cold brew coffee

HOUSE COLD BREW

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

MARSHMALLOW WORLD COLD BREW

Mocha cold brew topped with marshmallow cold foam & cocoa powder (450 cal) 6.5

VANILLA COCONUT COLD BREW

Coconut cold brew topped with vanilla cold foam, garnished with toasted coconut chips (280 cal) 6.5

JUST CHILLIN'

PAM'S HALF & HALF

Lemonade & classic black iced tea (100 cal) 5.

ANNIE'S LEMONADE

Frozen pink lemonade blended with strawberries (160 cal) 5.

TROPICAL BLISS SMOOTHIE

Pineapple, banana, strawberry puree & orange juice (250 cal) 7.

ICED VANILLA CHAI

Chilled Vanilla Chai tea (210 cal) 5.5

CLASSIC ICED TEA

Tradtional black tea (0-5 cal) 4.

FOUNTAIN SODA

(0-250 cal) 4.

NATURAL JUICES

ORANGE

(220 cal) 4.5

APPLE (230 cal) 4.

LEMONADE

(260 cal) 5.

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 32 oz. 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) 7.

WALK ON THE BEACH

Antioxidant blend of carrot, golden beets, apple, lemon & digestive aid ginger (120 cal) 7.

JUST BEET IT

A delicious elixir of red beets, carrot, orange, apple, pineapple & healthy ginger (130 cal) 7.

HEAVERLY HOT CHOCOLATE

TRADITIONAL

Topped with whipped cream (320 cal) 4.5

S'MORES

Toasted marshmallow syrup, whipped cream & crushed graham crackers (490 cal) 5.5

PEPPERMINT

Peppermint syrup, whipped cream & crushed peppermint (470 cal) 5.5

COOKIE EXPLOSION

Caramel syrup, whipped cream, chocolate chips, Oreo cookie pieces & caramel drizzle (540 cal) 5.5

BREW-TIFUL

SALTED CARAMEL MOCHA-CHINO

Caramel, espresso, sea salt, steamed chocolate milk & whipped cream (590 cal) 7.

LATTE OR CAPPUCCINO

Double espresso & steamed whole milk (170-210 cal) 6.

UNLIMITED COFFEE

A blend from Central & South America, complimentary cup to go (0-5 cal) 4.

VANILLA CHAI TEA

Spiced with ginger, honey & vanilla (340 cal) 6.

SMITH TEAS

Green & White Teas Black Teas Herbal Infusions (0-5 cal) 4.



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) 13.5

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) 13.

> Add ons 1. per item Pickled Onions (40 cal) Chopped Bacon (120 cal) Goat Cheese (60 cal)

SWEET BREAKFAST

PANCAKES —

PLAIN STACK

Always made from scratch. Served with whipped butter & warm syrup (1350 cal) (VA) 10.75

CINNFUL SWIRL

Sweet cinnamon swirls with cream cheese frosting (1630 cal) 12.5

LEMON BLUEBERRY

Fresh blueberry & finely grated lemon peel (1400 cal) (VA) 11.5

BERRY CHOCOLATY

Chocolate chips, fresh strawberries & chocolate drizzle. Served with warm strawberry reduction (1700 cal) (VA) 12.5

POWER GRAIN

Housemade power packed with nutrient rich grains (1270 cal) 11.25

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 -

PLAIN BELGIAN

Served with whipped butter & warm syrup (460 cal) (va) 10.

TROPICAL CRUNCH

Bananas, strawberries, pineapple, crunchy granola & warm strawberry reduction (1070 cal) (VA) 12.25

SOUTHERN CHICKEN

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

FRENCH TOAST

GRAND FRENCH

Thick sliced brioche cooked in our very own batter infused with brown sugar, vanilla & cinnamon (720 cal) (GFA) 11.75

OMG

Thick sliced multigrain French toast, chopped bacon, candied walnuts, caramel & sweet cream drizzle (1020 cal) (GFA) 13.75

STRAWBERRY CHEESECAKE

Our Grand French toast, strawberries, crushed graham cracker, cheesecake frosting & warm strawberry reduction (1060 cal) (GFA) 13.75

EGGCELLENT CHOICES

BASIC SKILLET*

A skillet of potatoes, cheddar jack cheese & 2 eggs your way with English muffin (650 cal) (GFA) 10.95 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) 8.25 Add breakfast meat 4.75

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) 9.75

WILBUR SKILLET*

A skillet of potatoes, crushed bacon, avocado, diced tomato, jack cheese & 2 eggs your way with English muffin (860 cal) (GFA) 13.5

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) (GFA) 14.75

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

OMELETS

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

BASIC YOUR WAY

Topped with cheddar jack (420 cal) (GFA| VA) 10.95 Build your own add 1. per item (10-130 cal)

THE G.O.A.T.

Spinach, caramelized onions, chopped bacon, roasted red peppers & goat cheese (470 cal) (GFA) 14.

WESTERN

Ham, peppers, onions & cheddar jack (480 cal) (GFA) 13.

KEY WEST SHRIMP

Shrimp, avocado, bacon, tomato, cilantro & jack cheese (600 cal) (GFA) 16.

TUSCANY

Roasted red peppers, baby spinach, chopped sausage & fresh mozzarella (470 cal) (GFA) 14.

