

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



www.GreenCuisine.com

GREEN Cuisine

Salads

ADD \$3.75 FOR GRILLED CHICKEN BREAST
ADD \$4.75 FOR ALASKAN GRILLED SALMON (WILD-CAUGHT)

- Green Cuisine Cobb Salad** 13.95
avocado, turkey breast, egg, crumbled bacon, tomato, and feta cheese on green leaf, romaine, and baby greens
- Rainbow Pasta Salad** 11.75
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 romaine and mixed baby greens
- Spinach Salad** 11.95
fresh baby spinach, tomato, mushrooms, egg, crumbled bacon, red onions, croutons
- Stone Harbor Salad** 11.95
baby spinach, mandarin oranges, roasted nuts, sundried cranberries, red onions and citrus vinaigrette; add grilled chicken \$3.75
- Chef Salad** 13.95
tomato, carrot, cucumber, red onion, green pepper, cherrywood smoked ham, swiss cheese, turkey breast, egg and croutons, served on green leaf and romaine
- Greek Salad** 11.95
tomato, cucumber, feta cheese, imported kalamata olives, mushrooms, red onions and romaine lettuce
add anchovies \$2.00
- Caesar Salad** 10.50
crisp romaine tossed with fresh parmesan cheese, croutons and creamy Caesar dressing, garnished with roasted red peppers and shredded parmesan with grilled chicken add \$3.75
- Garden of Eden** 13.75
hearty salad featuring marinated broccoli, surrounded by freshly grated carrots, zucchini, red beets, cheese, alfalfa sprouts and organic tamari-roasted nuts, served on green leaf and romaine
- Middle Eastern Sampler** 13.75
a scoop of our hummus, tabouli salad, feta bruschetta, kalamata olives and pita served on mixed baby greens with balsamic vinaigrette
- Imported Goat Cheese with Mandarin Oranges** 11.95
served on a bed of baby kale greens, red onions and walnuts
- Oriental Salad** 13.75
brown rice, mandarin oranges, edamame, cucumber, grated carrots, onions, green peppers, mushrooms, almonds, Asian crispy noodles and alfalfa sprouts on green leaf and romaine
- Island Salad** 12.95
a tempting display of sliced avocado, mushrooms, marinated artichoke hearts, tomatoes, egg, alfalfa sprouts and red onions, served on a bed of romaine and mixed baby greens
- Tuna or Chicken Salad Platter** 13.75
choice of our tuna or chicken salad served with a scoop of homemade cole slaw or potato salad, cucumbers, grated carrots, tomato and kalamata olives served on green leaf lettuce
- House Salad** 8.75
romaine lettuce and mixed baby greens, tomato, mushrooms, carrot, cucumber, red onion, green pepper & croutons

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. DRESSINGS ARE SERVED ON THE SIDE

- 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

Also:

Russian • Balsamic Vinaigrette • Honey Mustard (nonfat)
Bleu Cheese • Creamy Italian • Creamy Buttermilk & Herb
*All are Gluten-Free with exception of Green Cuisine House

Sandwiches

SERVED WITH FRESH FRUIT GARNISH

OUR DELICIOUS SANDWICHES ARE AVAILABLE ON MULTI-GRAIN, SOURDOUGH, BLACK RUSSIAN PUMPERNICKEL, RYE, COUNTRY OAT OR WHOLE WHEAT PITA (WRAP OR CROISSANT ADD \$1.00)
(GLUTEN-FREE WRAP, BREAD OR BUN ADD \$1.00)

- Holly's Hommus Pita** 8.50
a protein-rich Middle Eastern spread served with cucumber, tomato, and alfalfa sprouts on pita bread
- Tuna Salad Sandwich** 9.25
white albacore tuna, grated carrots, chopped apple, onion, mayonnaise, lettuce
- Egg Salad Sandwich** 8.50
chopped eggs, grated carrots, mayonnaise, seasonings, lettuce
- Chicken Salad Pita** 9.25
a blend of white chicken meat, mandarin oranges, celery, slivered almonds, mayonnaise, lettuce
- Shrimp Salad Pita** 9.50
fresh from the sea
- Garden Delight** 8.25
monterey jack cheese, sprouts, cucumber, tomato, lettuce, onion, vinaigrette dressing (multigrain bread recommended)
- Eggless Egg Salad Sandwich** 8.25
you'll hardly believe it has no eggs! Made with organic tofu, homemade eggless mayo, sunflower seeds, celery and our special seasonings
- California Sandwich** 8.50
avocado, raw mushrooms, sweet peppers, sunflower seeds, alfalfa sprouts, lettuce, vinaigrette dressing (multigrain bread recommended)
- Ham & Swiss** 8.50
cherrywood smoked ham, swiss cheese, lettuce and tomato, served cold
- Avocado & Brie** 8.50
avocado & ripe brie cheese on black russian pumpernickel bread
- The Gobbler** 8.50
sliced turkey breast with lettuce, tomato & sprouts
ADD \$2.50 FOR AVOCADO

