



COLD BREW COFFEE

HOUSE COLD BREW

Smooth & bold, no bitterness, jumbo coffee ice cube (0-5 cal) 4.7
Add sweet cream cold foam (100 cal) 1.

MARSHMALLOW WORLD COLD BREW

Mocha cold brew topped with marshmallow cold foam & cocoa powder (450 cal) 6.2

VANILLA COCONUT COLD BREW

Coconut cold brew topped with vanilla coconut cold foam, garnished with toasted coconut chips (280 cal) 6.2

NEW ORLEANS COLD BREW

NOLA blend cut with the perfect amount of roasted chicory & a jumbo coffee ice cube (0-5 cal) 4.7

JUST CHILLIN'

PAM'S HALF & HALF

Lemonade & classic black iced tea (100 cal) 4.9

ANNIE'S LEMONADE

Frozen pink lemonade blended with strawberries (160 cal) 4.7

TROPICAL BLISS SMOOTHIE

Pineapple, banana, strawberry puree & orange juice (250 cal) 6.5

ICED VANILLA CHAI

Chilled Vanilla Chai tea (210 cal) 4.9

CLASSIC ICED TEA

Traditional black tea (0-5 cal) 3.5

FOUNTAIN SODA

Pepsi, Diet Pepsi, Lemon Lime, Root Beer, Pink Lemonade (0-250 cal) 6.5

100% NATURAL JUICES

ORANGE

(220 cal) 4.3

APPLE

(230 cal) 3.9

LEMONADE

(260 cal) 4.9

MILK ALTERNATIVES

Almond, Oat

FRENCH PRESS COFFEE

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

HAWAIIAN KONA BLEND

LIGHT ROAST Delicate with floral notes that gracefully dance on your tongue 10.

TP HOUSE BLEND

MEDIUM ROAST Wonderfully soft, nutty & chocolaty balanced with subtle sweetness 8.

COSTA RICAN PURE

DARK ROAST Wonderfully elegant, exceptionally silky, full bodied & complex 9.

NJ DEVIL BLEND

EXTRA DARK ROAST Marvelously robust, bold & savory yet sweet & creamy 9.

JAMAICAN BLUE MOUNTAIN BLEND

MEDIUM ROAST An unparalleled smooth & earthy extraordinary blend 10.

COLD PRESSED JUICES

KALE TO THE KING

Immune system boost of spinach, apple, lemon & of course, power packed kale (120 cal) 6.5

WALK ON THE BEACH

Antioxidant blend of carrot, golden beets, apple, lemon & digestive aid ginger (120 cal) 6.5

JUST BEET IT

A delicious elixir of red beets, carrot, orange, apple, pineapple & healthy ginger (130 cal) 6.5

HEAVENLY HOT CHOCOLATE

TRADITIONAL

Topped with whipped cream (320 cal) 4.1

S'MORES

Toasted marshmallow syrup, whipped cream & crushed graham crackers (490 cal) 4.9

PEPPERMINT

Peppermint syrup, whipped cream & crushed peppermint (470 cal) 4.9

COOKIE EXPLOSION

Caramel syrup, whipped cream, chocolate chips, Oreo cookie pieces & caramel drizzle (540 cal) 4.9

BREW-TIFUL

SALTED CARAMEL MOCHA-CHINO

Caramel, espresso, sea salt, steamed chocolate milk & whipped cream (590 cal) 6.5

LATTE OR CAPPUCCINO

Double espresso & steamed whole milk (170-210 cal) 5.5

UNLIMITED COFFEE

A blend from Central & South America, complimentary cup to go (0-5 cal) 3.95

VANILLA CHAI TEA

Spiced with ginger, honey & vanilla (340 cal) 5.5

SMITH TEAS

Green & White Teas
Black Teas
Herbal Infusions
(0-5 cal) 3.6



SCAN QR CODE FOR TEA VARIETIES

SHARABLES FOR THE TABLE

WARM CINNAMON ROLLS

Warm cinnamon rolls topped with sweet cream cheese frosting tableside. The perfect way to start or finish your meal (830 cal) 8.95

