Sourcing premium green coffee from remote corners of the world, using small batch roasting methods, weekly deliveries to our restaurants, proper handling and brewing ensures our guests receive a perfect cup of coffee.

cowabungaweb.com

Ask your server about a pound of coffee to go
**WE PROPOSE A TOAST**

**AVOCADO TOAST**
Thick multigrain, tomato, crushed avocado, lemon zest, EVOO, cracked pepper & pink Himalayan salt (750 cal) 8.5
Add 2 Eggs Any Style* (150 cal) 3. extra

**THE "KING" BANANA TOAST**
Thick multigrain bread, sliced bananas, peanut butter, chopped walnuts, oats, honey drizzle (990 cal) 8.

**FALL HARVEST TOAST**
Multigrain toast with smashed avocado, arugula, crushed bacon, goat cheese, dried cranberries & candied pumpkin seeds (810 cal) 9.
Add 2 Eggs Any Style* (150 cal) 3. extra

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**PANCAKED**

**FLIGHT OF PANCAKES**
Pick any three of our homemade pancakes from below (1010-1140 cal) 13.
A fun sharable starter

**LEMON BLUEBERRY DREAM**
Fresh blueberry, finely grated lemon peel (1060 cal) 11.

**BERRY CHOCOLATY**
Chocolate chips, fresh strawberries, chocolate drizzle (1370 cal) 12.

**CINNAMON ROLL**
Sweet cinnamon swirls, cream cheese frosting (1990 cal) 12.

**POWER GRAIN**
Homemade power packed with nutrient rich grains (960 cal) 11.

**I CAN’T BELIEVE THEY'RE VEGAN**
Homemade 100% vegan, fresh bananas & strawberries (810 cal) 11.

**PLAIN STACK**
Always made from scratch, whipped butter & warm syrup (1010 cal) 10.

Power grain pancakes may be substituted at no charge

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**WAFFLING**

**TROPICAL CRUNCH**
Bananas, strawberries, mango, crunchy granola & strawberry reduction (1070 cal) 11.

**SOUTHERN CHICKEN**
Fried chicken tenders, chopped bacon & Sriracha hot honey drizzle (1150 cal) 16.

**PLAIN BELGIAN**
Served with warm syrup & whipped butter (460 cal) 9.

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**EGGS•TRA•ORDINARY DISHES**

**WILBUR SKILLET**
Crushed bacon, potatoes, avocado, diced tomato, jack. Two eggs your way. English muffin (870 cal) 11.5

**POPEYE SKILLET**
Sauteed button mushrooms, baby spinach, potatoes, jack, a dollop of sour cream. Two eggs your way. English muffin (730 cal) 11.5

**BASIC SKILLET**
A skillet of potatoes, cheddar jack cheese & two eggs your way with English muffin (680 cal) 10.
Build your own 1 per item (10-130 cal)

**TRADITIONAL EGGS**
Two eggs served your way, toasted English muffin with side of potatoes or citrus tossed greens (250-490 cal) 7.5
Add breakfast meat 4.3

**SHAKSHUKA** *(EGGS IN PURGATORY)*
3 eggs poached in our Mediterranean spiced tomato sauce with peppers & onions, finished with goat cheese & fresh cilantro. Served with side of sour cream & toasted ciabatta bread (610 cal) 12.

**GRANDE HUEVOS RANCHEROS**
Potatoes, chipotle peppers, chicken chorizo, black beans, cheddar jack in a wheat tortilla. With 3 eggs your way, salsa, avocado, sour cream (1230 cal) 13.5

**CLASSIC PORK ROLL SAMMY**
Toasted bagel. Taylor pork roll, two over hard eggs & American cheese with side of potatoes or citrus tossed greens (990-1130 cal) 8.5

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**OM~E~LET YOU DECIDE**
Three egg omelet, your choice of morning potatoes (200 cal) or citrus dressed greens (60 cal)

