

BREAKFAST

BAGEL, BISCUIT OR PORTUGUESE MUFFIN	\$2.50
- ADD CREAM CHEESE	\$.50
SMOKED SALMON AND HERB CREAM CHEESE BAGEL	\$13.50
INCLUDES PICKLED RED ONIONS, SLICED TOMATO AND CAPERS	
BREAKFAST SANDWICH:	\$5.50
BAGEL, BISCUIT OR PORTUGUESE MUFFIN WITH EGG AND WHITE CHEDDAR CHEESE	
- ADD BACON OR HAM	+\$2.00
- ADD AVOCADO	+\$1.00
AVOCADO TOAST	\$9.00
YOGURT PARFAIT	\$7.00
NARRAGANSETT CREAMERY YOGURT WITH HOUSE-MADE GRANOLA AND FRESH FRUIT	
KID'S YOGURT PARFAIT	\$3.25
STRAWBERRY NARRAGANSETT CREAMERY YOGURT WITH HOUSE-MADE GRANOLA	

SALADS:

HOUSE SALAD	\$10.00
MIXED GREENS, TOMATOES, CUCUMBERS, HEARTS OF PALM, CARROTS, AND CHICKPEAS WITH A CREAMY, HOUSE-MADE RANCH DRESSING	
- ADD SCOOP OF CHICKEN SALAD	\$2.00
KALE SALAD	\$10.00
KALE WITH DRIED CRANBERRIES AND PICKLED RED ONIONS WITH A CREAMY HONEY-LIME VINAIGRETTE	
ROASTED BEET SALAD	\$10.00
3 TYPES OF ROASTED BEETS, MIXED GREENS, GOAT CHEESE WITH TOASTED, CANDIED PECANS WITH A BALSAMIC REDUCTION	

SOUPS: VARIES WEEK TO WEEK	\$4.50/CUP \$6.50/BOWL
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BAKED GOODS (DAILY OFFERING WILL CHANGE)

BLONDIE OR BROWNIE	\$2.85
BOURBON TOFFEE CHOCOLATE CHIP COOKIE	\$2.50
COOKIE	\$2.00
CHOCOLATE CHIP, BROWN BUTTER SUGAR, SMILEY FACE SUGAR COOKIE SANDWICH WITH NUTELLA	
CRISPY RICE TREAT (GF)	\$2.50
CREAM PUFF	\$2.50
CROISSANT:	\$3.50
PLAIN OR CHOCOLATE	
MINI CHEESECAKE	\$3.85
MUFFIN:	
BLUEBERRY CRUMBLE, CHOCOLATE CHIP ESPRESSO PUMPKIN (GF)	
SCONE:	\$2.85
BLUEBERRY LEMON CHEDDAR AND ONION (GF) OR FRUIT (GF)	
STICKY BUNS	\$3.25
TART	\$4.25

KID'S MENU:

ALL KID'S MEALS ARE SERVED BENTO BOX STYLE:	
CHOICE OF CARROT STICKS OR APPLE SLICES	
CHOICE OF CHOCOLATE CHIP OR SMILEY FACE COOKIE	
CHOICE OF KID'S DRINKS	
GRILLED CHEESE	\$7.50
MIXTURE OF MONTEREY JACK AND CHEDDAR CHEESE	
HAM AND CHEESE	\$7.50
HAM AND CHEDDAR CHEESE WITH MAYONNAISE <i>* PANINI OPTION FOR THIS SANDWICH</i>	
PB&J	\$7.50
HOUSE-MADE PEANUT BUTTER AND STRAWBERRY JAM	
HUMMUS AND VEGGIES (VEGAN)	\$6.50
HOUSE-MADE HUMMUS WITH SLICED CARROTS AND CUCUMBERS	
<i>SUBSTITUTE ANY SANDWICH ON THE KID'S MENU WITH GLUTEN FREE BREAD</i>	
	+\$2.00

SANDWICHES:

SUBSTITUTE ANY SANDWICH WITH GLUTEN FREE BREAD +\$2.00

BLT \$9.50

THICK SLICED BACON, ICEBERG LETTUCE AND SLICED TOMATO ON WHITE BREAD
- SUBSTITUTE SHIITAKE "BACON" (VEGAN) \$9.50

CAPRESE (VEGAN) \$9.00

SLICED MOZZARELLA AND TOMATOES WITH BASIL PESTO AND BALSAMIC GLAZE SERVED ON A BAGUETTE

CHICKEN SALAD \$10.50

DARK MEAT CHICKEN SALAD WITH A HINT OF HORSERADISH AND PICKLE SERVED WITH SLICED TOMATO, AND ICEBERG LETTUCE SERVED ON A SANDWICH BREAD

HOUSE ROAST BEEF \$11.00

HOUSE ROASTED AND SLICED ANGUS BEEF WITH HORSERADISH CREAM, ARUGULA AND MELTED ONIONS SERVED ON A FRENCH ROLL

ROASTED VEGETABLE AND HUMMUS PANINI (VEGAN) \$9.00

ROASTED AND GRILLED SLICED VEGETABLES WITH HOUSE-MADE HUMMUS ON A SOFT BAGUETTE PRESSED ON THE GRILL

THREE CHEESE GRILLED CHEESE \$9.00

THREE CHEESE BLEND WITH HOUSE-MADE TOMATO JAM ON WHITE BREAD

HOT COFFEE AND DRINKS:

DAILY BREW: \$1.95 / 12 OZ

UPRISING! BREAKFAST BLEND (MEDIUM) \$2.25 / 16 OZ

ARCTIC SUNRISE (MEDIUM-DARK)

PERUVIAN FRENCH ROAST (DECAF) \$2.15 / 12 OZ

\$2.45 / 16 OZ

AMERICANO (12 OZ) \$2.75

CAFÉ AU LAIT \$2.45 / 12 OZ

REGULAR OR DECAF \$2.95 / 16 OZ

CAPPUCCINO (16 OZ) \$4.00 / 16 OZ

ESPRESSO \$2.75

HOT CHOCOLATE \$3.00 / 12 OZ

\$3.50 / 16 OZ

HOT TEA: \$2.00

LATTE (12 OZ) \$3.50 / 12 OZ

MACCHIATO \$2.95

DRINKS:

KIDS DRINKS: \$1.85

HORIZON WHOLE, CHOCOLATE OR VANILLA MILK
APPLE & EVE FRUIT PUNCH, VERY BERRY OR APPLE JUICE

HONEST TEA: \$2.50

HONEY GREEN, BERRY HIBISCUS, HALF TEA / LEMONADE

NANTUCKET NECTARS:

PRESSED APPLE, BIG CRANBERRY, SQUEEZED LEMONADE \$3.00

POLAND SPRING WATER \$2.00

SANPELLEGRINO: \$2.50

SPARKLING WATER (PLAIN)
ORANGE, LEMON, POMEGRANATE & BLACK CURRANT,
CLEMENTINE & PEACH

COLD COFFEE DRINKS:

NITRO COLD BREW (12 OZ) \$4.50

ICED AMERICANO \$2.75

ICED DAILY BREW / DECAF (16 OZ) \$2.10 / \$2.30

ICED LATTE (16 OZ) \$3.50

ICED MOCHA LATTE (16 OZ) \$3.75

BEER:

APA: WHALERS RISE \$5.50 / 12 OZ

APA: NARRAGANSETT FRESH CATCH \$5.00 / 12 OZ

BLUEBERRY ALE: NEWPORT CRAFT \$5.50 / 16 OZ

CIDER: HIGH LIMB CORE CIDER \$6.00 / 16 OZ

IPA: GREATER GOOD PULP DADDY \$8.00 / 16 OZ

PILSNER: NEWPORT CRAFT BUSHWICK \$5.50 / 16 OZ

WINE:

CHARDONNAY: KENDALL JACKSON \$10.00 / GLASS

SAUVIGNON BLANC: GOOSENECK VINEYARDS \$9.00 / GLASS

CAVA: JAUME SERRA CRISTALINO \$7.00 / GLASS

PINOT NOIR: LOVE \$12.00 / GLASS

CABINET SAUVIGNON: STAVE & STEEL \$12.00 / GLASS

MOCHA LATTE

\$3.75 / 12 OZ
\$4.50 / 16 OZ

RED EYE

\$3.50

*FLAVOR SHOTS AVAILABLE: VANILLA, WHITE
CHOCOLATE, SALTED CARAMEL, HAZELNUT

\$.50