

Get Noshed.....



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Breakfast Sandwiches

Eddie V

Egg, Smoked Gouda & Balsamic Drizzle on an everything bagel panini pressed. Topped with Avocado, Tomato & Onion – 6.50

Avocado Toast

Multigrain Sprouted Bread topped with Vegan Cashew Spread, Avocado, Tomatoes and sprinkled with Hatteras Sea Salt – 7.00

Bob's Wrap

Egg, Tomato, Cucumber, Red Onion, Spinach, Avocado with Veggie Cream Cheese, drizzled with Balsamic Glaze in a wheat wrap – 7.00

Bruce's Burrito

Egg, Pepper-Jack Cheese, Tomatoes, Red Onion, Salsa and Spinach in a wrap. -5.50

Breakfast Bowl

Spinach, Egg, Avocado, Seasonal Fruit, Sunflower seeds, Balsamic Drizzle & slice of Multigrain Sprouted Bread -8

Tree Hugger

Everything Bagel with Veggie Cream cheese topped with Tomatoes, Cucumbers and Red Onion. -4

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 -6.75

Ben

Bacon, Ham, Egg, Pepper-jack Cheese panini pressed on an Everything bagel and topped with a little Pepperhouse Gourmaise sauce – 6.50

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 - 5.25

Walkover

Bacon, Egg and American Cheese panini pressed on a plain bagel. Simple but soft and amazing -5

Hank

Sausage, Egg and Cheddar Cheese panini pressed on a wheat bagel. - 5

Sweet & Salty

Bacon, Egg and American Cheese panini pressed on a Cinnamon-Raisin Bagel. A little sweet and salty -5

Add Bacon, Sausage or Ham 1.50 / Add Avocado \$1 / Add Tomato +.50¢ / Add Veggies .25¢ / Egg .80¢

Bagel with Spread

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 2.75 **Now offering 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. -8.50

Gouda

Turkey, Bacon & Chipotle Gouda Cheese on Wheat bread panini pressed. Topped with lettuce, Tomato and pepperhouse gourmaise sauce. Has a little kick! -8.50

Chuck

Turkey & Feta Cheese on wheat bread panini pressed. Topped with Avocado, Spinach and Balsamic Drizzle -8.75

Mr. B

Roast-beef & Provolone panini pressed on Ciabatta Bread. Topped with Bistro Sauce (Dijon mustard & 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 -8.50

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. -7 Add a meat option for +3

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

Black Bean Burger (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

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

Grapefruit & Avocado

Mixed Greens, fresh cut grapefruit, Avocado, red onion and sunflower seeds. House-made Citrus Vinaigrette dressing. – 8 Add a chicken breast 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 – 1.90 / 16oz 2.00 / 20oz. 2.25 –

Make it a BOLT and add espresso!
Add 1 Shot +\$1 / Add 2 Shots +\$1.75

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 +\$1.75**

Americano

Espresso shots with water added to give you a robust cup of Joe. 2.50/3/3.25 - 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

Espresso Shots

Single Shot (2oz) 1.00 / Double Shot (4oz) 1.75

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 12oz, 16oz or 20oz)

Espresso with steamed milk of choice. -3.75/4.25/4.50 / Add one syrup flavor (listed below) for additional .50¢

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)

Iced Latte (Only 20oz)

Espresso with milk of choice over ice. 20oz 4.50 / Add one syrup flavor 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

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

Matcha

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

Smoothie Bar

All Fruit Smoothies! Made with your choice of milk, apple juice or Orange Juice. Add Avocado +1, Add Cucumber or Spinach +.50¢

Milk Options:

Whole Milk

Skim Milk

Upcharge varies for:

Almond Milk

Coconut Milk

Hemp Milk

Oat Milk

Soy Milk

Classic

Strawberry and Banana – 5.50

Green Machine

Mango, Pineapple, Spinach, Avocado, Cucumber & Honey – 7.50

Oats & Acai

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

Islander

Mango, Banana & Pineapple – 5.50

Day Dream

Mixed Berries, Pineapple & Banana – 5.50

Just Beachy

Strawberry, Mango & Banana – 5.50

Sand Dune

Banana, Chocolate & Peanut Butter – 5.50

Bikini Bottom

Pineapple, Cucumber & Honey – 6

Boardwalk

Banana & Honey – 5.50

Sea Breeze

Strawberry & Mango – 5.50

Coast Guard

Mixed Berries, Spinach, Peanut Butter & Avocado - 7

Tootsie Pop

Strawberry, Chocolate & Banana – 5.50

Build Your Own

Any combination of ingredients. Starts at 6.00

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. \$1.75
Extra tea bag +.50.

Hot Chocolate or Steamer

Made with Hershey's Syrup or Flavor of choice – 3.25/3.75/4

Get Mellow.....

Beer & Wine To Go

Beer to Go

12 Rotating Craft Beer options – Served in a 16oz Growler. Lots of North Carolina Options! Ask for our draft list!

Mimosa Buckets

4 different Bucket Options – You can take with you! -\$25 – Served in a Bucket you can take with you! Equals a

You can drink on-site or take with you!!

** All Drink Prices Include Tax**