Green Cuisine

Salads

ADD $6.75 FOR GRILLED CHICKEN BREAST
ADD $7.75 FOR FLAKED WHITE TUNA
ADD $8.75 FOR CHILLED GULF SHRIMP
ADD $7.75 FOR A SCOOP OF CHICKEN SALAD OR TUNA SALAD

Green Cuisine Cobb Salad *(GFO)* — 18.00
avocado, turkey breast, hard boiled egg, crumbled bacon, tomato and feta cheese, served on romaine and baby greens

Spinach Salad *(GFO) without croutons* — 15.00
tomato, mushrooms, hard boiled egg, crumbled bacon, red onions and croutons, served over fresh baby spinach

Berry Burrata *(GFO) (V)* — 17.00
creamy burrata cheese, fresh berries, red onion, and crunchy pepitas served over spicy arugula and finished with a balsamic glaze

Chef Salad *(GFO) without croutons* — 18.00
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 *(GFO) (V)* — 16.50
tomato, cucumber, feta cheese, imported kalamata olives, mushrooms, red onions, served over romaine
add anchovies $4.00 · add flaked white tuna $7.75

Caprese Salad *(GFO) (V)* — 14.00
sliced tomatoes, fresh mozzarella cheese, sweet basil, balsamic drizzle

Stone Harbor Salad *(GFO) (VG)* — 15.00
mandarin oranges, toasted nuts, sundried cranberries, red onions, served over fresh baby spinach. We recommend our citrus vinaigrette

Caesar Salad *(GFO) (V) without croutons* — 13.75
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 $6.75

Green Cuisine Wedge Salad *(GFO)* — 14.00
fresh tomatoes, crispy bacon, crumbled bleu cheese, scallions, bleu cheese dressing, served over chilled iceberg

Garden of Eden *(GFO) (V)* — 16.50
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)* — 18.50
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* — 16.50
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)* — 17.50
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 *(V)* — 16.00
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)* — 18.00
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 *(GFO) (VG) without croutons* — 15.00
tomato, mushrooms, carrots, cucumbers, red onion, green pepper and croutons, served over romaine and baby greens

To Start

Shrimp Cocktail *(GFO)* — 14.00
five gulf shrimp steamed and chilled, served with homemade cocktail sauce and fresh lemon

Homemade Hummus *(GFO) (VG) without pita* — 12.50
served with grilled pita and sliced cucumbers

Homemade Tabouli *(VG)* — 11.50
bulgur wheat, parsley, tomatoes, cucumber, fresh mint, navy beans, lemon, olive oil, served with grilled pita

Feta Bruschetta *(GFO) (V) without pita* — 11.50
a Greek-inspired mix of tomatoes, feta and red onion, served with grilled pita

Eastern Sampler *(V)* — 20.00
"Perfect for Sharing" A healthy portion of hummus, tabouli and feta bruschetta, served with grilled pita, garnished with kalamata olives

Sandwiches

SERVED WITH POTATO CHIPS
SUBSTITUTE FRESH FRUIT, HOMEMADE POTATO SALAD OR COLE SLAW FOR $3.00

BREAD CHOICES... MULTI GRAIN, BLACK RUSSIAN PUMPERNICKEL, RYE, COUNTRY WHITE, PITA
(WRAPS OR BAGEL ADD $2.50)
(CROISSANTS AND GLUTEN-FREE BREAD OPTIONS ADD $3.00)

Add Fresh Avocado $3.50

Add Cheese (Mont Jack or Swiss) $1.00

Hummus Pita *(VG)* — 14.00
a fresh pita pocket filled with protein-rich hummus, cucumber, tomato and alfalfa sprouts

Tuna Salad Sandwich — 16.50
white albacore tuna, grated carrots, chopped apple, onion, mayonnaise, green leaf lettuce

Egg Salad Sandwich *(V)* — 14.00
chopped eggs, grated carrots, mayonnaise, seasonings, green leaf lettuce

Chicken Salad Sandwich — 16.50
a blend of white chicken meat, mandarin oranges, celery, slivered almonds, mayonnaise, green leaf lettuce

Shrimp Salad Pita — 18.00
fresh from the sea

Garden Delight *(V)* — 14.00
monterey jack cheese, sprouts, cucumber, tomato, lettuce, onion, vinaigrette dressing (multi-grain bread recommended)

Eggless Egg Salad Sandwich *(VG)* — 14.00
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)* — 15.00
avocado, raw mushrooms, sweet peppers, sunflower seeds, alfalfa sprouts, lettuce, vinaigrette dressing (multi-grain bread recommended)

Ham & Swiss — 15.50
cherrywood smoked ham, swiss cheese, tomato, green leaf lettuce

Avocado & Brie *(V)* — 14.50
avocado & ripe brie cheese on black russian pumpernickel bread

Oven Roasted Turkey Sandwich — 16.50
sliced turkey breast, tomatoes, sprouts, green leaf lettuce
ADD AVOCADO $3.50 · 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 POTATO CHIPS
SUBSTITUTE FRESH FRUIT, HOMEMADE POTATO SALAD OR COLE SLAW FOR $3.00
(GLUTEN-FREE WRAP ADD $3.00)

