


# COFFEE BAR

## HOT BEVERAGES

	12 OZ	16 OZ	20 OZ
Organic Hot Tea	2.95	3.45	3.85
Regular Drip Coffee/Decaf	2.75	3.00	3.35
Real Hot Chocolate	4.25	4.65	5.25
Chai Latte 	4.45	5.25	5.45
Honey Turmeric Latte	4.65	5.45	5.95
Authentic Japanese Matcha Latte	4.45	5.25	5.45

## ESPRESSO BAR

	single	double	triple
	12 OZ	16 OZ	20 OZ
Espresso Shots	2.75	2.95	3.50
Latte	4.65	5.25	5.65
Cappuccino	4.65	5.25	5.65
Americano	3.45	3.75	3.95
Mocha (real dark chocolate)	5.00	5.50	6.00

## ICED DRINKS

	16 OZ	20 OZ
Iced Coffee	3.95	4.65
Iced Latte	5.45	5.65
Iced Americano	3.75	4.65
Iced Mocha	5.65	6.00
Iced Chai	5.25	5.45
Iced Honey Turmeric Latte	5.45	5.95
Iced Matcha Latte	5.65	6.00
Nobl Cold Brew on Tap	4.75	6.75
Kombucha on Tap (rotating flavors)	6.00	7.25

## MILKSHAKES (GLUTEN FREE)

	16 OZ	20 OZ
Vanilla Base	8.99	10.50
Green Tea Matcha	10.99	12.99

Add any flavor + 1  
 All milkshakes come with whipped cream  
 Flavors: Chocolate, Gluten Free Oreo, Coffee, Maple...

Local, Organic, Fair Trade coffee by  
 JAVA tree – bring home a bag!



# TO GO MENU

## BREAKFAST ALL DAY

## LUNCH

## SMOOTHIES + GF MILKSHAKES

## KOMBUCHA

## COLD BREW TAPS

## ESPRESSO BAR

29 VAUGHAN MALL  
 PORTSMOUTH, NH  
 603-373-8415

# BREAKFAST Served all day!

BREAKFAST SANDWICH one Fried egg (over medium) with American cheese and a choice of bacon, ham or sausage on our own grilled flatbread +\$1 or English muffin Substitute bagel or croissant + \$2 Make it a meal: add homefries + \$3	\$5.50	SHROOMELETTE with mushrooms, sausage & swiss. Accompanied by your choice of toast & seasoned home fries. Substitute bagel or croissant + \$2	\$11.99
BAGEL & CREAM CHEESE New York Bagels, Homemade Cream cheese spreads: chive, bacon & chive, fresh veggie, strawberry swirl Flavored cream cheese + 75¢ GF bagel + \$2.50 Vegan cream cheese + \$1	\$3.75	BREAKFAST BURRITO Two scrambled eggs, homemade beef or  vegan chili, cheddar cheese, salsa & sour cream	\$9.50
NEW YORKER Our Smoked salmon cream cheese spread with red onion, red pepper, capers, topped with sprouts & tomato on your choice of bagel GF bagel + \$2.50	\$8.50	SUNRISE STIR FRY  Pesto fried rice with onions, peppers, and scrambled egg served with a sunny side up egg drizzled with sriracha on a bed of spinach	\$9
2 EGGS ANY STYLE with choice of bacon, ham or sausage, a side of our seasoned home fries & choice of toast Substitute bagel or croissant + \$2 Add cream cheese + 75¢	\$10.99	SHAKSHUKA  Middle Eastern dish with warmly spiced tomatoes and veggies topped with 2 sunny side up eggs and a side of house focaccia bread	\$9
THE CALI WRAP  This is the chef's favorite! two scrambled eggs, goat cheese, assorted roasted veggies, home-fries, avocado and sriracha Add bacon or sausage + \$3	\$8.50	COUNTRY WRAP Scrambled eggs, dijon roasted potatoes, house-made ham, avocado and Swiss cheese.	\$9.50
MEDITERRANEAN OMELETTE  \$10.99 With spinach, feta, peppers, onions & olives. Accompanied by seasoned home fries & choice of toast. Substitute bagel or croissant + \$2	\$10.99	LITTLE HAVANA WRAP Our Carnitas pulled pork with two fried eggs, black beans and melted cheddar drizzled with bbq sauce, sour cream & sriracha	\$9.50
		FRENCH TOAST  Thick buttery brioche slices with housemade maple butter and real maple syrup from a local farm Add bacon, ham or sausage + \$3 Add an egg + \$2 Add homefries + \$3 Add Homemade Blueberry or Strawberry Compote + \$1.50 Add Whipped Cream + 75¢	\$10.99

\*Consuming raw or undercooked MEATS, POULTRY, SEAFOOD, SHELLFISH or EGGS may increase your RISK of food-borne illness.



## TOASTS OF THE TOWN

AVOCADO TOAST  Smashed avo on one slice of thick wheat toast topped with roasted tomatoes, pickled onions, sprouts & balsamic reduction. Add Feta or Goat Cheese + \$1.50 Add Bacon + \$2 Add a poached egg or two! + \$2 each	\$8
THE YUMMY HUMMY  Housemade hummus topped with roasted tomatoes, pickled onions & sprouts on wheat toast Add Feta or Goat Cheese + \$1.50	\$8
THE NUTTY BANANA  Housemade almond butter topped with banana slices and cinnamon drizzled with honey on wheat toast	\$8

-  VEGETARIAN
-  VEGAN
-  GLUTEN-FREE

# NOW SERVING BEER, WINE, SELTZERS, AND MORE!

# WRAPS + SANDWICHES



We have gluten free wraps!

