

302 96th Street
Stone Harbor, NJ
Call Ahead for Take Out.
609.368.1616



www.GreenCuisineNJ.com

GREEN Cuisine

Salads

ADD \$4.50 FOR GRILLED CHICKEN BREAST
ADD \$5.50 FOR GRILLED SALMON

- Green Cuisine Cobb Salad** 14.50
avocado, turkey breast, hard boiled egg, crumbled bacon, tomato and feta cheese, served on romaine and baby greens
- Spinach Salad** 12.50
tomato, mushrooms, hard boiled egg, crumbled bacon, red onions and croutons, served over fresh baby spinach
- Chef Salad** 14.75
tomato, carrot, cucumber, red onion, green pepper, cherrywood smoked ham, swiss cheese, turkey breast, hard boiled egg and croutons, served on romaine and baby greens
- Greek Salad** 13.00
tomato, cucumber, feta cheese, imported kalamata olives, mushrooms, red onions, served over romaine
add anchovies \$3.00 · add flake white tuna \$4.00
- Stone Harbor Salad** 12.50
mandarin oranges, toasted nuts, sundried cranberries, red onions, served over fresh baby spinach. We recommend our citrus vinaigrette
- Caesar Salad** 11.00
crisp romaine tossed with fresh parmesan cheese, croutons and creamy Caesar dressing, garnished with roasted red peppers and shredded parmesan cheese
with grilled chicken add \$4.50
- Garden of Eden** 14.50
hearty salad featuring marinated broccoli, surrounded by freshly grated carrots, zucchini, red beets, mozzarella cheese, alfalfa sprouts and toasted nuts, served on romaine and baby greens
- Imported Goat Cheese with Mandarin Oranges** 12.75
red onions and walnuts, all served over a bed of baby kale greens
- Oriental Salad** 14.75
brown rice, mandarin oranges, cucumber, grated carrots, onions, green peppers, mushrooms, almonds, Asian crispy noodles and alfalfa sprouts, served over romaine and baby greens
- California Salad** 13.75
a tempting display of sliced avocado, mushrooms, marinated artichoke hearts, tomatoes, hard boiled egg, alfalfa sprouts and red onions, served over romaine and baby greens
- Rainbow Pasta Salad** 12.50
tri-color rotini pasta tossed with your choice of creamy garlic or pesto dressing, garnished with tomatoes, cucumbers, carrots, red onions and shredded parmesan, served on a bed of romaine
- Green Cuisine Salad Platter** 14.25
choice of our tuna, chicken, egg or shrimp salad served with either homemade potato salad or cole slaw, cucumbers, grated carrots, tomato and kalamata olives, served on green leaf
(Add \$1.00 for Shrimp Salad)
- House Salad** 9.50
tomato, mushrooms, carrots, cucumbers, red onion, green pepper and croutons, served over romaine and baby greens

To Start

SEVERAL GREEN CUISINE FAVORITES AND CLASSICS TO ACCOMPANY YOUR MEAL

- Homemade Hommus** 6.75
Served with whole wheat pita and sliced cucumbers
- Homemade Tabouli** 6.50
Naturally Vegetarian!!! Bulgur wheat, parsley, tomatoes, cucumber, fresh mint, navy beans, lemon, olive oil, served with whole wheat pita
- Feta Bruschetta** 6.50
A Greek-inspired mix of tomatoes, feta and red onion, served with whole wheat pita
- Eastern Sampler** 14.50
Hommos, tabouli and our feta bruschetta over a bed of baby greens, served with whole wheat pita, garnished with kalamata olives
- Wedge Salad** 8.00
Fresh tomatoes, crispy bacon, crumbled bleu cheese, scallions, bleu cheese dressing, served over chilled iceberg
- Caprese Salad** 8.75
Sliced tomatoes and fresh mozzarella cheese, sweet basil, balsamic drizzle
- Fruit & Cheese Cluster** 13.00
Wedges of assorted cheese complimented with chilled, fresh seasonal fruit, served with lavasch flatbread
- Bread Sampler** 5.00
A sliced each of multi grain, rye, black russian pumpernickel and oat, also accompanied by our lavasch flatbread

Sandwiches

SERVED WITH FRESH FRUIT OR SWEET POTATO CHIPS
(COLE SLAW ADD \$1.50) (POTATO SALAD ADD \$1.50)

BREAD CHOICES... MULTI GRAIN, BLACK RUSSIAN PUMPERNICKEL, RYE, COUNTRY OAT, WHOLE WHEAT PITA
(WRAPS ADD \$1.00)
(CROISSANTS AND GLUTEN-FREE BREAD OPTIONS ADD \$1.50)

