / Latte (16oz.)

(Whole Milk, Almond Milk or Oat Milk)

4.50

### Tea

Hot / Iced (16oz.) 2.50

Iced (24oz.) 3.50



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