

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 9.

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 9.

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

Hash Browns 3.

2 per order, served with a side a ketchup

Bagels 4.

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 10.

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 11.

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 11.

“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

***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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