



GREEN Cuisine

Salads

ADD \$6.50 FOR GRILLED CHICKEN BREAST
ADD \$7.50 FOR FLAKED WHITE TUNA
ADD \$8.50 FOR CHILLED GULF SHRIMP
ADD \$7.50 FOR A SCOOP OF CHICKEN SALAD OR TUNA SALAD

- Green Cuisine Cobb Salad (GFO)** 16.50
avocado, turkey breast, hard boiled egg, crumbled bacon, tomato and feta cheese, served on romaine and baby greens
- Spinach Salad (GFO) without croutons** 14.25
tomato, mushrooms, hard boiled egg, crumbled bacon, red onions and croutons, served over fresh baby spinach
- Chef Salad (GFO) without croutons** 16.50
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 (GFO) (V)** 15.50
tomato, cucumber, feta cheese, imported kalamata olives, mushrooms, red onions, served over romaine
add anchovies \$4.00 · add flaked white tuna \$7.50
- Stone Harbor Salad (GFO) (VG)** 14.25
mandarin oranges, toasted nuts, sundried cranberries, red onions, served over fresh baby spinach. We recommend our citrus vinaigrette
- Caesar Salad (GFO) (V) without croutons** 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 \$6.50
- Garden of Eden (GFO) (V)** 15.50
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
- Shrimp & Citrus Salad (GFO)** 17.00
crisp iceberg and arugula topped with avocado, cucumber, mandarin oranges, red onion, sunflower seeds, chick peas and four chilled gulf shrimp
- Oriental Salad (GFO) (VG) without noodles** 15.50
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 (GFO) (V)** 16.00
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 (V)** 14.50
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 baby greens
- Green Cuisine Salad Platter (GFO)** 16.50
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 (GFO) (VG) without croutons** 14.00
tomato, mushrooms, carrots, cucumbers, red onion, green pepper and croutons, served over romaine and baby greens

To Start

- Burrata (GFO) (V)** 16.00
creamy burrata cheese, fresh berries, red onion, and crunchy pepitas served over spicy arugula and finished with a balsamic glaze
- Homemade Hummus (GFO) (VG) without pita** 11.00
served with grilled pita and sliced cucumbers
- Homemade Tabouli (VG)** 10.00
bulgur wheat, parsley, tomatoes, cucumber, fresh mint, navy beans, lemon, olive oil, served with grilled pita
- Feta Bruschetta (GFO) (V) without pita** 10.00
a Greek-inspired mix of tomatoes, feta and red onion, served with grilled pita
- Eastern Sampler (V)** 18.00
hummus, tabouli and our feta bruschetta, served with grilled pita, garnished with kalamata olives
- Wedge Salad (GFO)** 12.00
fresh tomatoes, crispy bacon, crumbled bleu cheese, scallions, bleu cheese dressing, served over chilled iceberg
- Caprese Salad (GFO) (V)** 12.50
sliced tomatoes, fresh mozzarella cheese, sweet basil, balsamic drizzle
- Shrimp Cocktail (GFO)** 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 \$2.50

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 (VG)** 12.00
a protein-rich spread served with cucumber, tomato, and alfalfa sprouts on whole wheat pita bread
- Tuna Salad Sandwich** 14.50
white albacore tuna, grated carrots, chopped apple, onion, mayonnaise, green leaf lettuce
- Egg Salad Sandwich (V)** 12.00
chopped eggs, grated carrots, mayonnaise, seasonings, green leaf lettuce
- Chicken Salad Sandwich** 14.50
a blend of white chicken meat, mandarin oranges, celery, slivered almonds, mayonnaise, green leaf lettuce
- Shrimp Salad Pita** 16.00
fresh from the sea
- Garden Delight (GFO) (V)** 12.00
monterey jack cheese, sprouts, cucumber, tomato, lettuce, onion, vinaigrette dressing (multi-grain bread recommended)
- Eggless Egg Salad Sandwich (VG)** 12.00
you'll hardly believe it has no eggs! Made with organic tofu, homemade eggless mayo, sunflower seeds, celery and our special seasonings
- California Sandwich (VG)** 13.00
avocado, raw mushrooms, sweet peppers, sunflower seeds, alfalfa sprouts, lettuce, vinaigrette dressing (multi-grain bread recommended)
- Ham & Swiss** 13.50
cherrywood smoked ham, swiss cheese, tomato, green leaf lettuce
- Avocado & Brie (V)** 12.50
avocado & ripe brie cheese on black russian pumpernickel bread
- Oven Roasted Turkey Sandwich** 14.50
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 \$2.50
(GLUTEN-FREE WRAP ADD \$2.50)



