



# GREEN Cuisine

## Salads

ADD \$4.75 FOR GRILLED CHICKEN BREAST  
ADD \$5.75 FOR GRILLED SALMON  
ADD \$7.00 FOR CHILLED GULF SHRIMP  
ADD \$6.25 FOR A SCOOP OF CHICKEN SALAD OR TUNA SALAD

- Green Cuisine Cobb Salad** 15.00  
avocado, turkey breast, hard boiled egg, crumbled bacon, tomato and feta cheese, served on romaine and baby greens
- Spinach Salad** 13.00  
tomato, mushrooms, hard boiled egg, crumbled bacon, red onions and croutons, served over fresh baby spinach
- Chef Salad** 15.00  
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** 13.50  
tomato, cucumber, feta cheese, imported kalamata olives, mushrooms, red onions, served over romaine  
add anchovies \$3.00 · add flake white tuna \$4.50
- Stone Harbor Salad** 13.00  
mandarin oranges, toasted nuts, sundried cranberries, red onions, served over fresh baby spinach. We recommend our citrus vinaigrette
- Caesar Salad** 11.50  
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 \$4.75
- Garden of Eden** 14.75  
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
- Shrimp & Citrus Salad** 15.75  
crisp iceberg and arugula topped with avocado, cucumber, mandarin oranges, red onion, sunflower seeds, chick peas and four chilled gulf shrimp
- Oriental Salad** 15.00  
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** 14.00  
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** 13.50  
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** 14.75  
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  
(An Additional \$3.00 for Shrimp Salad)
- House Salad** 10.50  
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** 8.25  
served with whole wheat pita and sliced cucumbers
- Homemade Tabouli** 7.00  
naturally vegetarian!!! bulgur wheat, parsley, tomatoes, cucumber, fresh mint, navy beans, lemon, olive oil, served with whole wheat pita
- Feta Bruschetta** 7.00  
a Greek-inspired mix of tomatoes, feta and red onion, served with whole wheat pita
- Eastern Sampler** 15.00  
hommus, tabouli and our feta bruschetta over a bed of baby greens, served with whole wheat pita, garnished with kalamata olives
- Wedge Salad** 8.50  
fresh tomatoes, crispy bacon, crumbled bleu cheese, scallions, bleu cheese dressing, served over chilled iceberg
- Caprese Salad** 9.00  
sliced tomatoes and fresh mozzarella cheese, sweet basil, balsamic drizzle
- Shrimp Cocktail** 10.00  
five gulf shrimp steamed and chilled, served with homemade cocktail sauce and fresh lemon

## Sandwiches

SERVED WITH FRESH FRUIT OR SWEET POTATO CHIPS  
SUBSTITUTE HOMEMADE POTATO SALAD OR COLE SLAW FOR \$1.50  
BREAD CHOICES... MULTI GRAIN, BLACK RUSSIAN PUMPERNICKEL, RYE, COUNTRY OAT, WHOLE WHEAT PITA  
(WRAPS OR BAGEL ADD \$1.50)  
(CROISSANTS AND GLUTEN-FREE BREAD OPTIONS ADD \$1.75)

- Hommus Pita** 9.50  
a protein-rich Middle Eastern spread served with cucumber, tomato, and alfalfa sprouts on pita bread
- Tuna Salad Sandwich** 10.50  
white albacore tuna, grated carrots, chopped apple, onion, mayonnaise, green leaf lettuce
- Egg Salad Sandwich** 9.50  
chopped eggs, grated carrots, mayonnaise, seasonings, green leaf lettuce
- Chicken Salad Pita** 10.50  
a blend of white chicken meat, mandarin oranges, celery, slivered almonds, mayonnaise, green leaf lettuce
- Shrimp Salad Pita** 13.50  
fresh from the sea
- Garden Delight** 9.50  
monterey jack cheese, sprouts, cucumber, tomato, lettuce, onion, vinaigrette dressing (multi-grain bread recommended)
- Eggless Egg Salad Sandwich** 9.75  
you'll hardly believe it has no eggs! Made with organic tofu, homemade eggless mayo, sunflower seeds, celery and our special seasonings
- California Sandwich** 10.00  
avocado, raw mushrooms, sweet peppers, sunflower seeds, alfalfa sprouts, lettuce, vinaigrette dressing  
(multi-grain bread recommended)
- Ham & Swiss** 10.00  
cherrywood smoked ham, swiss cheese, tomato, green leaf lettuce
- Avocado & Brie** 10.00  
avocado & ripe brie cheese on black russian pumpernickel bread
- Oven Roasted Turkey Sandwich** 10.50  
sliced turkey breast, tomatoes, sprouts, green leaf lettuce  
ADD AVOCADO \$2.50 · ADD CHEESE \$1.00



## Wraps

YOUR CHOICE OF SUN-DRIED TOMATO WRAP OR HONEY-WHEAT WRAP, SERVED WITH FRESH FRUIT OR SWEET POTATO CHIPS  
(SUBSTITUTE HOMEMADE POTATO SALAD OR COLE SLAW FOR \$1.50)  
(GLUTEN-FREE WRAP ADD \$1.75)

- Greek Wrap** 10.75  
lightly spread with homemade hommus, topped with feta cheese, tomato, red onion, greek dressing and green leaf lettuce
- Turkey and Brie** 12.75  
sliced turkey breast, brie cheese, roasted red peppers, green leaf lettuce and balsamic vinaigrette dressing
- Turkey Club** 12.75  
monterey jack cheese, green leaf lettuce, tomato, onion, crumbled bacon, russian dressing, sliced turkey breast
- Veggie Wrap** 10.75  
sliced avocado, swiss cheese, grated zucchini and carrots, roasted red peppers, onion and balsamic vinaigrette,
- Grilled Chicken Caesar Wrap** 12.75  
same as our classic salad, but without the croutons and roasted red peppers...and in a wrap!
- Smoked Salmon & Cucumber Wrap** 13.75  
smoked salmon, cucumber, whipped cream cheese, sprouts, onions, tomato

## Salad or Sandwich Extras

- \$1.00 PER ITEM
- Cheese (monterey jack, swiss, provolone)
  - Mushrooms
  - Sunflower Seeds
  - Roasted Peppers
  - Onion
  - Raisins
  - Alfalfa Sprouts
  - Tomato
  - Tofu
  - Chia Seeds
  - Organic Flaxseed
  - Vegan Mayo
- \$2.00 PER ITEM
- Goat Cheese
  - Feta Cheese
  - Brie Cheese
  - Vegan Cheese

## Fruit Salads

### Sunburst Salad 13.50

your choice of lowfat cottage cheese, frozen yogurt or sorbet surrounded by a burst of seasonal fresh fruit (substitute our tuna or chicken salad add \$2.00)

### Cantaloupe, Fruitalupe, Yocaloupe 11.25

half cantaloupe filled with your choice of low-fat cottage cheese, fresh fruit, or frozen yogurt. Garnished with fresh fruit

### Continental Yogurt 9.00

vanilla frozen yogurt, sliced banana, raisins, sliced almonds, shredded coconut and a sprinkle of cinnamon

### Fruit Yogurt 8.00

creamy greek yogurt, crunchy granola, fresh pineapple, sliced banana, seedless grapes and seasonal berries (gluten-free granola add .50)

### Fair Fruit Fare 16.50

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 17.00

Tropical Paradise! Lowfat cottage cheese, frozen yogurt or sorbet, half of a golden pineapple, whole banana, orange wedges, kiwi, strawberries, grapes and other seasonal fruit

### Fresh Fruit Cup 7.00

assorted fresh seasonal fruits

### Fruit Ka-Bob 6.00

orange wedge, pineapple, watermelon, cantaloupe, banana, strawberry

### Sunshine Sundae 8.00

a scoop of low-fat 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 OR SWEET POTATO CHIPS

### The Avalon 13.00

grilled chicken breast with goat cheese, fresh baby spinach, tomato, onion and balsamic vinaigrette. served on a whole wheat bun with your choice of homemade potato salad or cole slaw

### Zucchini Mushroom Melt 9.50

freshly grated zucchini and carrots, mushrooms, onions, monterey jack cheese, tomato and oregano, served on a whole wheat pita

### Grilled Chicken Sandwich 12.00

grilled chicken breast, green leaf lettuce, tomato and onion, served on a whole wheat bun with your choice of homemade potato salad or cole slaw

### Open-Faced Tuna Melt 11.75

our delicious tuna salad on whole wheat pita, topped with tomato slices and melted monterey jack cheese

## Veggie Burgers

CHOICE OF VEGETARIAN, VEGAN AND/OR GLUTEN-FREE BURGERS, TOPPED WITH TOMATO, ONION AND ALFALFA SPROUTS, SERVED ON A WHOLE WHEAT BUN. ALSO SERVED WITH FRESH FRUIT OR SWEET POTATO CHIPS AND YOUR CHOICE OF HOMEMADE POTATO SALAD OR COLE SLAW

### Garden Burger (Veggie) 11.00

mushrooms, brown rice, mozzarella cheese, bulgur wheat

### Chipotle Black Bean Burger (Veggie) 12.00

black beans, brown rice, whole kernel corn

### Malibu Burger (Vegan) 11.25

brown rice, corn, carrots, onions, green peppers

### Sunshine Burger (Vegan, Gluten-Free) 12.25

organic brown rice, ground sunflower seeds, carrots, spices, sea salt

## Sunrise Fare

SERVED COMPLETE AND ALL DAY (ADD A SIDE OF FRESH FRUIT FOR \$1.50)

### Avocado Toast 11.00

whole avocado, arugula, roasted red peppers and balsamic drizzle, served on two pieces of multi-grain toast (sunflower seeds add \$1.00) (goat cheese add \$2.00) (hard-boiled egg add \$3.00)

### Norwegian Lox 13.50

smoked salmon, whipped cream cheese, red onions, capers and fresh dill, served on your choice of toast or bagel, lemon garnish

### Health Bagel 8.50

whipped cream cheese delicately blended with walnuts, carrots, raisins and honey, served on a toasted bagel

### Jed's Fuel 7.25

creamy peanut butter, banana, raisins and honey, served on your choice of toast or bagel

## Cool Smoothies

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

Your Choice \$7.00

### Strawberry & Banana

classic & delicious

### Mocha Banana

vanilla yogurt, banana, mocha powder

### Mixed Berry

strawberry, raspberry & blueberry

### Jogger Juice

vanilla yogurt, milk, wheat germ, protein powder

### The Health Nut

vanilla yogurt, milk, peanut butter, banana, protein powder, honey

### Over the Rainbow

strawberry, mango, banana, orange juice, vanilla yogurt

### Tropical Mango Lassi

mango, vanilla yogurt, milk, finished with a dash of cinnamon

### Bananas for Berries

(non-dairy) raspberries, blueberries, banana, touch of OJ

### GC Smoothie

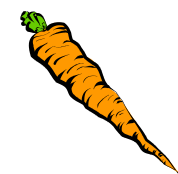
(non dairy) spinach, mango, banana, orange juice

### Orange Mango Lite

(non dairy) mango, orange juice and ice

## 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)



### Fruits

Orange • Grapefruit • Apple • Lemon

### Veggies

Carrots • Cucumber • Spinach • Celery • Beets

By the Glass (7 oz.) 4.75

(12 oz.) 7.00

(16 oz.) 8.25

Add Fresh Ginger 25¢

## Side Orders

Tuna Salad 8.00

Egg Salad 7.00

Chicken Salad 8.00

Shrimp Salad 11.00

Eggless Egg Salad 7.00

Sliced Hard Boiled Eggs (2) 3.00

Croissant 3.00

Potato Salad 4.00

Cole Slaw 4.00

Lowfat Cottage Cheese 4.00

Avocado (half) 2.50

Pasta Salad 5.00

tri-colored rotini pasta tossed with your choice of pesto or our creamy garlic dressing



Awarded "Ocean Friendly Restaurant"



By the Surfrider Foundation

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.