



# Among the Flowers Cafe Breakfast & Lunch to Go

508-627-3233 17 Mayhew Lane Edgartown

## Morning Sandwich

\*Two Fried Eggs with your choice of:

Cheese: American, Cheddar,

Meat: Bacon, Sausage, Ham, or Linguica

Bread: White, Multigrain, English Muffin, or Ciabatta

Served with Home Fries..... 9.

## • Quinoa and Lentil Breakfast Bowl

with 2 fried eggs\*, sauteed spinach & kale, avocado, grape tomatoes & feta..... 13.00

## Quiche Dujour

Choose from a variety of daily creations with fresh fruit or salad ..... 13.50

## Walk About Waffle

Hand held crispy Belgium Waffle with chocolate drizzle and powdered sugar dusting..... 8.

## Sandwiches with pickle & chips

Choice of Bread: white, multigrain, or bulky roll  
lettuce, tomato, mayo, dijon mustard, hot peppers  
ADD: American, Cheddar, or Avocado 1.00ea

- Lobster Salad Roll ..... 25.
- Chicken Salad..... 10.5
- Tuna..... 10.5
- Ham and Cheese..... 10.5
- Turkey Breast..... 10.5
- Turkey Breast with Bacon..... 12.5
- Grilled Chicken Breast..... 11.5
- BLT..... 10.5
- Hummus ,Veggie & Quinoa Wrap ..... 11.5
- Grilled Cheese on Texas Toast..... 8.5
- 1/4lb. All Beef Hot Dog..... 7.5

## Fresh Fruit Smoothie..... 9.00

**Tropical:** pineapple, banana, fresh squeezed orange juice, vanilla frozen yogurt

**Very Berry:** strawberries, blueberries, banana, apple juice, vanilla frozen yogurt

**Dreamy Date:** banana, spinach, cacao, almond butter, dates, cinnamon, almond milk

**Mint Berry:** banana, spinach, strawberry, flaxseed, honey, mint, coconut water

## Good Morning Yogurt Bowl

Greek yogurt topped with strawberries, bananas, honey, granola, ground flax seeds and cacao nibs 12.

## Acai Bowl

Blend of acai, banana, and apple juice.

Topped with granola, coconut, honey, cacao nibs, banana, strawberries and blueberries..... 12.

## Specialties

- Chia Pudding with fruit and maple syrup..... 8.
- Homemade Muffins..... 3.
- Homemade Granola w/milk or yogurt..... 6.5
- with fresh fruit ..... 10.5
- Fresh Fruit Bowl..... 8.
- Homemade Steel Cut Oatmeal..... 6.5
- with fresh fruit ..... 10.5
- (granola, honey, brown sugar available)

## Salads

- **Powerhouse Salad:** baby kale & spinach, quinoa, blueberries, raspberries, avocado, toasted almonds, feta & honey-lime poppyseed dressing..... 16.
- **Superfood Salad:** shaved brussel sprouts, kale, shredded carrot, crumbled bleu cheese, roasted sunflower seeds, raisins, avocado, & apple cider dijon vinaigrette ..... 16.
- **Summer Salad:** mixed greens, goat cheese, strawberries, blueberries, candied pecans, red onion & lemon honey vinaigrette..... 15.
- Caesar Salad..... 12.

**Salad Add Ons:** • Tuna or Chicken Salad 5.  
• Grilled Chicken 5. • Lobster Salad 18.

**Asian Chop Salad:** mixed greens with grilled chicken, napa cabbage, edamame, red & yellow pepper, wasabi peas & spicy Thai peanut dressing..... 16.

## Beverages

Iced Tea, Green Tea..... 2.95	Coffee, Tea, Herb Tea..... 2.95
Soft Drinks..... 2.95	Cappuccino..... 4.25
Iced Coffee..... 2.95	Espresso..... 3.
Chai hot or iced..... 3.95	Premium Fresh Squeezed
Hot Chocolate..... 2.95	Orange Juice..... 3.95
Milk..... 2.95	Apple Juice ..... 2.95
Bottled Water..... 2.95	

Please inform your server if anyone in your party has a food allergy. While we always do our best to keep our ingredients separate, and practice safe food handling, our very small kitchen does contain a variety of nuts, gluten, shellfish, and other common allergens. Therefore, cross-contamination is possible and we can not guarantee that any menu item will be completely allergen free.

• Gluten Free Option available \*Consuming undercooked eggs, meats, poultry, seafood or shellfish may increase your risk of food borne illness.

Mastercard, Visa, & American Express accepted.

