COLD BREW

HOT Drinks med. 16oz / Ig. 20oz

DRIP COFFEE \$3.50 / \$4.00 regular or decaf

ESPRESSO solo \$2.00 / double \$3.00 triple **\$4.00 /** quad **\$5.00**

\$4.00 / \$4.25 **RED EYE**

espresso shot in drip coffee | regular or decaf

LATTE \$5.50 / \$6.00 \$5.50 / \$6.00 **CAPPUCCINO AMERICANO** \$3.75 / \$4.2<u>5</u> \$3.50 / \$4.00 **CAFE AU LAIT** CARAMEL MACCHIATO \$6.00 / \$6.50 **CAFE MOCHA** \$5.50 / \$6.00 WHITE CHOCOLATE MOCHA \$5.75 / \$6.25 **MEXICAN MOON MOCHA** \$6.00 / \$6.50 cayenne and cinnamon

HORCHATA LATTE \$6.00 / \$6.50

spanish, spicy & sweet! homemade cinnamon rice milk with espresso. YUM!

RASPBERRY WHITE CHOCOLATE LATTE \$5.75 / \$6.25

\$3.50 / \$4.00 **TEA** Charleston Tea Garden flavors: breakfast blend, citrus chamomile, earl grey, green, green jasmine, mint green

MATCHA LATTE \$5.50 / \$6.00 \$5.50 / \$6.00 **CHAITEA LATTE LONDON FOG TEA LATTE** \$5.75 / \$6.25

earl grey tea, steamed milk, honey, lavender,

vanilla syrup

HOT CHOCOLATE \$4.50 / \$5.00 \$5.50 / \$6.00 **MEXICAN SPICED COCOA**

Syrups add flavor +\$0.75

brown sugar <u>sugar free:</u> lavender cane sugar maple spice caramel caramel raspberry vanilla cinnamon vanilla chocolate white chocolate

Extras

hazelnut

sub non-dairy (oat, coconut, almond milk) +1.00 chocolate or caramel drizzle +\$0.25 espresso shot +\$1.00 vanilla sweet cream +\$1.00 vanilla sweet cream cold foam +\$1.25

COLD Drinks med. 16oz / lg. 24oz

\$5.50 / \$6.00 **VANILLA SWEET CREAM COLD BREW** \$6.00 / \$6.50 **NITRO COLD BREW** \$5.50 / \$6.00 VANILLA SWEET CREAM NITRO COLD BREW \$6.00 / \$6.50 **ICED COFFEE** \$3.50 / \$4.00 **ICED SHAKEN ESPRESSO** \$5.00 / \$5.50 VANILLA ALMOND MILK SHAKEN ESPRESSO \$6.00 / \$6.50 BROWN SUGAR OAT MILK SHAKEN ESPRESSO \$6.00 / \$6.50 **ESPRESSO FIZZ** \$5.50 / \$6.00 espresso with Topo Chico mineral water - cool & refreshing! \$6.00 / \$6.50 **ICED CARAMEL MACCHIATO** \$5.50 / \$6.00 **ICED LATTE ICED MEXICAN MOON MOCHA** \$6.00 / \$6.50 cayenne and cinnamon **ICED CAFÉ MOCHA** \$5.50 / \$6.00 **ICED WHITE CHOCOLATE MOCHA** \$5.50 / \$6.00 **ICED HORCHATA LATTE** \$6.00 / \$6.50 **ICED RASPBERRY WHITE CHOCOLATE LATTE** \$5.75 / \$6.25 \$5.50 / \$6.00 **ICED MATCHA LATTE ICED CHAITEA LATTE** \$5.50 / \$6.00 \$3.75 / \$4.25 **ICED TEA** sweetened or unsweetened \$4.00 / \$4.50 **ARNOLD PALMER**

FRAPPES

LEMONADE

half iced tea, half lemonade

MIDNIGHT MOCHA \$6.00 / \$6.50 \$5.75 / \$6.25 COFFEE VANILLA \$5.75 / \$6.25 CHAI \$6.00 / \$6.50 DARK SIDE OF THE MOON \$6.00 / \$6.50 detoxifying charcoal mocha, made with coconut milk

\$3.50 / \$4.00

REFRESHERS

\$5.50 / \$6.00 THE RASPBERRY REFRESHER water, lemonade, raspberry syrup, topped with raspberries THE CHERRY LIMEADE REFRESHER \$5.50 / \$6.00 water, lemonade, cherry syrup, topped with cherries THE DRAGONFRUIT ELDERBERRY REFRESHER \$5.75 / \$6.25 coconut water, dragonfruit juice and pieces, elderberry sub topo chico or lemonade! +\$.50

BUBBLE TEA the frm drink you can Cilevia

\$6.00 / \$6.50 milk tea & tapioca pearls flavors: banana, blue hawaii, coconut, mango, matcha,



BREAKFAST SERVED UNTIL 11AM

BUILD YOUR OWN EGG SAMMIE | \$8.95 choose bread: everything bagel, artisan sourdough, hearty white, wheatberry sprouted grain (V, O, non-GMO) gluten free bread +\$1.00

choose cheese: cheddar, provolone, swiss,

Daiya vegan cheddar

choose meat: bacon, ham, sausage

EVERYTHING BAGEL with CREAM CHEESE | \$7.00

SUNRISE SAMMIE | \$10.95

egg, provolone, avocado, sriracha, himalayan pink salt & pepper on wheatberry sprouted grain

