

Get Noshed.....



3022 S. Croatan Hwy
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Breakfast Sandwiches

Eddie V

Egg, Smoked Gouda & Balsamic Drizzle on an everything bagel panini pressed. Topped with Avocado, Tomato & Onion – \$6.75

Avocado Toast

Multigrain Sprouted Bread topped with Vegan Cashew Spread, Avocado, Tomatoes and sprinkled with Hatteras Sea Salt – \$8

Bob's Wrap

Egg, Tomato, Cucumber, Red Onion, Spinach, Avocado with Veggie Cream Cheese, drizzled with Balsamic Glaze in a wheat wrap – \$8

Bruce's Burrito

Egg, Pepper-Jack Cheese, Tomatoes, Red Onion, Salsa and Spinach in a wheat wrap. -\$5.75

Breakfast Bowl

Spinach, Egg, Avocado, Seasonal Fruit, Sunflower seeds, Balsamic Drizzle & slice of Multigrain Sprouted Bread-\$8.50

Tree Hugger

Everything Bagel with Veggie Cream cheese topped with Tomatoes, Cucumbers and Red Onion. -\$4.25

Vegan? Vegan Cashew Spread (xtra) instead of Veg CC

Sunrise

Egg, Chipotle Gouda cheese and Tomatoes on a wheat bagel panini pressed. -\$4.25

BLT

Bacon, Lettuce, Tomato & Mayo on your choice of bread \$7.50

Ben

Bacon, Ham, Egg, Pepper-jack Cheese panini pressed on an Everything bagel and topped with a little Pepperhouse Gourmaise sauce – \$6.75

Walkover (Bacon, Egg & Cheese)

Bacon, Egg and American Cheese panini pressed on a plain bagel. Simple but soft and amazing -\$5.25

Hank (Sausage, Egg & Cheese)

Sausage, Egg and Cheddar Cheese panini pressed on a wheat bagel. – \$5.25

Bud

Sausage, Egg and Provolone cheese panini pressed on an everything bagel then topped with a little Cajun Remoulade to give it a little zing - \$5.50

Sweet & Salty

Bacon, Egg and American Cheese panini pressed on a Cinnamon-Raisin Bagel. A little sweet and salty \$-5.25

**Add Bacon, Sausage or Ham \$1.75 /
Add Avocado \$1 / Egg \$1 / Veggies
available to add - prices vary**

Bagel with Spread \$2.75

Bagels: Plain, Everything, Wheat, Cinnamon-Raisin, Blueberry, Gluten Free Bagel Thin or Gluten Free Bread +1

Spreads: Plain CC, Veggie CC, Jalapeno CC, Honey-Walnut CC, Butter, Strawberry or Grape Jam, Peanut Butter or Honey **Vegan Cashew Spread +1**

Deli Sandwiches

Waverider

Chicken, Pepperoni & Provolone on rye bread panini pressed. Topped with lettuce, tomato, banana peppers, red onion & Cajun remoulade sauce. -\$9

Gouda

Turkey, Bacon & Chipotle Gouda Cheese on Wheat bread panini pressed. Topped with lettuce, Tomato and pepperhouse gourmaise sauce. Has a little kick! -\$9

Chuck

Turkey & Feta Cheese on wheat bread panini pressed. Topped with Avocado, Spinach and Balsamic Drizzle -\$9

Mr. B

Roast-beef & Provolone panini pressed on Ciabatta Bread. Topped with Remoulade & Horseradish -\$8

Roastbeef & Cheddar Panini

Roastbeef & Cheddar panini pressed on Rye Bread. Topped with Lettuce, Tomato and Horseradish Sauce -\$8.75

Italian

Salami, Pepperoni, Ham & Provolone on a hoagie roll panini pressed. Topped with red onion, lettuce and deli dressing -\$8.75

Shack Club

Turkey, Bacon & American Cheese stacked on 3 slices of toasted bread of your choice. Topped with Lettuce, Tomato & Mayo. -\$9

Reuben

Corned Beef, Kraut and Swiss Cheese panini pressed to perfection and topped with 1000 island dressing to make it extra yummy. \$8.50

Motz

Mozzarella Cheese, Tomatoes, Spinach, Pesto (No Nuts/Vegan) & Balsamic drizzle on Ciabatta bread all panini pressed. -\$8 Add a meat option for +3

Vegan? – Vegan Cashew Spread (xtra charge) instead of Mozzarella

Black Bean Burger (Can be Vegan & GF)

House-made and panini pressed on a Pretzel roll. Topped with Avocado, Tomato, Lettuce & Cajun Remoulade. -\$9

Gluten Free? Ask for GF Bread (+1)

Vegan? Asking for Multi-grain Sprouted Bread & No sauce

Veggie Wrap or Sandwich

House-made Sundried tomato White Bean Hummus with Cucumbers, tomatoes, red onions, spinach, lettuce & Deli Dressing on your choice of bread or wrap. – \$7.75

Grilled Cheese

You pick the cheese and the bread -\$5

Kids PBJ

Grape or Strawberry Jam on choice of bread -\$4

Salads

Beet and Feta Salad

Mixed Greens, beets, Feta Cheese topped with tomatoes and Sunflower Seeds. House-made Balsamic Vinaigrette dressing. -\$8 Add a meat for \$3

Grapefruit & Avocado Salad

Mixed Greens, fresh cut grapefruit, Avocado, red onion and sunflower seeds. House-made Citrus Vinaigrette dressing. – \$8 Add a meat for \$3

Chicken Salad or Tuna Salad

House-made Chicken Salad or Tuna Salad on your Choice of bread, wrap or on a bed of greens, ask for veggies. -\$8

Sides: \$1

Cucumber
Salad

Potato
Salad

Chips

Banana

Apple

Get Wired.....