Wraps

YOUR CHOICE OF SUN-DRIED TOMATO WRAP OR HONEY-WHEAT WRAP, SERVED WITH FRESH FRUIT GARNISH

- Southwestern Wrap** 9.75
zesty combination of edamame and black beans, mango, roasted peppers, jersey corn, tomato, onion and cilantro
- Greek Wrap** 9.75
lightly spread with homemade hommus, topped with feta cheese, tomato, red onion, greek dressing and lettuce
- Turkey and Brie** 9.75
sliced turkey breast, brie cheese, roasted red peppers, lettuce and balsamic vinaigrette dressing
- Turkey Club** 9.75
monterey jack cheese, lettuce, tomato, onion, crumbled bacon, russian dressing, sliced turkey breast
- Veggie Wrap** 9.75
sliced avocado, swiss cheese, grated zucchini and carrots, roasted red peppers, onion and balsamic vinaigrette,

Grilled Chicken Caesar Wrap

From Our Oven

- The Avalon** 9.75
grilled chicken breast with goat cheese, spinach, tomato, onion and balsamic vinaigrette on a whole wheat bun. Garnished with fresh fruit and potato salad
- Zucchini Mushroom Melt** 8.50
freshly grated zucchini and carrots, mushrooms, onions, monterey jack cheese, tomato and oregano on a pita
- Grilled Chicken Breast** 9.75
served on a whole wheat bun with lettuce, tomato and onion
Garnished with fresh fruit and potato salad
- Open-Faced Tuna Melt** 8.95
our delicious tuna salad with melted monterey jack cheese, topped with tomato slices
- Veggie Burger or Bistro Burger** 9.75
choose veggie burger (vegetarian) or bistro burger (vegan, gluten-free)
Served on whole wheat bun or toasted flatbread with tomato, onion and alfalfa sprouts. Garnished with fresh fruit and cole slaw
Add 75¢ for cheese
- Mediterranean Pizza** 7.50
pesto sauce, provolone & parmesan cheese
artichoke hearts and roasted red peppers on a pita shell
Add grilled chicken \$3.75
- Egg O' Pita** 6.95
sliced hard boiled egg, ham or bacon, melted with monterey jack cheese
- Quiche du Jour** mp
made fresh daily by Chef Mark
Served with cole slaw and fresh fruit garnish



WE WILL TRY OUR BEST TO ACCOMMODATE SPECIAL DIETS ...
MANY OF OUR ITEMS ARE GLUTEN-FREE — JUST ASK!

Fruit Salads

Sarah's Sunburst	12.50
fresh fruit on a lettuce bed, served with lowfat cottage cheese, frozen yogurt, or sorbet OR served with our chicken or tuna salad	
Cottaloupe, Fruitalupe, Yagaloupe	13.75
half cantaloupe filled with your choice of lowfat cottage cheese, fresh fruit, or frozen yogurt. Garnished with fresh fruit	
Acai Bowl	10.50
organic acai topped with granola, banana, strawberries and blueberries (add honey or coconut .50)	
Fruit Yogurt	8.50
creamy greek yogurt, crunchy granola (gluten-free granola add .50) fresh pineapple, sliced banana, seedless grapes and seasonal berries	
Fair Fruit Fare	7.50
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	15.95
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	
Fruit and Cheese	12.25
wedges of assorted cheese complemented with chilled, fresh, seasonal fruits, served with lavasch flatbread	
Fresh Fruit Cup	6.00
assorted fresh seasonal fruits	
Fruit Ka-Bob	4.75
chunks of fresh fruit on a stick	
Sunshine Sundae	7.25
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)	



Fresh Soups

Soup du Jour	
choice of homemade hearty or light soups	
Soup and Salad Combo	12.95
a bowl of our delicious soup served with a Green Cuisine House Salad (NO SUBSTITUTIONS PLEASE)	

