CALL AHEAD ORDERING  508 833-8365
Breakfast All Day

Bagel and Lox  8.75
An everything bagel toasted with plain cream cheese, 
smoked salmon, red onion and capers

Breakfast Burrito  8.75
Eggs, bacon, cheddar cheese, fresh salsa, plain cream cheese, 
avocado and tomato on a tomato wrap, grilled

Spicy Burrito  9.35
Our traditional burrito with jalapeno bacon, chopped 
pepperoncini and spicy mayo on a tomato wrap, grilled

Healthy Choice Breakfast Wrap  7.25
Egg whites with baby spinach, tomato, avocado and 
chicken in a whole wheat wrap, grilled

Morning View  5.95
All-natural sliced ham, egg, cheddar cheese and 
caramelized onion on a toasted Portuguese muffin

Spicy Sausage Sandwich  5.95
Sausage patty, egg, cheddar cheese with salsa and chopped 
pepperoncini on a toasted Portuguese muffin

Wheat Berry Oatmeal  6.45
Our secret recipe from Santa Fe. Served with steamed milk, 
dried cranberries and toasted almonds

Hot Quinoa with Almonds  5.25
Served with steamed milk, honey, and toasted almonds

California Bagel  4.60
Hummus and Avocado on toasted Sesame bagel

MAKE YOUR OWN  4.65
Choose: Bacon, Ham or Sausage Patty
Type of Bread: Portuguese Muffin, Country Wheat, Sourdough 
Tomato Wrap, Wheat Wrap or a Bagel
Gluten Free Bagel or Bread (1.00)
Healthy Additions: Baby Spinach, Tomato or Chives (.60)
Avocado or Caramelized Onions (1.25)

MENU AVAILABLE FOR TAKEOUT ONLY
LUNCH SANDWICHES

Traditional BLT  7.50
Applewood Smoked Bacon, lettuce tomato and mayo
On toasted multigrain bread add avocado 1.25

SPICY BLT  9.50
Jalapeno rubbed bacon, lettuce tomato, avocado
And spicy mayo on toasted sourdough bread

Chicken Club  10.50
House baked chicken, apple wood smoked bacon, lettuce 
Tomato, avocado and mayo on toasted sourdough bread

Cape Cod Cranberry Chicken Salad  9.50
Our homemade chicken salad made with chives and dried 
Cranberries with lettuce on toasted cranberry bread

Veggie Burger Wrap  10.50
Our black bean veggie burger with cheddar, lettuce, 
Tomato, red onion, and spicy mayo on a wheat wrap

Ham & Cheddar Wrap  8.50
All-natural sliced ham, cheddar, lettuce, and tomato 
With Dijon mustard on a wheat wrap

California Chicken Wrap  9.50
Chicken breast with hummus, spinach, avocado and 
cheddar cheese on a wheat wrap

SALADS & QUINOA BOWLS GF

Garden Salad  8.95
Fresh greens, tomato, red onion, and cucumber
Add: Cape Cod chicken salad or baked chicken (2.00)

Asian Chicken Salad  11.95
Our garden salad with slivered almonds & baked chicken

Spring Hill Salad  12.50
Our garden salad with goat cheese, dried cranberries & baked chicken

Veggie Burger Salad  12.95
Our garden salad topped with our black bean burger

QUINOA BOWL OF THE DAY 12.95
CAPE COD CLAM CHOWDER
Bowl: 6.95  Quart: 19.00