

# BREAKFAST

served until 2pm

<b>HARBOR MARKET BREAKFAST SANDWICH</b>	<b>9.95</b>
egg frittata, roasted tomato, fresh greens, dijonnaise dressing <i>bacon, tempeh bacon, ham, avocado, american, swiss, cheddar - \$2 ea.</i>	
<b>ORGANIC CORN TORTILLA*</b>	<b>9.95</b>
crispy corn tortilla, black bean purée, fried egg, avocado, pico de gallo, queso fresco <i>(gluten free)</i>	
<b>FARM FRESH EGG OMELETTE</b>	<b>13.95</b>
two egg omelette, with mixed greens and fresh fruit <i>choice of cheese, mushroom, spinach (gluten free)</i>	
<b>AVOCADO TOAST*</b>	<b>15.95</b>
grilled sourdough bread, smashed avocado, fried egg, fresh lime, add: queso fresco	
<b>WAFFLE</b>	<b>11.95</b>
with mixed berries, maple syrup, fresh butter	
<b>HARBOR MARKET BREAKFAST BOWL</b>	<b>15.95</b>
scrambled tofu, leeks, tomatoes, quinoa salad, tempeh bacon, avocado <i>(vegan)</i>	
<b>COCONUT YOGURT BOWL</b>	<b>14.95</b>
non-dairy coconut yogurt, house-made granola, banana, mixed berries <i>(gluten free, vegan)</i>	
<b>ORGANIC STEEL CUT OATMEAL</b>	<b>8.95</b>
with pure maple syrup and mixed nuts <i>(gluten free, vegan)</i>	
<b>CUSTOM BREAKFAST SANDWICH OR PLATE</b>	
choice of: eggs scrambled or fried, bacon, ham, cheese, avocado, smoked salmon, on a plate, roll or multigrain bread	
<b>BAGEL WITH SMOKED SALMON*</b>	<b>18.95</b>
cream cheese, tomato, onion	
<b>BAGEL WITH CREAM CHEESE</b>	<b>3.50</b>
choice: plain or scallion cream cheese	

# HOT BEVERAGES

	<i>small</i>	<i>large</i>
<b>CAPPUCCINO</b>	<b>5.00</b>	<b>6.00</b>
<b>LATTE</b>	<b>5.50</b>	<b>6.00</b>
<b>ESPRESSO</b>	<b>3.00</b>	<b>4.00</b>
<b>AMERICANO</b>	<b>4.00</b>	<b>5.00</b>
<b>MACCHIATTO</b>	<b>4.50</b>	<b>5.50</b>
<b>HOT COCOA</b>	<b>4.00</b>	<b>5.00</b>
<b>BREWED COFFEE</b>	<b>3.00</b>	<b>3.75</b>
<b>HOT TEA</b>	<b>2.25</b>	<b>2.75</b>

# COLD BEVERAGES

<b>COLD BREW ICED COFFEE</b> regular or decaf	<b>6.00</b>
<b>ICED TEA</b> jasmine green or black	<b>3.50</b>
<b>HOUSE-MADE AGUA FRESCAS</b>	<b>5.50</b>

# SPECIALTY LATTES

	<i>small</i>	<i>large</i>
<b>MATCHA LATTE</b> hot or iced	<b>6.50</b>	<b>7.00</b>
<b>CHAI LATTE</b> hot or iced	<b>6.00</b>	<b>7.00</b>
<b>TURMERIC LATTE</b> hot or iced	<b>6.00</b>	<b>7.00</b>

# LUNCH

after 10am

<b>FISH TACOS</b>	<b>(3) 15.95</b>	<b>PROTEIN BOWL</b>	
grilled fish, roasted poblano vinaigrette, avocado, cabbage slaw, corn tortillas <i>(gluten free)</i>		with jasmine rice, sweet potato, edamame, pickled vegetables add: salmon skewers \$25, chicken skewers \$23, tofu skewers \$21 add: avocado \$3	
<b>LOBSTER ROLL</b> <i>(seasonal)</i>	<b>m/p</b>	<b>CLASSIC GRILLED CHEESE</b>	<b>9.95</b>
warm buttered lobster, toasted split-top bun, swipe of mayo		with hand-cut fries choice: farmhouse cheddar or organic american cheese	
<b>ORGANIC CHICKEN TENDERS</b>	<b>12.95</b>	<b>VEGETARIAN SOUP OF THE DAY</b>	<b>sm 4.95/lg 6.95</b>
panko crusted, honey mustard, with hand-cut fries		view today's special on our menu board	
<b>QUICHE WITH MIXED GREENS</b>	<b>14.95</b>	<b>PASTA OF THE DAY</b>	<b>m/p</b>
seasonal vegetarian quiche, mixed greens		view today's special on our menu board	
<b>VEGETARIAN CHILI</b>	<b>12.95</b>	<b>FRENCH FRIES</b>	<b>7.95</b>
over jasmine rice, cheddar cheese, sour cream <i>(gluten free)</i>		hand-cut, sea salt	
<b>MAC AND CHEESE</b>	<b>7.95</b>		
kids favorite with elbows and creamy cheese sauce			

# SANDWICHES

<b>TURKEY</b>	<b>13.95</b>	<b>CAPRESE</b>	<b>13.95</b>
all-natural turkey breast, avocado, bacon, balsamic onion marmalade, mayonnaise		tomato, fresh mozzarella, basil purée, balsamic vinaigrette	
<b>SALUMI</b>	<b>13.95</b>	<b>AVOCADO</b>	<b>14.95</b>
jamon serrano, manchego cheese, baby arugula, garlic aioli		avocado, housemade cashew nut spread, watercress, basil purée <i>(vegan)</i>	
<b>TUNA</b>	<b>14.95</b>		
wild albacore tuna, mayonnaise, celery, onion powder, lemon			