- Holly's Hommus Pita** 8.75
a protein-rich Middle Eastern spread served with cucumber, tomato, and alfalfa sprouts on pita bread
- Tuna Salad Sandwich** 9.75
white albacore tuna, grated carrots, chopped apple, onion, mayonnaise, green leaf lettuce
- Egg Salad Sandwich** 8.75
chopped eggs, grated carrots, mayonnaise, seasonings, green leaf lettuce
- Chicken Salad Pita** 9.75
a blend of white chicken meat, mandarin oranges, celery, sliced almonds, mayonnaise, green leaf lettuce
- Shrimp Salad Pita** 10.00
fresh from the sea
- Garden Delight** 8.50
monterey jack cheese, sprouts, cucumber, tomato, lettuce, onion, vinaigrette dressing (multigrain bread recommended)
- Eggless Egg Salad Sandwich** 8.75
you'll hardly believe it has no eggs! Made with organic tofu, homemade eggless mayo, sunflower seeds, celery and our special seasonings
- California Sandwich** 9.00
avocado, raw mushrooms, sweet peppers, sunflower seeds, alfalfa sprouts, lettuce, vinaigrette dressing (multigrain bread recommended)
- Ham & Swiss** 8.75
cherrywood smoked ham, swiss cheese, tomato, green leaf lettuce
- Avocado & Brie** 9.00
avocado & ripe brie cheese on black russian pumpernickel bread
- Oven Roasted Turkey Sandwich** 8.75
sliced turkey breast, tomatoes, sprouts, green leaf lettuce
ADD CREAMY AVOCADO \$2.50 · ADD CHEESE \$1.00

**Fresh
Soup du Jour**
choice of homemade
hearty or light soups

Wraps

YOUR CHOICE OF SUN-DRIED TOMATO WRAP OR HONEY-WHEAT WRAP,
SERVED WITH FRUIT OR SWEET POTATO CHIPS
(COLE SLAW OR POTATO SALAD ADD \$1.50)
(GLUTEN-FREE WRAP ADD \$1.50)

- Greek Wrap** 10.00
lightly spread with homemade hommus, topped with feta cheese, tomato, red onion, greek dressing and green leaf lettuce
- Turkey and Brie** 10.00
sliced turkey breast, brie cheese, roasted red peppers, green leaf lettuce and balsamic vinaigrette dressing
- Turkey Club** 10.00
monterey jack cheese, green leaf lettuce, tomato, onion, crumbled bacon, russian dressing, sliced turkey breast
- Veggie Wrap** 10.00
sliced avocado, swiss cheese, grated zucchini and carrots, roasted red peppers, onion and balsamic vinaigrette,
- Grilled Chicken Caesar Wrap** 10.00
same as our classic salad, but without the croutons... and in a wrap!

Salad or Sandwich Extras

\$1.00 PER ITEM

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|-----------------------------------|-------------------------|
| Cheese | Alfalfa Sprouts |
| (monterey jack, swiss, provolone) | Tomato |
| Mushrooms | Tofu |
| Sunflower Seeds | Chia Seeds |
| Roasted Peppers | Organic Flaxseed |
| Onion | Vegan Mayo |
| Raisins | |

\$2.00 PER ITEM

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| Goat Cheese | Brie Cheese |
| Feta Cheese | Vegan Cheese |

TOP YOUR SALAD WITH A SCOOP OF... \$6.00 PER ITEM

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| Chicken Salad | Tuna Salad |
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Fruit Salads

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| Sarah's Sunburst | 12.75 |
| fresh fruit on a lettuce bed, served with lowfat cottage cheese, frozen yogurt or sorbet or served with our tuna or chicken salad (add \$2.00) | |
| Cottaloupe, Fruitalupe, Yogaloupe | 10.75 |
| half cantaloupe filled with your choice of lowfat cottage cheese, fresh fruit, or frozen yogurt. Garnished with fresh fruit | |
| Acai Bowl | 8.75 |
| organic acai topped with granola, banana, strawberries and blueberries (add honey or coconut .50 each) | |
| Fruit Yogurt | 7.75 |
| creamy greek yogurt, crunchy granola, fresh pineapple, sliced banana, seedless grapes and seasonal berries (gluten-free granola add .50) | |
| Fair Fruit Fare | 16.00 |
| half cantaloupe filled with lowfat cottage cheese, frozen yogurt, or sorbet surrounded by a variety of seasonal fruit, topped with sliced banana and raisins | |
| Jamaican Joy | 16.00 |
| half of a fresh pineapple half cut into chunks and served in its shell, scoop of lowfat cottage cheese, frozen yogurt or sorbet, whole banana, whole orange and seasonal additions | |
| Fresh Fruit Cup | 6.50 |
| assorted fresh seasonal fruits | |
| Fruit Ka-Bob | 4.75 |
| chunks of fresh fruit on a stick | |
| Sunshine Sundae | 7.50 |
| a scoop of lowfat frozen yogurt or sorbet, topped with sliced banana, pineapple, seedless grapes, fresh berries and crunchy granola (gluten-free granola add .50) | |