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) 15.75 Substitute any specialty pancakes or French toast add 2.5

CLASSIC BENEDICT*

English muffin, ham, plum tomato, 2 poached eggs & hollandaise (550 cal) (GFA) 13.75

BIG EASY BENEDICT*

Cornbread, avocado, Cajun spiced onions & peppers, chorizo, 2 poached eggs & Creole spiced hollandaise (660 cal) 15.25

AVOCADO SMASH BENEDICT*

Ciabatta bread, avocado smash, plum tomato, bacon, 2 poached eggs & hollandaise (690 cal) (GFA) 15.25

SMOKED SALMON BENEDICT*

English muffin, smoked salmon, plum tomato, pickled onions, 2 poached eggs & everything seasoning hollandaise (520 cal) (GFA) 15.25

GOOD AND GOOD FOR YOU

HOT OATMEAL

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

CROSSFIT OMELET

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

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) 13.

JUST Egg®

100% vegan, made from plants with zero cholesterol & packed with clean protein (155 cal) (v) 3. extra

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)

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) 12.75

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) 12.5

SEASIDE JERSEY CLUB

Roasted turkey breast, crisp bacon, plum tomatoes, onions, romaine & Swiss cheese on thick multigrain toast (610 cal) (GFA) 12.5

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) 12.75

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) 13.25

NASHVILLE HOT HONEY CHICKEN WRAP

Sriracha hot honey, crispy chicken, pickles, tomato, romaine lettuce & mayonnaise in a grilled wheat tortilla (980 cal) (GFA) 12.75

LETTUCE TOSS IT

MARTHA'S VINEYARD SALAD

Mixed greens, grilled chicken, strawberries, blueberries, pineapple, 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

CREATE YOUR OWN COMBO

Any two for 13.

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) (**GF** | **V**) 4.5

MAC N' CHEESE (370 cal) 4.75

CHEDDAR GRITS (420 cal) (GF) 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.



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.



BEAUTY COLLAGEN SHAKE

Start your meal off with a boost of gluten & dairy free collagen peptides, protein rich almond milk, banana, strawberry & pineapple. Good & good for you (380 cal) 9.



MOCHA BERRY COLD BREW

A 24-hour cold brew blend infused with rich chocolate topped with strawberry cold foam (250 cal) 6.75



HAWAIIAN WHEAT **FRENCH TOAST**

Multigrain French toast topped with pineapple, banana, strawberry, coconut chips & a sweet cream drizzle (920 cal) 15.



CATERING & DELIVERY



SEASIDE TOAST

Thick multigrain toast topped with smashed Hass avocados, large chunks of snow crab, pickled onion, lemon zest & everything bagel seasoning. Served with 2 eggs your way & citrus dressed mixed greens (580 cal) 22.

NANTUCKET BENEDICT

Toasted English Muffin topped with large snow crab chunks, plum tomato, thick smoked bacon, avocado slices & a lemon cilantro hollandaise sauce. Served with citrus dressed mixed greens or morning potatoes (720-830 cal) 24.



ALOHA SNOW CRAB SALAD

A blend of romaine & mixed greens with delicious chunks of snow crab, roasted red peppers, cucumber, pineapple, fresh avocado, red onion & toasted coconut chips. We recommend our lemon vinaigrette (360 cal) 24.



Crispy cauliflower flatbread topped with jack cheese, chipotle aioli, baby spinach, red onion, roasted red peppers, tender snow crab meat & cilantro (750 cal) 23.







FRANCHISE INFO



GIFT CARD



BREAKFAST

INCLUDES A DRINK

Daisy Cakes

5 silver dollar pancakes with a side of sliced strawberries & banana, served with side of syrup (350 cal) 7.75

Volcano French Toast

French toast sticks stacked & filled with strawberry slices & whipped cream, served with side of syrup (500 cal) 8.75

Scrambled Eggs

With potatoes & toasted english muffin, add cheese no charge (480-620 cal) 8.25 Add breakfast meat 4.75

Bowl of Cereal

Choice of Cheerios or Froot Loops & your choice of milk (regular, oat, almond) (320-330 cal) 4.95

GRIDDLE ME THIS

Plain Pancakes (680 cal) Plain Waffle

French Toast (410 cal)

Choice from above served with syrup & butter on side 7.95

GRIDDLE ME THIS TOPPINGS

Add 1.50

S'mores

Chocolate chips, marshmallows, graham crackers & chocolate sauce (add 240 cal)

Fruity

Bananas, strawberries & blueberries (add 80 cal)

Cinnful Swirl

Cinnamon sugar swirl & cream cheese frosting (add 280 cal)

Cookies & Cream

Chocolate cookie & cream pieces topped with whipped cream (add 220 cal)

LUNCH

INCLUDES A DRINK AND ONE SIDE

Grilled Cheese

Grilled American cheese on white bread (340 cal) 7.75 add bacon (90 cal) or ham (65 cal) 1.95

Mac 'n Cheese

Twisted elbow macaroni with white cheddar (370 cal) 7.75

Chicken Tenders

Crispy Tyson 100% chicken breast tenders (420 cal) 8.75

SIDES

Mixed fruit (35 cal)

Banana slices (50 cal)

Grapes (40 cal)

Potatoes (200 cal)

Tortilla chips & salsa (180 cal)

DRINKS

Fountain drinks (0-150 cal)

Juice (170 cal)

Milk (150 cal)

Hot chocolate (220 cal)

Iced tea (0-5 cal)

SPECIALTY DRINKS

12oz kid's cup 2.75 extra

Blended

Annie's Lemonade (80 cal) Tropical Bliss (190 cal)

Hot Chocolates

Peppermint (360 cal)
S'mores (290 cal)
Cookie Explosion (340 cal)