EGG SALAD SAMMIE | \$10.95

hard boiled egg, avocado, feta, garlic, himalayan pink salt & pepper on wheatberry sprouted grain

EVERYTHING BAGEL with CREAM CHEESE & SMOKED SALMON | \$12.95

lemon juice, dill, onions, olives, himalayan pink salt & pepper

TOASTS

AVOCADO TOAST | \$9.00

avocado smash, EVOO, lemon juice, red pepper flakes, himalayan pink salt & pepper on wheatberry sprouted grain

HUMMUS TOAST | \$9.00 hummus, cucumber, feta, lemon juice, red pepper flakes on wheatberry sprouted grain

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BLUE SKIES | \$9.95

blue spirulina, blueberries, banana, pineapple, local honey

made with coconut milk sub whole, oat, or almond milk

LOWCOUNTRY GREEN | \$9.95

spinach, kale, mango, pineapple, banana, fresh ginger

PLUFF MUD | \$9.95

banana, oats, maca, cocoa powder, pb, maple syrup, local honey | sub almond butter +\$1.00

STRAWBERRY BANANA | \$8.95

strawberries, banana, vanilla extract

TROPICAL SUNRISE | \$9.95

strawberries, pineapple, mango, oj, multi-vitamin shot

4	local honey\$0.50	
		maca\$1.50
•	maple syrup\$0.50	
		multi-vitamin shot\$1.50
\simeq	ashwagandha\$1.00	vanilla plant protein\$1.50
2	hemp hearts\$1.00	variila piarit proteiri\$1.50

PB TOAST | \$9.50

peanut butter, banana, honey, cacao nibs, cinnamon, granola on wheatberry sprouted grain | sub almond butter +\$1.00

BERRY BLAST 2.0 TOAST | \$9.00

strawberry cream cheese, bananas, blueberries, strawberries, pecans, basil, honey drizzle on artisan sourdough

SMOOTHIE Bowls

CREAMSICLE CRUSH | \$9.75

frozen oranges & pineapple, coconut milk, orange juice, topped with orange slices

ISLAND OASIS | \$10.95

frozen pineapple & banana, goji berry powder, coconut milk, topped with coconut flakes, granola (V, GF) and hemp hearts

BACHERRYBERRY BOWL | \$10.25 frozen strawberries, banana & dark cherries, coconut milk, topped with blueberries, chia seeds and coconut flakes

THE BEACH BREAK | \$11.95 frozen banana, pb, maple syrup, maca, cocoa powder, vanilla greek yogurt, topped with chocolate granola, honey drizzle, chia seeds and banana | sub almond butter \$1.00

PINK PANTHER | \$11.25

frozen pineapple & banana, dragonfruit, coconut milk, topped with blueberries, coconut flakes and cacao nibs

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SERVED 11AM - CLOSE

7

SANDWICHES all sandwiches, melts and kids menu items include your choice of chips, baked potato salad or fruit cup

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a la carte Sides baked potato salad \$3.95 fruit cup \$4.95

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CHICKEN SALAD | \$12.95

lettuce and tomato on wheatberry sprouted grain (V, O, non-GMO) *contains nuts*

EGG SALAD | \$11.95

hard boiled egg, avocado, feta, garlic, himalayan pink salt & pepper on wheatberry sprouted grain (V, O, non-GMO)

TUNA SALAD | \$11.95

lettuce and tomato on artisan sourdough

CHICKPEA SALAD | \$12.95

lettuce and tomato on gluten free bread

SURF'S UP SAMMIE | \$11.95

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turkey, cheddar, apple slices, lettuce, apple vinaigrette on wheatberry sprouted grain (V, O, non-GMO)

BOOSTED BLT | \$10.95 the OG on hearty white toast, maple syrup brushed bacon, sprinkled with cayenne pepper, spicy chili powder mayo not feeling spicy? get it unboosted with regular mayo!

CLUB ROLLUP | \$13.95

turkey, ham, bacon, cheddar, black olives, tomato, lettuce, mayo on garlic herb wrap

Served on artisan sourdough

THE SUN BUM | \$12.95

ham, swiss, bacon, pineapple, maple aioli

THE HANG 10 | \$12.95

turkey, bacon, cheddar, ranch

THE TUNA MELT | \$11.95

white albacore tuna, provolone, cheddar

KIDS of all ages

PB & J ON HEARTY WHITE | \$7.00 sub almond butter +\$1.00

GRILLED CHEEZY MELT | \$7.50

warm and gooey cheddar and provolone on hearty white add bacon or ham +\$3.00

PB & APPLE MELT | \$7.75

pb, apples, cinnamon, honey drizzle served warm on artisan sourdough | sub almond butter +\$1.00

HAM or TURKEY & CHEESE | \$9.00

cheddar, lettuce, tomato, mayo on hearty white

SALADS

CHICKEN SALAD SALAD | \$11.95

mixed greens, chicken salad, grapes, pecans, dried cranberries *contains nuts* | sub chickpea salad

GARDEN COBB | \$12.95

mixed greens, turkey, bacon, hard boiled egg, cherry tomatoes, onion, cucumbers, crumbled bleu cheese

> dressings: balsamic vinaigrette, bleu cheese, fuji apple vinaigrette, ranch