<b>CHICKEN CAESAR SALAD WRAP</b> Classic Caesar with with romaine, homemade croutons, chicken breast & asiago cheese drizzled with house dressing Add Bacon + \$3	<b>CHICKEN GORGONZOLA WRAP</b> \$12 Oven roasted chicken breast, fresh grapes, gorgonzola and candied nuts tossed with a touch of mayo topped with baby greens Add Bacon + \$3	<b>CHICKEN SALAD BLT</b> \$12 Our freshly made chicken salad, American cheese, baby greens, bacon, tomato & avocado on housemade sub roll.	<b>JERUSALEM</b> 🌿 \$12 oven baked/gluten free falafels with baby greens, tomato, red onion, pickles, red peppers, feta cheese and tzatziki sauce in a wrap
<b>BUFFALO CHICKEN WRAP</b> \$12 Oven roasted chicken breast smothered in buffalo sauce with lettuce, tomato, bacon and a choice of housemade ranch or bleu cheese dressing	<b>HEAVENLY HUMMUS WRAP</b> 🌿 \$12 freshly made roasted garlic hummus topped with baby greens, pickles, roasted tomatoes, red onion, red pepper, sprouts and avocado	<b>TURKEY BLT</b> \$12 Oven roasted turkey breast, provolone, baby greens, bacon, roasted Roma tomatoes, and mayo on our housemade sub roll	<b>B.L.A.T.</b> \$12 Bacon, baby greens, Roma Tomatoes, avocado and mayo on multi grain bread

# SALADS + BOWLS

All salads and bowls can be served as a wrap!  
Additions & changes are extra.

<b>THE GREEK</b> 🌿 \$13 A bed of baby greens, oven roasted chicken breast, onions, peppers, roasted tomatoes, black olives, Feta cheese and Greek dressing	<b>CAESAR SALAD</b> \$11 Add shrimp + \$4 Add chicken + \$3 Add bacon + \$3	<b>BUDDHA BOWL</b> 🌿 \$11 A bed of red quinoa topped with shredded cabbage, carrots, peppers, toasted chickpeas, avocado, and sesame seeds & our Housemade fresh herb vinaigrette Add shrimp + \$4 Add chicken + \$3
<b>COBB</b> 🌿 \$14 A bed of baby greens, oven roasted chicken breast, avocado, hard boiled egg, bacon, tomatoes, gorgonzola and Housemade balsamic vinaigrette	<b>GENERAL TSO'S BOWL</b> 🌿 \$12 A lighter version of the Chinese orange chicken dish with broccoli over jasmine rice	<b>HOMEMADE CHILI</b> \$10 <b>OUR AWARD-WINNING CHILI</b> A bowl of either our beef or 🌿 vegan chili top with sour cream, onions & cheese
<b>CHICKEN WALDORF</b> 🌿 \$13 A bed of baby greens, oven roasted chicken breast, apples, grapes, sprinkled with candied nuts with Housemade honey mustard dressing	<b>INDO BOWL</b> 🌿 \$13 Shrimp fried rice with onions, peppers, carrots, & broccoli topped with a sunny side up egg and sweet garlic chili sauce	<b>VEGETARIAN</b> 🌿 <b>GLUTEN FREE</b> 🌿 <b>VEGAN</b> 🌿 <b>SPICY</b> 🌶️
<b>CHIANG MAI NOODLE</b> 🌿 🌿 \$11 Thai Red Curry Coconut broth with roasted veggies and rice noodles Add shrimp + \$4 Add chicken + \$3		



# HOT & MELTY

All subs, focaccia and flatbread made in-house daily!

<b>SAN FRAN. STREET BURRITO</b> 🌿 \$13 Spicy housemade pulled steak with sautéed rice & black beans wrapped up with a cabbage slaw & fresh citrus salsa	<b>TURKEY MELT</b> \$12 Oven roasted turkey breast with sliced apple, cheddar cheese and homemade honey mustard and sprouts	<b>CUBANO</b> \$12 A pressed sandwich with housemade pulled pork, ham, turkey, melted swiss, pickles and yellow mustard	<b>SLOW 'N LOW STEAK BOMB</b> \$13 with our house made pulled steak topped with grilled onions, peppers, mushrooms, melted cheese & drizzled with our secret sauce in a toasted sub	<b>VEGGIE PESTO MELT</b> 🌿 \$12 A medley of housemade roasted veggies, roasted tomatoes and pesto drizzled with balsamic reduction on our Focaccia Bread
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Almost every menu item can be gluten free.  
We have GF wraps \$1.50 extra



Due to reasons beyond our control, prices are subject to change without notice.

# SMOOTHIE BAR

	16 OZ	20 OZ
<b>MATCHA LA VISTA</b> Banana, Matcha, shredded coconut, flax seeds, almond milk	\$9	\$11.50
<b>SWEET DREAMS</b> Banana, almond butter, chocolate almond milk Add a shot of espresso + 50¢	\$8	\$10
<b>BALI EXPLOSION</b> pineapple, mango, banana, oj, oat milk, turmeric, shredded coconut	\$8	\$10
<b>PEACHES &amp; CREAM</b> peaches, mango, apple juice, almond milk	\$8	\$10
<b>MOTHER EARTH</b> Avocado, pineapple, Mango, kale, almond milk, orange juice Add hemp protein + \$1	\$9	\$11.50
<b>PURPLE RAIN</b> Mango, blueberry, pineapple, spinach, almond milk, apple juice Add spirulina + \$1	\$8	\$10
<b>TROPICAL CHIA</b> Strawberries, bananas, orange juice & Chia seeds	\$8	\$10
<b>THE GOOD BOWL</b> Blueberries, strawberries, peaches, banana, almond milk, topped with chia seeds, almond butter, coconut flakes, frozen blueberries and fresh sliced banana	\$10	\$14

Make THE GOOD BOWL into a smoothie too!