NEW YORKER SALMON PLATTER

Smoked salmon, fresh cucumber, tomato, pickled onion, avocado, cream cheese, a toasted plain bagel & garnished with everything seasoning (550 cal) (GFA) 13.25

AVOCADO TOAST

Thick multigrain toast, tomato, crushed avocado, lemon zest, EVOO, cracked pepper & pink Himalayan sea salt plus 2 eggs any style* (900 cal) (GFA | VA) 12.50

Add ons 1. per item

Pickled Onions (40 cal)
Chopped Bacon (120 cal)
Goat Cheese (60 cal)

SWEET BREAKFAST

PANCAKES

CINNAMON ROLL

Sweet cinnamon swirls with cream cheese frosting (1630 cal) 12.25

LEMON BLUEBERRY

Fresh blueberry & finely grated lemon peel (1400 cal) (VA) 11.

BERRY CHOCOLATY

Chocolate chips, fresh strawberries & chocolate drizzle. Served with warm strawberry reduction (1700 cal) (VA) 12.25

POWER GRAIN

Housemade power packed with nutrient rich grains (1270 cal) 11.

PLAIN STACK

Always made from scratch. Served with whipped butter & warm syrup (1350 cal) (VA) 10.50

Power grain pancakes may be substituted at no charge

3 Pancakes & French Toast per order, also available as one or two stacks

100% Real Maple Syrup
add 2. (120 cal)

WAFFLES

TROPICAL CRUNCH

Bananas, strawberries, mango, crunchy granola & warm strawberry reduction (1070 cal) (VA) 12.

SOUTHERN CHICKEN

Chopped bacon, Sriracha hot honey & crispy chicken (1110 cal) 17.

PLAIN BELGIAN

Served with whipped butter & warm syrup (460 cal) (VA) 9.75

FRENCH TOAST

OMG

Thick sliced multigrain French toast, chopped bacon, candied walnuts, caramel & sweet cream drizzle (1020 cal) (GFA) 13.25

GRAND FRENCH

Thick sliced brioche cooked in our very own batter infused with brown sugar, vanilla & cinnamon (720 cal) (GFA) 11.50

STRAWBERRY CHEESECAKE

Our Grand French toast, strawberries, crushed graham cracker, cheesecake frosting & warm strawberry reduction (1060 cal) (GFA) 13.25

THE BENEDICTS

BIG EASY BENEDICT*

Cornbread, avocado, Cajun spiced onions & peppers, chorizo, 2 poached eggs & Creole spiced hollandaise (660 cal) 14.5

AVOCADO SMASH BENEDICT*

Ciabatta bread, avocado smash, plum tomato, bacon, 2 poached eggs & hollandaise (690 cal) (GFA) 14.5

SMOKED SALMON BENEDICT*

English muffin, smoked salmon, plum tomato, pickled onions, 2 poached eggs & everything seasoning hollandaise (520 cal) (GFA) 14.5

CLASSIC BENEDICT*

English muffin, ham, plum tomato, 2 poached eggs & hollandaise (550 cal) (GFA) 13.25

EGGS·TRA·ORDINARY

WILBUR SKILLET*

A skillet of potatoes, crushed bacon, avocado, diced tomato, jack cheese & 2 eggs your way with English muffin (860 cal) 12.5

BASIC SKILLET*

A skillet of potatoes, cheddar jack cheese & 2 eggs your way with English muffin (650 cal) 10.50
Build your own add 1. per item (10-130 cal)

TRADITIONAL EGGS*

2 eggs served your way, toasted English muffin with side of potatoes or citrus dressed greens (350-460 cal) (GFA | VA) 8.
Add breakfast meat 4.75

GRANDE HUEVOS RANCHEROS*

Potatoes, chipotle peppers, chorizo, black beans, onions, cheddar jack in a wheat tortilla. 3 eggs your way, salsa, avocado & sour cream (1230 cal) 14.25

YANKEE SHRIMP & CHEDDAR GRITS

A delicious recipe of creamy cheddar grits, topped with sauteed shrimp, caramelized onions, crushed bacon & Creole spice. Served with cornbread & Sriracha hot honey sauce (950 cal) (GFA) 16.5

CLASSIC PORK ROLL SAMMY

Toasted bagel, Taylor pork roll, 2 over hard eggs & American cheese with side of potatoes or citrus dressed greens (990-1100 cal) (GFA) 9.25

OMELETS

3 egg omelet served with an English muffin (140 cal) & your choice of citrus dressed greens (60 cal) or morning potatoes (170 cal)

THE G.O.A.T.