- Greek Wrap (V)** 13.50
lightly spread with homemade hummus, topped with our homemade feta bruschetta consisting of feta cheese, chopped tomatoes, diced red onion, Greek dressing, and green leaf lettuce
*Please note - none of the feta bruschetta ingredients can be removed from this meal
ADD GRILLED CHICKEN 6.50
- Turkey & Brie Wrap** 15.25
sliced turkey breast, brie cheese, roasted red peppers, green leaf lettuce & balsamic vinaigrette dressing
- Turkey Club Wrap** 15.25
monterey jack cheese, green leaf lettuce, tomato, onion, crumbled bacon, russian dressing, sliced turkey breast
- Veggie Wrap (V)** 13.50
sliced avocado, swiss cheese, grated zucchini and carrots, roasted red peppers, onion and balsamic vinaigrette
*Make it Vegan! Remove Swiss, Add Vegan Cheese \$2.00
- Grilled Chicken Caesar Wrap** 15.25
grilled chicken, crisp romaine lettuce and freshly shredded parmesan cheese tossed with our homemade creamy caesar dressing
- Smoked Salmon & Cucumber Wrap** 16.00
smoked salmon, cucumber, whipped cream cheese, sprouts, onions, tomato

Salad or Sandwich Extras

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

* Denotes (GFO) Gluten-Free (V) Vegetarian (VG) Vegan

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 (V)	13.75
burger made with mushrooms, brown rice, mozzarella cheese, bulgur wheat	
Chipotle Black Bean Burger (VG)	14.75
burger made with black beans, brown rice, whole kernel corn	
Malibu Burger (VG)	14.25
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 \$2.50

Zucchini Mushroom Melt (V)	13.00
freshly grated zucchini and carrots, mushrooms, onions, monterey jack cheese, tomato and oregano, served on a whole wheat pita *Make it Vegan! Remove Monterey Jack, Add Vegan Cheese \$2.00	
Open-Faced Tuna Melt	15.25
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	14.00
grilled chicken breast, green leaf lettuce, tomato and onion, served on a whole wheat bun	
The Avalon	15.00
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 \$2.50)	
Avocado Toast (VG)	13.00
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	15.00
smoked salmon, whipped cream cheese, red onions, capers & fresh dill, served on a bagel	
Health Bagel (V)	11.00
whipped cream cheese delicately blended with walnuts, carrots, raisins and honey, served on a toasted bagel	
Jed's Fuel (V)	10.50
creamy peanut butter, banana, raisins and honey, served on your choice of toast or bagel	

Fruit Salads

Sunburst Salad (GFO) (V)	15.00
your choice of lowfat cottage cheese or frozen yogurt surrounded by a burst of seasonal fresh fruit (substitute our tuna or chicken salad add \$3.00)	
Continental Yogurt (GFO) (V)	10.00
vanilla frozen yogurt, sliced banana, raisins, sliced almonds, shredded coconut and a sprinkle of cinnamon	
Fruit Yogurt Parfait (GFO) (V)	10.00
creamy greek yogurt, crunchy granola, fresh pineapple, sliced banana, seedless grapes and seasonal berries (gluten-free granola add 1.00)	
Fresh Fruit Cup (GFO) (VG)	9.00
assorted fresh seasonal fruits	
Fruit KaBob (GFO) (VG)	9.00
orange wedge, pineapple, watermelon, cantaloupe, banana, strawberry	
Sunshine Sundae (V)	10.00
a scoop of low-fat frozen yogurt, 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

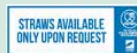


By the Glass	
Medium	8.50
Large	9.75

Side Orders

Tuna Salad (GFO)	11.00
Egg Salad (GFO) (V)	9.50
Chicken Salad (GFO)	11.00
Shrimp Salad	13.75
Eggless Egg Salad (GFO) (VG)	9.50
Sliced Hard Boiled Eggs (2)	4.00
Croissant	4.00
Potato Salad (GFO) (V)	6.00
Cole Slaw (GFO) (V)	6.00
Lowfat Cottage Cheese	5.00
Avocado (half)	3.00
Pasta Salad (V)	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.

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



GREEN 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 ~