From Our Oven

SERVED WITH FRESH FRUIT AND COLE SLAW
OR HOMEMADE POTATO SALAD

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| The Avalon | 11.75 |
| grilled chicken breast with goat cheese, fresh baby spinach, tomato, onion and balsamic vinaigrette. served on a whole wheat bun | |
| Zucchini Mushroom Melt | 8.75 |
| freshly grated zucchini and carrots, mushrooms, onions, monterey jack cheese, tomato and oregano, served on a whole wheat pita | |
| Grilled Chicken Breast | 10.75 |
| green leaf lettuce, tomato and onion, served on a whole wheat bun with a side of our homemade creamy buttermilk and herb dressing | |
| Open-Faced Tuna Melt | 10.00 |
| our delicious tuna salad on whole wheat pita, topped with tomato slices and melted monterey jack cheese | |
| Veggie Burger Selections | 9.75 |
| choice of vegetarian, vegan and/or gluten free burgers, topped with tomato, onion and alfalfa sprouts, served on a whole wheat bun Add Cheese for \$1.00 | |
| Mediterranean Pizza | 8.25 |
| pesto, mozzarella and parmesan cheeses, artichoke hearts and roasted red peppers, served on a pita shell Add grilled chicken \$4.50 | |
| Egg O' Pita | 7.50 |
| sliced hard boiled egg, bacon, mayo melted with monterey jack cheese | |
| Quiche du Jour | mp |
| freshly baked, ask your server what we are offering today! | |

Side Orders

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| Tuna Salad | 7.75 |
| Egg Salad | 6.75 |
| Chicken Salad | 7.75 |
| Shrimp Salad | 8.75 |
| Eggless Egg Salad | 6.75 |
| Sliced Hard Boiled Eggs (2) | 3.00 |
| Croissant | 3.00 |
| Potato Salad | 3.75 |
| Cole Slaw | 3.75 |
| Lowfat Cottage Cheese | 3.75 |
| Avocado (half) | 2.50 |
| Pasta Salad | 4.50 |
| tri-colored rotini pasta tossed with your choice of pesto or our creamy garlic dressing | |

Cool Smoothies

REFRESHING BLEND OF VANILLA YOGURT, LOWFAT MILK, FRUIT AND NATURAL INGREDIENTS.
(SUBSTITUTE SOY OR ALMOND MILK ADD 75¢)
(PROTEIN POWDER, WHEAT GERM, FLAXSEED, CHIA SEEDS CAROB POWDER OR MOCHA ADD 50¢)

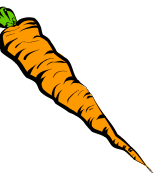
Your
Choice
\$6.50

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|-----------------------------------------------------------------------------------------------------|
| Strawberry & Banana |
| Banana Honey |
| Mixed Berry <i>strawberry & blueberry</i> |
| Jogger Juice <i>vanilla yogurt, milk, wheat germ, protein powder</i> |
| The Health Nut <i>vanilla yogurt, milk, peanut butter, banana, protein powder, honey</i> |
| Over the Rainbow <i>strawberry, mango, banana, orange juice, vanilla yogurt</i> |
| Tropical Mango Lassi <i>mango, vanilla yogurt, milk, finished with a dash of cinnamon</i> |
| Acai, Blueberry & Banana <i>superfruit smoothie!</i> |
| GC Smoothie <i>(non dairy) spinach, kale, mango, banana, orange juice</i> |
| Orange Mango Lite <i>(non dairy) mango, orange juice and ice</i> |

Juiced to Order

PICK ONE, TWO OR THREE OF YOUR FAVORITE FRUITS AND/OR VEGGIES TO BE FRESHLY JUICED
(ADD 50¢ FOR ANY ADDITIONAL FRUIT OR VEGGIE)

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|-------------------------------------------|------|
| Fruits | |
| Orange • Grapefruit • Apple • Lemon | |
| Veggies | |
| Carrots • Kale • Spinach • Celery • Beets | |
| By the Glass (7 oz.) | 3.75 |
| (12 oz.) | 6.00 |
| (16 oz.) | 7.25 |
| Add Fresh Ginger 25¢ | |



Ice Cold Beverages

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| Iced Teas | 3.00 |
| China Black, tropical herbal or green mint... All freshly brewed and unsweetened | |
| Lemonade | 3.00 |
| Summer staple... homemade | |
| Fountain Soda | 3.00 |

Bottled Beverages

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|--------------------------------------------------------|-----------|
| Organic Teas & Fruit Juices | 3.50 |
| Ask your server about our daily flavors and selections | |
| Mineral & Spring Water | 2.75/5.00 |
| Sparkling, still and flavored | |
| Kid's Juice Boxes | 2.50 |

Dairy & Non-Dairy

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|---------------------------------|------|
| Milk | 3.00 |
| Skim, low-fat or chocolate | |
| Organic Vanilla Soy Milk | 3.50 |
| Almond Milk | 3.50 |
| Kid's Milk Boxes | 2.50 |
| Plain or chocolate | |

Hot Beverages

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|--------------------------------------------------|------|
| Coffees | 3.00 |
| Regular, decaffeinated, French vanilla, Hazelnut | |
| Hot Teas | 3.00 |
| Regular or herbal | |

We are proud to use local, "JERSEY FRESH" produce when it's available!

Our staff would appreciate your patience
All of our food is prepared fresh to order

We will try our best to accommodate special diets...
Most of our items are Gluten-Free --- Just ask!

ATM ON THE PREMISES.