**WESTERN**
Ham, peppers, onions, cheddar jack (620 cal) 11.

**KEY WEST SHRIMP**
Shrimp, avocado, bacon, tomato, cilantro, jack cheese (760 cal) 14.

**TUSCANY**
Roasted red peppers, baby spinach, chopped sausage & fresh mozzarella (610 cal) 11.95

**VEGGIE**
Seasonal vegetables, cheddar jack (580 cal) 11.

**THE G.O.A.T.**
Spinach, caramelized onions, chopped bacon, roasted red peppers & goat cheese (610 cal) 12.

**BASIC YOUR WAY**
Topped with cheddar jack (560 cal) 10.
Build your own add 1 per item (10-130 cal)

**THE MEATS**
Your choice 4.3

**Pork sausage** (310 cal)
**Chicken sausage** (130 cal)
**Hardwood smoked bacon** (130 cal)
**Turkey bacon** (180 cal)
**Smoked ham** (130 cal)
**Taylor pork roll** (290 cal)
**Beyond Breakfast Sausage** vegan plant based (240 cal)

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*Items offered undercooked. Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness, especially with certain medical conditions.
**SHARABLES FOR THE TABLE**

**BACON LOLLIPOPS**

**NEW YORKER SALMON PLATTER**

**CHEF’S SOUP**
Inspirations from our chef. Please ask your server (200-480 cal). 5.25

**TURKEY CHILI**
We created this delicious recipe back in 1998. It’s been our guest’s favorite ever since (590 cal). 5.25

**SO • MANY BENNYS**
Choice of citrus dressed mixed greens (60 cal) or morning potatoes (200 cal).

**BIG EASY BENEDICT**
Cornbread, avocado, onions, peppers, chicken chorizo, two poached eggs, creole seasoned hollandaise (650 cal). 14.

**CLASSIC BENEDICT**
English muffin, ham, tomato, two poached eggs, hollandaise sauce (330 cal). 13.

**AVOCADO SMASH BENNY**
Ciabatta bread, avocado smash, plum tomato, bacon, two poached eggs, hollandaise (640 cal). 14.

**SMOKED SALMON BENEDICT**
English muffin, smoked salmon, plum tomato, pickled onion, two poached eggs, everything seasoned hollandaise (540 cal). 15.

**GOOD AND GOOD FOR YOU**

**CROSSFIT OMELET**
Six egg whites, sauteed kale, caramelized onions, mixed seasonal vegetables. Served with citrus dressed mixed greens (350 cal). 11.5

**HOT OATMEAL**
With brown sugar (270 cal) 4.5
Add fresh cut fruit: strawberries, blueberries, bananas (15-40 cal). 1. each

**ENLIGHTENED OMELET**
Pesto infused egg white omelet, roasted peppers, mushrooms, baby spinach and feta cheese. Served with a mozzarella tomato caprese (530 cal). 12.

**HEALTH FREAK COMBO**
Mini CrossFit Kale Omelet (150 cal) 1
Power Grain Pancake (320 cal) 3
Slices of Turkey Bacon (180 cal) 15.

**JUST Eggs®**
100% vegan, made from plants with zero cholesterol & packed with clean protein (155 cal) 2. extra

**HIGH NOON EATS**
Sandwiches come with choice of citrus dressed mixed greens (60 cal) or chips & salsa (260 cal).

**CHICKEN PESTO PANINI**
Grilled chicken, zucchini, roasted red pepper, melted fresh mozzarella & pesto on a pressed ciabatta roll (740 cal). 11.

**ROADHOUSE BACON STACK**
Triple stack grilled cheese, smokehouse aioli, cheddar jack, thick crispy bacon, caramelized onions, tomato & baby spinach (1150 cal). 11.

**SEASIDE JERSEY CLUB**
Roasted turkey breast, crisp bacon, plum tomatoes, onions, romaine & domestic Swiss on toasted thick sliced multigrain (540 cal). 10.

**PAVO CUBANO**
Our version of the popular Cuban sandwich. Ham, roasted turkey breast, Swiss cheese, tomato, pickles & mustard pressed on the grill (520 cal). 11.