Spinach, caramelized onions, chopped bacon, roasted red peppers & goat cheese (470 cal) (GFA) 13.5

WESTERN

Ham, peppers, onions & cheddar jack (480 cal) (GFA) 12.

KEY WEST SHRIMP

Shrimp, avocado, bacon, tomato, cilantro & jack cheese (600 cal) (GFA) 15.5

TUSCANY

Roasted red peppers, baby spinach, chopped sausage & fresh mozzarella (470 cal) (GFA) 13.5

BASIC YOUR WAY

Topped with cheddar jack (420 cal) (GFA | VA) 10.50
Build your own add 1. per item (10-130 cal)

BREAKFAST COMBO*

Choice of a Belgian waffle or 2 plain pancakes, 2 eggs your way, choice of breakfast meat & side of potatoes or citrus dressed greens (750-1300 cal) 15.25
Substitute any specialty pancakes or French toast add 2.

GOOD AND GOOD FOR YOU

POWER UP GRAINS BOWL

A warm bowl of quinoa, micro split pea, black bean & lentils, sautéed zucchini, mushrooms, peppers & spinach topped with avocado, pickled onions & your choice of protein. Served with citrus dressed mixed greens & a side of salsa (520 cal) **(GF | VA)** 15.75 (choose one protein)
3 eggs your way (225 cal)
Lean chicken breast (160 cal)
Sautéed shrimp (70 cal)

HEALTH FREAK COMBO

CrossFit Omelet (350 cal)
1 Power Grain Pancake (420 cal)
2 Pieces of Chicken Sausage (160 cal) **(GFA | VA)** 18.

I CAN'T BELIEVE THEY'RE VEGAN PANCAKES

Housemade 100% vegan, fresh bananas & strawberries (1060 cal) **(V)** 12.5

JUST Egg®
100% vegan, made from plants with zero cholesterol & packed with clean protein (155 cal) **(V)** 3. extra

CROSSFIT OMELET

Egg white omelet, spinach, caramelized onions & mixed seasonal vegetables. Served with citrus dressed mixed greens (350 cal) **(GF | VA)** 12.75

HOT OATMEAL

Plain dusted with cinnamon (210 cal) **(GF | VA)** 5.
Add brown sugar (50 cal)
Add fresh cut fruit:
strawberries, blueberries, bananas (15-40 cal) 1. per item

GET WARMED UP

TURKEY CHILI

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

CHEF'S SOUP

Inspirations from our chef. Please ask your server (200-480 cal) 5.25

SANDWICHES

Comes 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) **(GFA)** 12.25

CRAN-WALNUT CHICKEN SALAD SANDWICH

Roasted chicken breast, walnuts, dried cranberries, tossed lightly with mayonnaise & baby spinach on your choice of toast or wrap (1110-1220 cal) **(GFA)** 12.

SEASIDE JERSEY CLUB

Roasted turkey breast, crisp bacon, plum tomatoes, onions, romaine & Swiss cheese on thick multigrain toast (610 cal) **(GFA)** 12.

PAVO CUBANO

Our version of the popular Cuban sandwich. Ham, roasted turkey breast, Swiss cheese, tomato, pickles & cilantro honey dijon pressed on grill (660 cal) **(GFA)** 12.25

ROADHOUSE BACON STACK

Triple stack grilled cheese on sourdough bread, smokehouse aioli, cheddar jack, thick crispy bacon, caramelized onions, tomato & baby spinach (1260 cal) **(GFA)** 12.75

NASHVILLE HOT HONEY CHICKEN WRAP

Sriracha hot honey, crispy chicken, pickles, tomato, romaine lettuce & mayonnaise in a grilled wheat tortilla (980 cal) **(GFA)** 12.25

CREATE YOUR OWN COMBO

Any two for 12.50

1/2 SALAD **(GFA)**

- Martha's Vineyard (245 cal)
- Chop Chop (395 cal)
- Cosmopolitan (635 cal)