Side Orders

Tuna Salad	7.25
Egg Salad	6.25
Chicken Salad	7.25
Shrimp Salad	8.25
Southwestern Black Bean Salad	4.25
Eggless Egg Salad	6.25
Sliced Hard Boiled Eggs (2)	2.75
Croissant	2.75
Potato Salad	3.75
Cole Slaw	3.75
Lowfat Cottage Cheese	3.75
Tabouli with a Side of Pita	6.25
Hommus with a Side of Pita	6.50
Bread Sampler	4.00
a slice each of sourdough, multigrain, pita, rye, lavasch flatbread and black russian pumpernickel	
Avocado (half)	2.50
Tri-Color Rotini Pasta	4.50
with pesto or creamy garlic dressing	
Bagel of Potato Chips	1.95

Salad or Sandwich Extras

Cheese (monterey jack, swiss, provolone)		Alfalfa Sprouts
Mushrooms	75¢ per item	Raisins
Sunflower Seeds		Tomato
Roasted Peppers		Tofu
Edamame		Chia Seeds
		Organic Flaxseed

Goat Cheese, Feta or Brie \$2.00
Add a Scoop of Chicken or Tuna Salad \$6.00
Vegan Cheese \$1.50 Extra • Vegan Mayo .50

Cool Smoothies

REFRESHING BLEND OF VANILLA YOGURT, LOWFAT MILK, (SUBSTITUTE SOY OR ALMOND MILK, ADD .50), FRUIT OR SELECTED FLAVOR

Your
Choice
\$6.25

Acai, Blueberry & Banana	
Strawberry & Banana	
Mocha	
Banana Mocha	
Chai Tea Latte	
with banana and a dash of cinnamon	
Mixed Berry	
strawberry & blueberry	
Jogger Juice	
vanilla yogurt, milk, wheat germ, protein powder	
The Health Nut	
vanilla yogurt, milk, peanut butter, banana, protein powder, honey	
Orange Sunrise	
orange juice, banana, vanilla yogurt	
Over the Rainbow	
strawberry, banana, orange juice, vanilla yogurt	
Mango Tea Fusion	
the health benefits of green tea blended with tropical mango	
Green Cuisine	
spinach, kale, mango, banana, orange juice (non dairy)	
Orange Mango Lite or Strawberry Lite	
refreshing non-dairy	

WHEY PROTEIN POWDER, WHEAT GERM, FLAXSEED, CHIA SEEDS OR CAROB POWDER. ADD 50¢

Chilled Fruit Juiced to Order

By the glass \$3.00 (7 oz.) • \$5.25 (12 oz.) • \$6.75 (16 oz.)
Add Fresh Ginger 25¢



Orange • Grapefruit • Carrot
Kale, Apple & Carrot • Carrot, Celery & Spinach
Apple, Beet & Carrot



Ice Cold Beverages

By the glass \$2.75 (Includes 1 Refill) • By the Pitcher \$6.25
Freshly Brewed China Black Iced Tea (Unsweetened)
Organic Green Tea with Peppermint (Unsweetened)
Tropical Herbal Iced Tea (Decaf Unsweetened)

Lemonade

Regular and Diet Soda

Organic Fruit Juice \$3.25

Sparkling Fruit Spritzer \$2.50

Mineral Water, sparkling or still \$2.50

Skim, Lowfat Milk, Chocolate Milk \$3.00 (16 oz.)

Organic Vanilla Soy Milk or Almond Milk \$3.00 (12 oz.)

Hot Brewed Beverages

\$2.50 Refill included

House Blend Coffee (regular or decaffeinated)

French Vanilla Coffee (regular)

Hazelnut Coffee (decaffeinated)

House Blend Tea • Herbal Tea

Desserts

YOUR SERVER WILL BE HAPPY TO DESCRIBE OUR DAILY ADDITIONS, INCLUDING GLUTEN-FREE. TRY OUR FRESH FRUIT MENU AS WELL.

Lowfat Frozen Yogurt	4.50
two scoops of your choice of vanilla, peach or try our new flavor - salted caramel espresso	
Fruit Sorbet	4.50
your choice of orange sorbet swirled with vanilla ice cream; or refreshing raspberry	
Chocolate Mint Brownie	4.50
perfect way to end your meal	
Chocolate Cake with Peanut Butter Frosting	5.25
topped with Reese's peanut butter cups	
Lemon Bar	4.25
tangy, creamy and light	
Chocolate Peanut Butter Dome	5.95
chocolate crust, topped with peanut butter ganache and a mound of chocolate mousse (gluten-free)	
Brownie Sundae	5.50
choice of chocolate or cookie dough brownie topped with vanilla frozen yogurt, whipped cream & chocolate sauce	

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
ATM ON THE PREMISES.