Greek Wrap *(V)* — 15.00
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 6.75

Chicken Salad "BLAT" Wrap — 17.50
homemade chicken salad, crumbled bacon, fresh avocado, ripe tomato, and green leaf lettuce

Turkey & Brie Wrap — 16.75
sliced turkey breast, brie cheese, roasted red peppers, green leaf lettuce & balsamic vinaigrette dressing

Turkey Club Wrap — 16.75
monterey jack cheese, green leaf lettuce, tomato, onion, crumbled bacon, russian dressing, sliced turkey breast

Veggie Wrap *(V)* — 15.00
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 — 16.75
grilled chicken, crisp romaine lettuce and freshly shredded parmesan cheese tossed with our homemade creamy caesar dressing

Smoked Salmon & Cucumber Wrap — 17.50
smoked salmon, cucumber, whipped cream cheese, sprouts, onions, tomato

Homemade Dressings

Available for Purchase in Pint or Quart

ALL OF GREEN CUISINE'S DRESSINGS ARE MADE FROM SCRATCH!
SALADS COME WITH ONE PORTION OF DRESSING.
ADDITIONAL PORTION, $1.00 EACH.
ALL DRESSINGS ARE GLUTEN FREE EXCEPT HOUSE & ORIENTAL

Green Cuisine House
a sweet and sour tomato-base dressing, flavored with lemon juice, Worcestershire, honey, onions, garlic and seasonings

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 • Greek
Bleu Cheese • Creamy Garlic • Creamy Buttermilk & Herb

** 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 $3.00

Chipotle Black Bean Burger *(VG)* 16.00
burger made with black beans, brown rice, whole kernel corn

Malibu Burger *(VG)* 15.50
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 $3.00

Zucchini Mushroom Melt *(V)* 14.50
freshly grated zucchini and carrots, mushrooms, onions, monterey jack cheese, tomato and oregano, served on a fresh pita
Make it Vegan! Remove Monterey Jack, Add Vegan Cheese $2.00

Open-Faced Tuna Melt 17.00
our delicious tuna salad topped with tomato slices and melted Monterey jack cheese, served on a fresh pita

HOT SANDWICHES

SERVED WITH TWO SIDES: POTATO CHIPS, FRESH FRUIT, HOMEMADE POTATO SALAD OR COLE SLAW
*SUBSTITUTE GLUTEN-FREE BUN FOR $3.00

Grilled Chicken Sandwich 16.00
grilled chicken breast, green leaf lettuce, tomato and onion, served on a whole wheat bun

The Avalon 17.00
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 $3.00

Avocado Toast *(VG)* 14.50
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 16.00
smoked salmon, whipped cream cheese, red onions, capers & fresh dill, served on a bagel

Health Bagel *(V)* 11.50
whipped cream cheese delicately blended with walnuts, carrots, raisins and honey, served on a toasted bagel

Jed's Fuel *(V)* 11.50
creamy peanut butter, banana, raisins and honey, served on toast

Fruit Salads

Sunburst Salad *(GFO) (V)* 16.50
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)* 12.00
vanilla frozen yogurt, sliced banana, raisins, sliced almonds, shredded coconut and a sprinkle of cinnamon

Fruit Yogurt Parfait *(V)* 12.00
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)* 10.00
assorted fresh seasonal fruits

Fruit KaBob *(GFO) (VG)* 10.00
orange wedge, pineapple, watermelon, cantaloupe, banana, strawberry

Sunshine Sundae *(V)* 12.00
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)

Add Protein Powder $1.00

Your Choice $9.25

Make it GREEN! Add Spinach $1.00

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

Topped with Whipped Cream $1.00

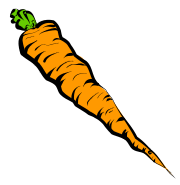
All Smoothies are Gluten Free!

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



NEW! Green Cuisine Cocktail
A satisfying & healthy blend of sweet apple, fresh cucumber, and bright lemon, finished with a zip of ginger root
$11.50

Add Fresh Ginger $1.00

By the Glass

Medium	9.50
Large	11.00

Side Orders

(GFO) Tuna Salad	13.00
(GFO) (V) Egg Salad	11.50
(GFO) Chicken Salad	13.00
Shrimp Salad	16.00
(GFO) (VG) Eggless Egg Salad	11.50
Sliced Hard Boiled Eggs (2)	5.00
Croissant	5.00
(GFO) (V) Potato Salad	6.75
(GFO) (V) Cole Slaw	6.75
Lowfat Cottage Cheese	5.50
Avocado (half)	3.50
(V) Pasta Salad	6.75

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

WE CATER! ASK FOR DETAILS!

STRAWS AVAILABLE ONLY UPON REQUEST

Awarded "Ocean Friendly Restaurant"
By the Surfrider Foundation

OCEAN FRIENDLY RESTAURANTS

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.

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