**CRAN-WALNUT CHICKEN SALAD SANDWICH**
Roasted chicken breast, chopped walnuts, dried cranberries tossed lightly with mayonnaise & fresh baby spinach on your choice of toast or wrap (1220 cal). 10.

**BEYOND SAUSAGE PATTIES**
The perfect vegan plant based option (240 cal). 4.3

**JUST Sausage**
20% lean, 80% meat, made from plants with zero cholesterol & packed with clean protein (155 cal) 2. extra

**CREATE YOUR OWN COMBO**
**PICK ANY 2 FOR 11.**

1/2 SALAD
- Martha’s Vineyard (245 cal)
- Chop Chop (395 cal)
- House Salad (35 cal)

1/2 SANDWICH
- Chicken Pesto Panini (400 cal)
- Seaside Jersey Club (270 cal)
- Cran-Walnut Chicken Salad Sandwich on your choice of toast (600 cal)
- Avocado Toast (375 cal)

CUP OF SOUP
- Chef’s Soup (100-240 cal)
- Turkey Chili (290 cal)

**lettuce toss it**

**MARTHA’S VINEYARD**
Mixed greens: grilled chicken, seasonal berries, mango, toasted coconut & honey walnuts (490 cal). 11.

**CHOP CHOP SALAD**
Fresh romaine, crispy cubed chicken tenders, chopped bacon, red onion, tomato, cucumber & cheddar jack cheese (790 cal). 11.

**SALAD DRESSINGS**
balsamic vinaigrette (320 cal) • citrus lemon vinaigrette (230 cal) • peppercorn ranch (200 cal)

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SEASONAL SPECIALS

LOBSTERS PALOOZA

LOBSTER TOAST
Toasted multigrain topped with smashed Hass avocado, lobster chunks, fresh arugula, pickled onions, lemon zest & everything bagel seasoning. Served with 2 eggs your way (540 cal) 19.

LOBSTER BENEDICT
English muffin topped with cracked Maine lobster, plum tomato, smoked bacon, avocado slices & a lemon cilantro hollandaise sauce. Served with citrus dressed mixed greens or breakfast potatoes (720-860 cal) 21.

LANGOSTA QUESADILLA
Whole wheat tortilla loaded with generous chunks of lobster, melted Monterey Jack cheese, diced mango, arugula leaves, red onion, roasted red pepper, cilantro & a cajun aioli drizzle. Served with chips & salsa or citrus dressed mixed greens (930-1130 cal) 22.

GREEN & WHITE TEAS

WHITE PETAL
Fujian Province leaves, Egyptian chamomile & osmanthus add a sweet fragrance

MAO FENG SHUI
Green tea Zhejiang China has a slightly sweet & fresh aftertaste. Rich in antioxidants

FEZ MOROCCAN
Rare green teas from China, aromatic spearmint & hint of lemon myrtle

BLACK TEAS

BLACK LAVENDER
Delicate French lavender, black Ceylon & lapsang teas, fruity black currant and sweet vanilla

BRITISH BRUNCH
Perfect breakfast tea. Indian Assam, Ceylon Dimbula Uva, & a touch of smoky Keemun

LORD BERGAMOT
Superior to traditional Earl Grey. Ceylon & India’s Assam Valley teas scented with bergamot from Italy

HERBAL INFUSIONS

MEADOW
Caffeine-free blend of Egyptian chamomile, mild hyssop, rose petals & linden flowers

RED NECTAR
Caffeine-free South African rooibos paired with a hint of natural orchard fruit

BIG HIBISCUS
Caffeine free red hibiscus, Indian sarsaparilla, ginger, pink rose & elderflowers from Europe

LOBSTER-CADO TOAST
Scan to purchase a gift card or send a Carton of Joy

THE GREAT PUMPKIN PANCAKES
Pumpkin pancakes with a cinnamon sugar swirl, topped with sweet cream frosting & candied pumpkin seeds (1420 cal) 12.75
Make your meal a fall feast and add crushed bacon (120 cal) 1.

THE GREAT PUMPKIN PANCAKES

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