

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 goat cheese 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

### 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)

### LOCAL CAPE COD BAGELS

Everything, Plain or Asiago Cheese 1.95

With: Veggie, Bacon Chive or Plain Cream Cheese or Hummus 3.45

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

## 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