

## **Now OPEN AT 6AM**

### **Breakfast Specials**

**Banana Bread French Toast** w/ Strawberries, Bananas, Powdered Sugar & Whipped Cream 12.50  
\* **Make it a Platter** \* Add 2 Eggs, Bacon, Ham or Sausage & Homefries or Fresh Fruit \* **Add 8.99** to the Banana Bread

**Berry Banana Waffle** w/ Strawberries, Blueberries, Bananas, Powdered Sugar  
& Whipped Cream 12.99  
\* **Make it a Platter** \* Add 2 Eggs, Bacon, Ham or Sausage & Homefries or Fresh Fruit \* **Add 8.99** to the Waffle

**Lobster Eggs Benedict** ¼ lb Lobster Meat from Narragansett Bay Lobster Co, Galilee  
Served over an English Muffin w/ Sliced Avocado & 1 Side Choice 28.99  
**Half Order Lobster Bene** 14.99

**Lobster & Cheddar Grits \*Gluten Free\*** ¼ lb Lobster Meat, Dipped in Warm Butter  
& Served over a Bowl of Cheddar Grits. Served w/ Side of Avocado or Fresh Fruit 28.99  
2oz. Lobster Meat Served over Cup of Cheddar Grits. Served w/ Side of Avocado or Fresh Fruit 14.99

**Crispy Salmon Cake Eggs Benedict** House Made (gluten free), Served over Lightly Seared  
Spinach, Topped w/ 2 Poached Eggs, Hollandaise Sauce, Avocado Garnish. Served w/ 1 Side Choice 18.99

**Steak Bomb Eggs Benedict** Shaved Steak, Mushrooms, Roasted Red Peppers, Green Peppers &  
Onions. Served over an English Muffin w/ 2 Poached Eggs, Hollandaise Sauce & 1 Side Choice 17.99

**Chili & Corn Muffin Eggs Benedict** Grilled Corn Muffin topped w/ Black Bean & Beef Chili  
2 Poached Eggs & Hollandaise Sauce. Served w/ 1 Side Choice 17.99

**Corned Beef Hash, Egg & Cheese Wrap** Served w/ Homefries or Fresh Fruit 14.99

**Steak Bomb Omelet** Shaved Steak, American Cheese, Mushrooms, Onions, Roasted Red Peppers  
& Green Peppers. Served w/ 2 Side Choices 17.99

**Chicken & Waffles** Crispy Chicken Strips, Served over a Belgian Waffle with Warm Syrup 17.99

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**Early Bird TAKEOUT SPECIAL!!!**

**FREE HOT/ICED COFFEE**  
**6AM-7AM Daily**

**With Any**  
**Breakfast Sandwich or**  
**Burrito Wrap Purchase TOGO!!!!**

**Save Time! Call in Ahead / Order ONLINE**

## **OPEN UNTIL 3PM**

### **Lunch Specials**

#### **Soups/ Chowders of the Season**

All Made in House & Gluten Free

#### **White Clam Chowder & Clear Clam Chowder**

**Tuscan Minestrone (VEGAN) / Black Bean & Beef Chili / Tomato Basil**

Cup 6. Bowl 8.

**Seasonal Sides :** **Red Bliss Potato Salad** (gluten free) / **Macaroni Salad** / **Coleslaw**  
**Superfood Slaw** (Green Kale & Brussel Sprouts w/ Balsamic Vinegrette  
Sunflower Seeds, Dried Cranberries. Topped w/ Shaved Parmesan Cheese

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**\*Gluten Free Rolls can be Substituted w/ Any Sandwich add 1.00\***

**Fish & Chips** Now Available Everyday! Fresh Cod from Narragansett Bay Lobster Co, Galilee  
Lightly Battered & Deep Fries. Served w/ Fries, Coleslaw & Tartar Sauce 18.99

**Fish Sandwich** Generous Piece of Lightly Breaded Fresh Cod,  
Served on a Grilled Bulky Roll w/ Fries, Coleslaw & Tartar Sauce 15.99

**Crispy Salmon Patty** Served on a Grilled Bulky Roll or over Mixed Greens w/ Tomato & Avocado  
Served w/ Side of Fresh Fruit or Coleslaw & Chipotle Mayo 18.99

**Lobster Roll** Lobster Meat from Narragansett Bay Lobster Co, Galilee ( Warm Butter or Mayo )  
¼ lb Lobster Roll Served w/ Coleslaw 28.99      2oz Mini Lobster Roll Served w/ Coleslaw 14.99

**Lobster & Cheddar Grits \*Gluten Free\*** ¼ lb Lobster Meat, Dipped in Warm Butter  
& Served over a Bowl of Cheddar Grits. Served w/ Side of Avocado or Fresh Fruit 28.99  
2oz. Lobster Meat Served over Cup of Cheddar Grits. Served w/ Side of Avocado or Fresh Fruit 14.99

**Berry Salad Plate** Mixed Greens topped w/ Fresh Sliced Strawberries, Blueberries  
Sunflower Seeds & Sliced Avocado 13.99  
Add Grilled Chicken 6 / Add Salmon Fillet w/ Lemon 8 / Add Apple Walnut Chicken Salad 6

**Bacon Supreme Melt** Grilled Cheese on Italian w/ Tomato, Spinach  
& Crumbled Bacon w/ 1 Side Choice 15.99

**Steak Bomb Grinder** Shaved Steak, Mushrooms, Green Peppers, Roasted Red Peppers, Onions  
& American Cheese. Served w/ 1 Side Choice 15.99

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**Check out our Selection of  
PREPARED SANDWICHES / SALADS TO GO!**

**Wraps/ Potato Salad/ Fresh Fruit Cups**

**Yogurt & Fruit Parfaits**

**Pick up on the way to the Beach!**

**Take Home Quarts of Soup/Chili or Chowder Also Available!  
Buy Any 2 Quarts...Save \$2. & Get ½ Dozen Mini Muffins Free**