Coffee & Espresso Bar

Brewed Coffee

Always Hot! Dark, Medium and Decaf brewed. – 12oz – \$2 / \$16oz 2.25 /20oz. \$2.50 –

Make it a BOLT and add espresso!
Add 1 Shot +\$1 / Add 2 Shots +\$2

Cold Brew

Steeped 24 hours in house to make a smooth non-acidic delight. 20oz \$3.25 or 32oz \$5.00 Careful you may start shaking! **Add Espresso! 1 Shot +\$1 / 2 Shots +\$2**

Americano – Hot or Iced

Espresso shots with water added to give you a robust cup of Joe. \$3/\$3.50/\$4.00 - Iced in 20oz available

Chai – Hot or Iced

Torani Chai with milk of choice. No espresso
Hot \$3.25/\$3.75/\$4 Iced Chai \$4 / Frozen Chai \$4.50

Matcha

Japanese Green Tea Sweet Matcha mixed with milk. (No espresso) Hot \$3.25/\$3.75/\$4.00 -Iced \$4.00 / Frozen \$4.50

Espresso Shots

Single Shot (2oz) \$1 / Double Shot (4oz) \$2

Cappuccino

Espresso with steamed milk and foam. – \$3.75/\$4.25/\$4.50

Café au Lait

Coffee of your choice from the coffee bar and we steam the milk of your choice - \$2.75/\$3.25/\$3.50

Latte – Hot or Iced (Hot 12,16 or 20oz – Iced 20oz Only)
Espresso with steamed milk of choice. -\$3.75/\$4.25/\$4.50 /
Add one syrup flavor (listed below) for additional .50¢

Frozen Latte (Only 20oz)

Espresso blended with ice and flavor of choice to make a delicious frozen espresso drink. No powders used! \$5.25

Syrup Flavors

Vanilla*	Caramel*	Almond*	Amaretto
Banana	Blueberry	Cinnamon	Coconut*
Butter Pecan	Butter Rum	Butterscotch	Lavender
Cane Sugar	Cheesecake	Cinnamon	Maple
English Toffee*	French Vanilla*	Gingerbread	Raspberry*
Irish Cream*	Peanut Butter	Macadamia Nut	Shortbread
Vanilla Bean	Vanilla Bean	Toasted Marshmallow	

(*=Sugar Free available)

House Latte & Mocha Flavors

Along with 40 different syrup flavors, we also have the below house favorites: \$4.50/\$5/\$5.25

Almond Joy Mocha*	Coffee Cake Latte
Dirty Chai	Caramel Almond Turtle*
Hawaiian Mocha	Hazelnut Shortbread
Mocha*	Pumpkin Spice Latte*
Salted Heathbar Mocha	Scottish Caramel
Vanilla Spice Latte	White Mocha*
Raspberry White Mocha*	Caramel Macchiato

Smoothie Bar

All Fruit Smoothies! Made with your choice of milk, apple juice or orange Juice. 20oz size only. Can be put in 2 cups \$.50 cent charge. Add Avocado +1, Add Cucumber or Spinach +.50¢

Milk Options:

Whole Milk

Skim Milk

Upcharge varies for:

Almond Milk

Coconut Milk

Oat Milk

Soy Milk

Breve

Classic

Strawberry and Banana – \$6

Green Machine

Mango, Pineapple, Spinach, Avocado, Cucumber & Honey – \$8

Oats & Acai

Oats, Acai, Banana, Strawberry, Peanut Butter w/ Almond Milk – \$8.50

Islander

Mango, Banana & Pineapple – \$6

Day Dream

Mixed Berries, Pineapple & Banana – \$6

Just Beachy

Strawberry, Mango & Banana – \$6

Sand Dune

Banana, Chocolate & Peanut Butter – \$6

Bikini Bottom

Pineapple, Cucumber & Honey – \$6

Boardwalk

Banana & Honey – \$6

Sea Breeze

Strawberry & Mango – \$6

Coast Guard

Mixed Berries, Spinach, Peanut Butter & Avocado - \$7.50

Tootsie Pop

Strawberry, Chocolate & Banana – \$6

Build Your Own

Any combination of ingredients. Starts at \$6.50

Drinks

Many bottled options available

Iced Tea

Fresh Brewed Un-sweet & Sweet 20oz \$2.25 / 32oz \$3.50

Hot Tea

Select any tea of choice. Served in a 16oz size. \$2
Extra tea bag +.50.

Hot Chocolate or Steamer

Hershey's Choc Syrup or Flavor of choice – \$3.25/\$3.75/\$4

Get Mellow.....

Beer & Wine

Draft Beer/Cider – Here or To Go

18 Rotating Draft Options – Can be served in a 16oz Growler to go. Ask for our draft list or look at the TV.

Mimosa Buckets

2 Bucket Options - Pick The Cava or The Prosecco Bucket and select 1 juice. You can take with you! -\$25 – Equals a bottle of Wine.

Order using the MobileBytes App and take part in our loyalty program to save money!