



COFFEE

Parlor Coffee \$4.75
Double Espresso \$5
Iced Double Espresso \$8
Americano \$4.75
Mocha Latte \$7
Latte \$7
Cappuccino \$7
Flat White \$7
Macchiato \$7
Cold Brew \$7

*Milk Options:
Whole, Skim, Oat, Soy, Almond*

Teas

Matcha \$7
English Breakfast \$5
Chamomile \$5
Sencha Green \$5

Seasonal Specials \$8

"Annelise's Maple Walnut Latte"
"Albee's Dirty Horchata"
"Jordan's Caramel Apple Cider"



JUICES \$9

Orange Spice

Orange, Carrot, Ginger, Cucumber

Always Greener

Baby Kale, Cucumber, Celery, Lime, Ginger

Beet the Sunrise

Golden Beets, Ginger, Pineapple, Lemon

Melon Refresher

Watermelon, Cucumber, Lime, Honey

Make Your Own:

Watermelon, Golden Beets, Ginger, Carrot, Honey, Lime, Lemon, Pineapple, Apple, Mango, Celery, Assorted Berries, Cucumber

SMOOTHIES \$10

Berry Nice

Pineapple Juice, Strawberry, Blueberry, Blackberry, Passionfruit, Frozen Banana

Nutty Date

Almond Butter, Dates, Honey, Greek Yogurt, Dark Chocolate, Frozen Banana

Coconut Passion

Coconut Yogurt, Greek Yogurt, Honey, Passionfruit Juice, Watermelon, Orange Juice

Make Your Own: up to 4 ingredients \$2 each additional

Coconut Yogurt, Greek Yogurt, Watermelon, Passionfruit Juice, Orange Juice, Frozen Banana, Assorted Berries, Almond Butter, Peanut Butter, Honey, Dates, add Protein/ Collagen Powder*



BAR

Low ABV Cocktails

Spritz Garibaldi \$14

Orange, Carrot, Golden Beet, Wilfred's bittersweet, NA liquor, Prosecco

Mango Passion Spritz \$14

Mango, Passionfruit, Arnold Palmer, sparkling wine

Berry Cider \$14

Mixed Berries, Watermelon, Wölffer's Rose Cider

Michelada Tropical \$12

Pineapple, Mango, Lime, Narragansett Atlantic Light

Bloody Michelada \$12

Spicy Tomato Blend and Tecate Mexican Lager

Wine

White

Hofstatter 23 Pinot Bianco \$14

Momo 23 Organic Sauvignon Blanc \$14

Red

Paul Dolan 22 Organic Cabernet Sauvignon \$15

Passione 23 Natura Montepulciano D'Abruzzo \$15

N/A

Töst Sparkling Rose \$13



N/A Beverages and Mocktails

Arnold Palmer

Iced Tea and Fresh Lemonade \$7

Brazilian Limeade

Sweet Limeade, with Body \$7

N/A Garibaldi \$14

Orange, Carrot, Golden Beet, Wilfred's bittersweet NA liquor

N/A Watermelon Margarita \$14

Watermelon, Lime, Honey, Seedlip Garden: N/A Spirit

N/A Mango Rose Spritz \$14

Mango, Lime, Töst N/A Sparkling Rose

N/A Athletic Tropical \$14

Pineapple, Mango, Lime, N/A Athletic Golden

N/A Bloody Golden \$14

Spicy Tomato Blend and N/A Athletic Golden



Cans

Vitamin SEA Hell's Kitchen Pickle Brew Tallboy \$9
Night Shift: Night Lite Lager TallBoy \$9
Tecate Mexican Lager Tallboy \$9
Sixpoint Oktoberfest \$9
Narragansett Tallboy \$8
Narragansett Atlantic Light Tallboy \$8
Miller High Life Lager TallBoy \$8
Peak: Session IPA \$9
Dogfish Head: Seaquench Sour Gose Ale \$9
Dogfish Head: Slightly Might low cal IPA \$9

Hard Cider

Wölffer Estate Rose Cider \$14
Austin East Texas Brut Lite Cider \$8

Spiked Seltzer, Tea, Etc.