1/2 SANDWICH **(GFA)**

- Chicken Pesto Panini (400 cal)
- Seaside Jersey Club (305 cal)
- Cran-Walnut Chicken Salad Sandwich on your choice of toast (600 cal)
- Avocado Toast (375 cal)

COZY COMFORTS

- Turkey Chili (290 cal) **(GF)**
- Chef's Soup (100-240 cal)
- Mac N' Cheese (370 cal)

SIDES

POTATOES (170 cal) **(V)** 4.5

CHEDDAR GRITS (420 cal) **(GF)** 4.75

MAC N' CHEESE (370 cal) 4.75

MIXED GREENS (60 cal) **(GF | V)** 3.5

CHIPS & SALSA (260 cal) **(GF | V)** 3.5

THE MEATS **(GF)** 4.75

Pork sausage (310 cal)

Chicken sausage (160 cal)

Hardwood smoked bacon (240 cal)

Smoked ham (90 cal)

Taylor pork roll (290 cal)

Beyond Breakfast Sausage®
vegan plant based patties (240 cal) **(V)**

Udi's® gluten free bread available
We are not a gluten free kitchen & cannot guarantee cross-contamination will not occur.

LETTUCE TOSS IT

MARTHA'S VINEYARD SALAD

Mixed greens, grilled chicken, strawberries, blueberries, mango, toasted coconut chips & honey walnuts (490 cal) **(GF | VA)** 12.75

CHOP CHOP SALAD

Fresh romaine, crispy cubed chicken tenders, chopped bacon, red onion, tomato, cucumber & cheddar jack cheese (790 cal) **(GFA)** 12.75

COSMOPOLITAN SALAD

Mixed greens with our cran-walnut chicken salad, red grapes, fresh pineapple, honey walnuts & dried cranberries (1270 cal) **(GF)** 12.75

SALAD DRESSINGS

balsamic vinaigrette (200 cal) • citrus lemon vinaigrette (230 cal)
peppercorn ranch (200 cal) • cilantro honey dijon (250 cal)

GFA - gluten free available | VA - vegan available | GF - gluten free | V - vegan



Scan QR code
for our nutritional
information

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

*Menu items may contain or come into contact with wheat, eggs, shellfish, tree-nuts, milk and other major allergens. If a person in your party has a food allergy, please inform your server or contact the restaurant directly to notify our team of any allergy. Because routine food preparation techniques, such as the use of common food preparation equipment and surfaces, may allow contact among various food items, we cannot guarantee any food items to be completely allergen-free. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

FALL SPECIALS



PUMPKIN CREAM COLD BREW

A 24-hour cold brew blend infused with pumpkin spice notes & topped with pumpkin cold foam (300 cal) 6.2

FALLIN' FOR CHAI

Spiced Chai Tea, creamy rich espresso topped with whipped cream & Autumn spices (370 cal) 6.



A TOAST TO AUTUMN

Thick multigrain toast topped with almond butter cream cheese blend, roasted sweet potatoes, chopped bacon, caramelized onions, roasted red peppers, raw pepitas & hot honey drizzle (950 cal) 12.

Add 2 eggs your way (150 cal) 3. extra



HOME SWEET HASH

A skillet of seasoned sweet potatoes, caramelized onions, chicken sausage, dried cranberries & goat cheese. Topped with 2 eggs your way. Served with citrus dressed mixed greens (890 cal) 13.50



THE GREAT PUMPKIN PANCAKES

Our now famous pumpkin pancakes with a cinnamon sugar swirl, topped with sweet cream frosting & candied pumpkin seeds (1710 cal) 13.

add crushed bacon (120 cal) 1. extra
Level up. You won't be disappointed!



BLUEBERRY CORNBREAD FRENCH TOAST

Cornbread French toast with blueberries, candied walnuts & cream cheese frosting, served with a side of sweet whiskey sauce (1300 cal) 13.5



APPLE CIDER DOUGHNUT PANCAKES

Fluffy apple cider pancakes, stacked high, dusted with a cinnamon sugar mix. Served with warm syrup (1470 cal) 13.



CATERING & DELIVERY



FRANCHISE INFO



GIFT CARD