



# TURNING POINT

breakfast, brunch & lunch®



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

## FRENCH PRESS COFFEE

The perfect way to drink coffee. Our French press coffee is ground per order and infused with purified water in a 32oz. French press. A coffee connoisseur's dream (0-5 cal)

- HAWAIIAN KONA BLEND**  
Delicate with floral notes gracefully dance on your tongue 9.5
- TP HOUSE BLEND**  
Wonderfully soft, nutty & chocolaty balanced with subtle sweetness 7.2
- FLAVORED COFFEES**  
Infused with all natural ingredients to delight your senses. Hazelnut, Sinful Delight, French Vanilla 7.5
- Pumpkin Spiced Blend** *(seasonal flavor)*  
A blend of pumpkin & autumn spice 7.5
- JAMAICAN BLUE MOUNTAIN BLEND**  
An unparalleled smooth & earthy extraordinary blend 9.5
- COSTA RICAN PURE**  
Wonderfully elegant, exceptionally silky, full bodied & complex 8.5
- NJ DEVIL BLEND**  
Marvelously robust, bold & savory yet sweet & creamy 8.8



## CHILLIN' OUT

### COLD BREW ICED COFFEE

Smooth & bold, no bitterness, jumbo coffee ice cube, 100% Arabica (0-5 cal) 4.5  
add sweet cream cold foam (100 cal) .50

### CJ'S FROZEN HOT CHOCOLATE

Hot chocolate reborn at 20° below zero (710 cal) 5.3

### ANNIE'S LEMONADE

Frozen pink lemonade blended with strawberries (160 cal) 4.3

### CHARLIE'S CAMPFIRE LATTE

Chilled espresso, milk, toasted marshmallow syrup, whipped cream, chocolate, crushed graham crackers (410 cal) 5.8

### OLD FASHIONED MILKSHAKE

Your choice of strawberry, chocolate or vanilla (860 - 960 cal) 5.5

### TROPICAL BLISS SMOOTHIE

Pineapple, banana, strawberry puree & orange juice (250 cal) 5.5



### TRADITIONAL

Topped with whipped cream (220 cal) 3.5

### S'MORES

Toasted marshmallow syrup, whipped cream & crushed graham crackers (390 cal) 4.3

### PEPPERMINT

Peppermint syrup, whipped cream & crushed peppermint (360 cal) 4.3

### PEANUT BUTTER CUP

Peanut butter, whipped cream & mini peanut butter cups (570 cal) 4.3

## COLD PRESSED JUICES

### KALE TO THE KING

Immune system boost of spinach, apple, lemon & of course power packed kale (120 cal) 6.

### WALK ON THE BEACH

Antioxidant blend of carrot, golden beets, apple, lemon & digestive aid ginger (120 cal) 6.

### JUST BEET IT

A delicious elixir of red beets, carrot, orange, apple, pineapple & healthy ginger (130 cal) 6.

### FLIGHT OF THE JUICES

Can't decide on just one... Try 'em all! Take a flight & pick a fourth juice of your choice (160-200 cal) 9.

## HOT espresso bar

### VANILLA CHAI TEA LATTE

Spiced with ginger, honey & vanilla (180 cal) 4.9

### SALTED CARAMEL MOCHA-CHINO

Caramel, espresso, sea salt, steamed chocolate milk & whipped cream (510 cal) 5.75

### LATTE OR CAPPUCINO

Double espresso & steamed whole milk (130 cal) 4.9

### UNLIMITED COFFEE

100% Arabica blend, complimentary cup to go (0-5 cal) 3.

### MILK ALTERNATIVES

Almond, Soy, Oat

## iced teas

### PAM'S HALF & HALF

All natural lemonade & classic black iced tea (100 cal) 4.8

### ICED VANILLA CHAI

Chilled vanilla chai tea over ice (90 cal) 4.8

### CLASSIC BLACK TEA

The traditional favorite (0-5 cal) 3.3

## juices

### 100% NATURAL ORANGE JUICE

(170 cal) 3.9

### ALL NATURAL LEMONADE

(260 cal) 4.5

Apple (170 cal) Ruby Red Grapefruit (160 cal)  
Cranberry (170 cal) V8 Juice (60 cal) 3.5

## LOOSE HOT TEAS



Steven Smith, the innovative genius who started Tazo Teas before selling the brand to Starbucks now has upped his game with the goal of staying small and only buying the best teas on the market and creating the perfect blends for the culinary world. Turning Point is proud to partner with this amazing company (0-5 cal) 3.5

## SEE BACK OF MENU FOR TEA VARIETIES

Green & White Teas  
Black Teas  
Herbal Infusions

# WE PROPOSE A TOAST

## AVOCADO TOAST

Thick multigrain, tomato, crushed avocado, lemon zest, EVOO, cracked pepper & pink Himalayan sea 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

## 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 (1290 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

## 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.

## GET TOASTY

### OMG

Thick sliced wheat French toast, chopped bacon, candied walnuts, caramel & sweet cream drizzle (1020 cal) 11.5

### GRAND FRENCH

Thick sliced brioche cooked in our own batter of vanilla, eggs, brown sugar, cinnamon & fresh cream (720 cal) 10.5

### STRAWBERRY CHEESECAKE

Our Grand French toast, strawberries, crushed graham cracker, cheesecake frosting & warm strawberry reduction (1060 cal) 11.5

## 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 (350-490 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

100% Real Maple Syrup  
(120 cal) 2. per serving

## 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 (740 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® Patties  
vegan plant based (240 cal)

# SHARABLES FOR THE TABLE

## BACON LOLLIPOPS

Brown sugar dipped smoked bacon wrapped over a slow roasted skewered apple. A fun treat to start your meal (440 cal) 8.

## NEW YORKER SALMON PLATTER

Smoked salmon, fresh cucumber, tomato, pickled onion, Hass avocado, Philly cream cheese & toasted plain bagel, garnished with everything seasoning (550 cal) 13.

## TURKEY CHILI

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

## CHEF'S SOUP

Inspirations from our chef. Please ask your server (200-480 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 spiced hollandaise (660 cal) 14.

### CLASSIC BENEDICT\*

English muffin, ham, tomato, two poached eggs, hollandaise sauce (530 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 (560 cal) 15.

## GOOD AND GOOD FOR YOU

### CROSSFIT KALE 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.

### BEYOND SAUSAGE PATTIES®

*The perfect vegan plant based option* (240 cal) 4.3



### 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.

Grab a quart of housemade Cran-Walnut Chicken Salad to take home (120 cal per oz) 11.

## 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)

## 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)

### Udi's gluten free bread available

We are not a gluten free kitchen and cannot guarantee cross-contamination will not occur.



# SEASONAL SPECIALS



## CARAMEL APPLE CIDER

Oh, the sweet smell of cider!  
Caramel infused apple cider is  
a fall favorite (110cal) 5.75

## PUMPKIN PIE CHAI

Pumpkin infused chai topped with  
whipped cream & pumpkin pie spice.  
You gotta chai it! (270cal) 5.75

## PUMPKIN SPICE LATTE

A sweater weather staple.  
Pumpkin syrup, espresso, steamed  
milk & whipped cream topped with  
candied pumpkin seeds (380cal) 5.75



## 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.



## LOBSTA-CADO 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.



## NOLA SWEET & SPICY SHRIMP HASH

Sweet potatoes, chicken chorizo, Gulf  
shrimp, cajun seasoned peppers & onions,  
topped with 2 poached eggs & cilantro.  
Served with cornbread and Sriracha  
hot honey (880 cal) 16.



### 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 after taste. 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, rooibos, 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



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