Jiant Hard Kombucha: Mai Tai \$9
Juneshine Hard Kombucha: Midnight Painkiller \$9
Spindrift Spiked: Pineapple tallboy
Tangerine-Blood Orange tallboy
Strawberry Lemonade tallboy

Sunboy Spiked Coconut \$9
WaterTangerine
Passion Fruit
Pineapple, Mango

N/A Beer

Athletic Upside Down Golden \$8
Brooklyn Brewery Special Effects: Grapefruit IPA, Hoppy Amber \$8



Pastries

Croissant, Almond Croissant, Chocolate Croissant \$4

Daily Rotating French Pastries, Quiches, Muffins \$7

Served Warm* W/ Soft butter / Whipped Walnut Butter

Overnight Oatmeal

Banana, Cinnamon, Walnuts, Peanut butter, Almond Milk \$8

Mixed Berries, Maple, Coconut Milk \$8

Muesli Granola & Yogurt Cup

Greek Yogurt, Fresh Fruit, Muesli, Honey \$8

Smoothie Bowls \$117

Le Elvis

Greek Yogurt, Banana, Chunky Peanut Butter, "Churros"

The Vacationeer

Pineapple, Mango, Banana, Coconut Yogurt, Passionfruit

Hiker's Delight

Almond Butter, Mixed Berries, Almond Milk, Crunchy Granola, and Dried Fruit

Toasts \$13

Brioche, Almond Butter, Banana, Black Sesame, NY Honey

Focaccia, Avocado, Cream Cheese, Everything

Breakfast Sandwich \$13

Thick cut bacon, Soft Poached Egg, Chili aioli, LTO, Croissant



ALL Day Options (Noon To Close)

Snacks and Shareables

Breads and Dips: Locally Baked, Hand-Sourced Breads with Whipped Walnut Butter, Caramelized onion- Bacon Jam, Olive Oil, *Marinated Olives* \$14

Savory Hummus, Roasted Red Pepper, Whipped Feta, Fresh Vegetable Crudité, Toasted Baguette \$14

Roasted heirloom Tomatoes, Labneh, Honey, Basil, Olive & Rosemary Focaccia \$14

Big Giant Bavarian Pretzel, Chinese Hot Mustard, Whole Grain Blueberry Mostarda \$12

Fries

Garlic, Parmesan, Rosemary \$9

Trap Fries, cheesesteak, diced red onion,crispy, pickled hot peppers, melted Cheese \$16

Salads

Roasted Seasonal Vegetables, Baby Kale, red cabbage, Sesame, Crispy Shallots, Scallion, green Goddess \$16

Autumn Salad: red oak, mico Bibb and Kale, red onions, cucumbers, pumpkin seed, Cherry Tomatoes, Homemade Croutons, Citrus vinaigrette \$14

Add:

Sliced Sirloin \$13

Crispy Chicken \$7

Spicy Yuzu Chili Poke Tuna \$9

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



Sandwiches

*Served with Kettle Cooked Chips or parm & herb Fries **

Chicken Sando \$16

Basil Ranch, Carrot Slaw, Crispy Chicken Breast, Bread and Butter Pickles

Smashburger \$17

Double Patty, LTO (Lettuce, Tomato, Onion), Bacon, Dink Sauce, American Cheese, Bread and Butter Pickles

Club Club \$17

Buttered Brioche, Crispy Chicken, LTO, Bacon, Avocado, Mayo, American Cheese

New England Style Lobster Roll \$27

Classic Lemon, Mayo, Fresh Herbs, old bay Chips

Steak Sandwich \$25

Ny Strip, Garlic Bread Focaccia, Mozzarella, Roasted Italian Peppers, Caramelized Onion/
Bacon

Bar Pies (12" Pizzas) \$17

Classic Margherita Style

Basil, Fresh Mozzarella, Tomato Sauce

White Pie

Three Cheese, Fresh Basil

Something Sweet

Cookies & Milk: 3 Rotating, Warm Cookies and Cold Milk (*Almond, Oat, Whole, or Skim*) \$14

Vegan and GF Baked Dessert \$8

Food Allergy Notice: Please be advised that food prepared here may contain or come into contact with peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish.