



# GREEN Cuisine

## Salads



ADD \$6 FOR GRILLED CHICKEN BREAST  
ADD \$7 FOR GRILLED SALMON  
ADD \$8 FOR CHILLED GULF SHRIMP  
ADD \$7 FOR A SCOOP OF CHICKEN SALAD OR TUNA SALAD

- Green Cuisine Cobb Salad** 16.00  
avocado, turkey breast, hard boiled egg, crumbled bacon, tomato and feta cheese, served on romaine and baby greens
- Spinach Salad** 14.00  
tomato, mushrooms, hard boiled egg, crumbled bacon, red onions and croutons, served over fresh baby spinach
- Chef Salad** 16.00  
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** 15.00  
tomato, cucumber, feta cheese, imported kalamata olives, mushrooms, red onions, served over romaine  
add anchovies \$4.00 · add flake white tuna \$6.00
- Stone Harbor Salad** 14.00  
mandarin oranges, toasted nuts, sundried cranberries, red onions, served over fresh baby spinach. We recommend our citrus vinaigrette
- Caesar Salad** 13.00  
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 \$6.00
- Garden of Eden** 15.00  
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** 16.75  
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** 15.50  
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** 14.25  
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 baby greens
- Green Cuisine Salad Platter** 16.00  
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 a bed of baby greens  
(An Additional \$4.00 for Shrimp Salad)
- House Salad** 13.50  
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 Hummus** 10.50  
served with whole wheat pita and sliced cucumbers
- Homemade Tabouli** 9.50  
naturally vegetarian!!! bulgur wheat, parsley, tomatoes, cucumber, fresh mint, navy beans, lemon, olive oil, served with whole wheat pita
- Feta Bruschetta** 9.50  
a Greek-inspired mix of tomatoes, feta and red onion, served with whole wheat pita
- Eastern Sampler** 17.00  
hummus, tabouli and our feta bruschetta over a bed of baby greens, served with whole wheat pita, garnished with kalamata olives
- Wedge Salad** 11.00  
fresh tomatoes, crispy bacon, crumbled bleu cheese, scallions, bleu cheese dressing, served over chilled iceberg
- Caprese Salad** 12.00  
sliced tomatoes and fresh mozzarella cheese, sweet basil, balsamic drizzle
- Shrimp Cocktail** 13.00  
five gulf shrimp steamed and chilled, served with homemade cocktail sauce and fresh lemon

## Sandwiches

SERVED WITH POTATO CHIPS  
SUBSTITUTE FRESH FRUIT, HOMEMADE POTATO SALAD  
OR COLE SLAW FOR \$2.00



BREAD CHOICES... MULTI GRAIN, BLACK RUSSIAN PUMPERNICKEL, RYE, COUNTRY WHITE, WHOLE WHEAT PITA  
(WRAPS OR BAGEL ADD \$2.00)  
(CROISSANTS AND GLUTEN-FREE BREAD OPTIONS ADD \$2.50)

- Hummus Pita** 11.00  
a protein-rich Middle Eastern spread served with cucumber, tomato, and alfalfa sprouts on pita bread
- Tuna Salad Sandwich** 14.00  
white albacore tuna, grated carrots, chopped apple, onion, mayonnaise, green leaf lettuce
- Egg Salad Sandwich** 11.00  
chopped eggs, grated carrots, mayonnaise, seasonings, green leaf lettuce
- Chicken Salad Pita** 14.00  
a blend of white chicken meat, mandarin oranges, celery, sliced almonds, mayonnaise, green leaf lettuce
- Shrimp Salad Pita** 15.75  
fresh from the sea
- Garden Delight** 11.00  
monterey jack cheese, sprouts, cucumber, tomato, lettuce, onion, vinaigrette dressing (multi-grain bread recommended)
- Eggless Egg Salad Sandwich** 11.00  
you'll hardly believe it has no eggs! Made with organic tofu, homemade eggless mayo, sunflower seeds, celery and our special seasonings
- California Sandwich** 12.00  
avocado, raw mushrooms, sweet peppers, sunflower seeds, alfalfa sprouts, lettuce, vinaigrette dressing  
(multi-grain bread recommended)
- Ham & Swiss** 13.00  
cherrywood smoked ham, swiss cheese, tomato, green leaf lettuce
- Avocado & Brie** 12.00  
avocado & ripe brie cheese on black russian pumpernickel bread
- Oven Roasted Turkey Sandwich** 14.00  
sliced turkey breast, tomatoes, sprouts, green leaf lettuce  
ADD AVOCADO \$3.00 · ADD CHEESE \$1.00



## Wraps

YOUR CHOICE OF SUN-DRIED TOMATO WRAP OR HONEY-WHEAT WRAP,  
SERVED WITH POTATO CHIPS  
SUBSTITUTE FRESH FRUIT, HOMEMADE POTATO SALAD  
OR COLE SLAW FOR \$2.00  
(GLUTEN-FREE WRAP ADD \$2.50)



- Greek Wrap** 13.00  
lightly spread with homemade hummus, topped with feta cheese, tomato, red onion, greek dressing & green leaf lettuce  
ADD GRILLED CHICKEN 6.00
- Turkey & Brie** 14.75  
sliced turkey breast, brie cheese, roasted red peppers, green leaf lettuce & balsamic vinaigrette dressing
- Turkey Club** 14.75  
monterey jack cheese, green leaf lettuce, tomato, onion, crumbled bacon, russian dressing, sliced turkey breast
- Veggie Wrap** 13.00  
sliced avocado, swiss cheese, grated zucchini and carrots, roasted red peppers, onion and balsamic vinaigrette
- Grilled Chicken Caesar Wrap** 14.75  
grilled chicken, crisp romaine lettuce and freshly shredded parmesan cheese tossed with our homemade creamy caesar dressing
- Smoked Salmon & Cucumber Wrap** 15.00  
smoked salmon, cucumber, whipped cream cheese, sprouts, onions, tomato

## Salad or Sandwich Extras



\$1.00 PER ITEM

- |   |                         |
|---|-------------------------|
| <b>Cheese</b><br>(monterey jack or swiss) | <b>Alfalfa Sprouts</b>  |
| <b>Mushrooms</b>                          | <b>Tomato</b>           |
| <b>Sunflower Seeds</b>                    | <b>Chia Seeds</b>       |
| <b>Roasted Peppers</b>                    | <b>Organic Flaxseed</b> |
| <b>Onion</b>                              | <b>Vegan Mayo</b>       |
| <b>Raisins</b>                            | <b>Extra Dressing</b>   |

\$2.00 PER ITEM

- |                    |                         |
|--------------------|-------------------------|
| <b>Goat Cheese</b> | <b>Brie Cheese</b>      |
| <b>Feta Cheese</b> | <b>Vegan Cheese</b>     |
| <b>Tofu</b>        | <b>Fresh Mozzarella</b> |

## Veggie Burgers

CHOICE OF VEGETARIAN AND/OR VEGAN BURGERS TOPPED WITH TOMATO, ONION AND ALFALFA SPROUTS, SERVED ON A WHOLE WHEAT BUN. CHOOSE TWO SIDES: POTATO CHIPS, FRESH FRUIT, HOMEMADE POTATO SALAD OR COLE SLAW  
\*SUBSTITUTE GLUTEN-FREE BUN FOR \$2.50

### Garden Burger (Veggie) 13.50

burger made with mushrooms, brown rice, mozzarella cheese, bulgur wheat

### Chipotle Black Bean Burger (Vegan) 14.50

burger made with black beans, brown rice, whole kernel corn

### Malibu Burger (Vegan) 14.00

burger made with brown rice, corn, carrots, onions, green peppers

## From Our Oven

### MELTS

SERVED WITH POTATO CHIPS

SUBSTITUTE FRESH FRUIT, HOMEMADE POTATO SALAD OR COLE SLAW FOR \$2.00

### Zucchini Mushroom Melt 12.50

freshly grated zucchini and carrots, mushrooms, onions, monterey jack cheese, tomato and oregano

### Open-Faced Tuna Melt 14.75

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

### HOT SANDWICHES

SERVED WITH TWO SIDES: POTATO CHIPS, FRESH FRUIT, HOMEMADE POTATO SALAD OR COLE SLAW

\*SUBSTITUTE GLUTEN-FREE BUN FOR \$2.50

### Grilled Chicken Sandwich 13.75

grilled chicken breast, green leaf lettuce, tomato and onion, served on a whole wheat bun

### The Avalon 14.75

grilled chicken breast, goat cheese, fresh baby spinach, tomato, onion and balsamic vinaigrette, served on a whole wheat bun

## Sunrise Fare

SERVED COMPLETE AND ALL DAY  
(ADD A SIDE OF FRESH FRUIT FOR \$2.00)

### Avocado Toast 12.50

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 14.75

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

### Health Bagel 10.50

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

### Jed's Fuel 10.00

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

## Fruit Salads

### Sunburst Salad 14.00

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 \$3.00)

### Continental Yogurt 9.50

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

### Fruit Yogurt Parfait 9.50

creamy greek yogurt, crunchy granola, fresh pineapple, sliced banana, seedless grapes and seasonal berries  
(gluten-free granola add 1.00)

### Fresh Fruit Cup 8.50

assorted fresh seasonal fruits

### Fruit KaBob 8.50

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

### Sunshine Sundae 9.50

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 1.00)



## Cool Smoothies

REFRESHING BLEND OF VANILLA YOGURT, LOWFAT MILK, FRUIT AND NATURAL INGREDIENTS.  
(SUBSTITUTE ALMOND MILK, COCONUT OR OAT MILK ADD \$1.00)  
(VEGAN PROTEIN POWDER \$1.50)

### Strawberry & Banana

classic & delicious

### Mocha Banana

vanilla yogurt, banana, mocha powder

### Mixed Berry

strawberry, raspberry & blueberry

### Mango Strawberry

mangoes, strawberries, vanilla yogurt

### 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



## Fresh Juice

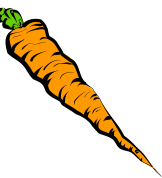
### BUILD YOUR OWN

### CHOOSE ANY THREE OF THE FOLLOWING:

(ADD 50¢ FOR ANY ADDITIONAL FRUIT OR VEGGIE)



Orange • Grapefruit • Apple  
Lemon • Pineapple • Carrots  
Cucumber • Spinach • Celery • Beets



Add Fresh Ginger \$1.00

### By the Glass

Medium 8.50  
Large 9.75

## Side Orders

|                             |       |
|-----------------------------|-------|
| Tuna Salad                  | 10.00 |
| Egg Salad                   | 8.50  |
| Chicken Salad               | 10.00 |
| Shrimp Salad                | 12.75 |
| Eggless Egg Salad           | 8.50  |
| Sliced Hard Boiled Eggs (2) | 4.00  |
| Croissant                   | 4.00  |
| Potato Salad                | 6.00  |
| Cole Slaw                   | 6.00  |
| Lowfat Cottage Cheese       | 5.00  |
| Avocado (half)              | 3.00  |
| Pasta Salad                 | 6.50  |

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!

We apply a price adjustment to all credit card transactions that is not greater than our cost of acceptance.

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

ATM ON THE PREMISES.



**G R E E N**  
*Cuisine*

## Homemade Salad Dressings



Our Creamy Dressings Are Made With Low-Fat Sour Cream & Yogurt. Oil-Based Dressings Are Made With A Heart-Healthy Blend of Canola and Olive Oil

“Available  
for purchase  
in Pint or  
Quart”

### **Green Cuisine House**

a sweet and sour tomato-base dressing, flavored with lemon juice, worchestershire, honey, onions, garlic and seasonings

### **Greek**

lightly blended olive oil, wine vinegar, garlic and oregano

### **Citrus Vinaigrette**

a sweet and tangy low-fat dressing bursting with the flavor of fresh oranges

### **Oriental Sesame**

a special blend of soy sauce, lemon juice, oil, vinegar, sherry, sesame seeds and seasonings

**Russian • Balsamic Vinaigrette**  
**Honey Mustard (nonfat) • Bleu Cheese**  
**Creamy Garlic • Creamy Buttermilk & Herb**

\*All are Gluten-Free with exception of Green Cuisine House



**G R E E N**  
*Cuisine*  
**Kids Menu**

~ For Children 12 and Under Only ~

**Fruits**

**Fruit Kabob \$6.25**

Orange, pineapple, watermelon, cantaloupe, banana & strawberry

**Cottage Cheese & Fruit \$7.00**

Topped with fresh berries, sliced banana, pineapple and seedless grapes

**Fresh Fruit Cup \$7.25**

**Sandwiches**

Served with Fresh Fruit, Sweet Potato Chips or Apple Sauce

**Peanut Butter & Jelly \$5.75**

**Jed's Fuel \$7.50**

Peanut butter, banana, raisins & honey on country oat bread

**Ham & Cheese or Turkey & Cheese \$8.50**

**Kid's Tuna Melt \$9.25**

A scoop of our delicious tuna salad on country oat with melted Monterey Jack cheese and a slice of tomato

**Salads**

**Green Cuisine Kid's Salad \$6.50**

Romaine lettuce, tomato, cucumbers, carrots & croutons

**Kid's Caesar Salad \$6.50**

Crisp romaine, shredded parmesan, croutons and creamy caesar dressing

**From Our Oven**

Served with Fresh Fruit, Sweet Potato Chips or Apple Sauce

**Pita Pizza \$6.50**

Mozzarella cheese and pizza sauce, served on a pita bread shell

**Kid's Pasta \$5.50**

Tri-color rotini pasta with butter or marinara, and a side of grated parmesan (served complete)

**Kid's Grilled Chicken Sandwich \$9.25**

With lettuce & tomato on whole wheat bun

**Drinks**

Iced Tea, Lemonade, Soda, Milk, Grape Juice, Apple Juice \$2.75

~ Smoothies are 16 oz. Only ~