# VEGETARIAN SALADS & PREPARED FOODS

*Salads & Prepared Foods change daily  
and according to availability*

<b>LENTIL SALAD</b>	<b>20.00</b>	<b>ROASTED CAULIFLOWER SALAD</b>	<b>16.00</b>
french green lentils, piquillo peppers, pomegranate seeds, marcona almonds, dill, sherry vinegar, olive oil <i>(gluten free, vegan)</i>		caramelized onions, currants, toasted pine nuts, lemon zest, olive oil <i>(gluten free, vegan)</i>	
<b>ORZO SALAD</b>	<b>18.00</b>	<b>MISO GLAZED SALMON*</b>	<b>28.00/2 PCS</b>
roasted peppers, feta, niçoise olives, basil, sherry vinegar, olive oil		miso, soy sauce, toasted sesame seeds, fresh lime	
<b>RAW SALAD</b>	<b>16.00</b>	<b>HALF ROASTED CHICKEN</b>	<b>24.00</b>
napa cabbage, baby bok choy, feta, niçoise olives, cucumber, lemon, olive oil <i>(gluten free)</i>		pasture raised chicken, rosemary, lemon, olive oil <i>(gluten free)</i>	
<b>CHICKEN CAESAR SALAD</b>	<b>18.00</b>	<b>TORTILLA ESPAÑOLA</b>	<b>16.00</b>
grilled chicken, romaine, croutons, parmesan, caesar dressing		potato, egg, onion, olive oil <i>(gluten free)</i>	
<b>NIÇOISE SALAD</b>	<b>20.00</b>	<b>GRILLED CHICKEN KABOBS</b>	<b>24.00/4 PCS</b>
wild albacore tuna, tomatoes, boiled potato, green beans, niçoise olives, radish, mixed greens, basil vinaigrette		all natural chicken, yogurt, turmeric, garlic, lemon, olive oil <i>(gluten free)</i>	
<b>ENERGY SALAD</b>	<b>16.00</b>	<b>SLICED FLANK STEAK*</b>	<b>26.00</b>
mixed greens, hard boiled egg, french green lentils, green beans, walnuts, balsamic dressing <i>(gluten free)</i>		soy sauce, ginger, scallions	
<b>MIXED GREEN SALAD</b>	<b>14.00</b>	<b>TUNA SALAD</b>	<b>16.00</b>
parmesan, house-made croutons, balsamic dressing <i>(gluten free)</i>		wild albacore tuna, mayo, celery, onion powder, lemon <i>(gluten free)</i>	
<b>ROASTED BEET SALAD</b>	<b>16.00</b>	<b>HUMMUS</b>	<b>12.00</b>
oranges, hazelnuts <i>(gluten free, vegan)</i>		chickpeas, tahini, garlic, cumin, lemon, olive oil <i>(gluten free, vegan)</i>	
<b>QUINOA SALAD</b>	<b>16.00</b>	<b>GUACAMOLE</b>	<b>m/p</b>
butternut squash, roasted red onions, lemon zest, mint, parsley, chives, olive oil <i>(gluten free, vegan)</i>		fresh avocado, jalapeño, cilantro, fresh lime <i>(gluten free, vegan)</i>	
<b>STEAMED BROCCOLI</b>	<b>14.00</b>	<b>FRESH FRUIT SALAD</b>	<b>16.00</b>
toasted garlic chips, lemon <i>(gluten free, vegan)</i>		freshly sliced seasonal fruit <i>(gluten free, vegan)</i>	
		<b>BREAD &amp; BUTTER PICKLES</b>	<b>10.00</b>
		cucumber, red onion, jalapeños, sugar, pickling spices <i>(gluten free, vegan)</i>	

# PASTRIES & DESSERTS

<b>MUFFINS</b>	<b>4.95/GF 5.95</b>	<b>CHOCOLATE FUDGE BROWNIE</b>	<b>5.00</b>
blueberry, corn, gluten free berry		<b>COOKIES</b>	<b>4.50</b>
<b>CROISSANT</b>	<b>4.00</b>	chocolate chip, oatmeal raisin, kitchen sink	
<b>PAIN AU CHOCOLAT</b>	<b>5.00</b>	<b>TAHINI CHOCOLATE BROWNIE</b> <i>(gluten free)</i>	<b>6.00</b>
<b>CHERRY &amp; GREEK YOGURT DANISH</b>	<b>5.25</b>	<b>SEASONAL FRUIT COBBLER</b>	<b>8.50</b>
<b>RICE PUDDING</b> <i>(gluten free)</i>	<b>10.00</b>	<b>RICE KRISPIE TREAT</b> <i>(gluten free)</i>	<b>4.00</b>
<b>CHOCOLATE PUDDING</b> <i>(gluten free)</i>	<b>10.00</b>	<b>SLICED CAKE OF THE DAY</b>	<b>6.95</b>
<b>KEY LIME PARFAIT</b>	<b>10.00</b>	<b>KEY LIME PIE</b>	<b>35.00</b>
<b>CHIA SEED PUDDING</b> <i>(gluten free, vegan)</i>	<b>10.00</b>	<b>SEASONAL FRUIT PIE</b>	<b>40.00</b>
		mixed berry, apple crumb, seasonal fruit	

Before placing your order, please alert your server if any person in your party has a food allergy.

\*\* This menu item can be cooked to order.

\* Consuming raw or under cooked meats, fish, shellfish, or fresh eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.