

SPECIALTY COLD DRINKS

iced teas

Served with a side of simple syrup
(dissolved all natural sugar)

CLASSIC BLACK TEA

The traditional favorite served with a slice of lemon 2.99

WHITE PEACH-PEAR TEA

A soothing full flavored white tea blended with delicate sweet peaches and pears 2.99

SWEET RASPBERRY TEA

Naturally sweet raspberry flavor infused into a dazzling black tea 2.99

PAM'S HALF & HALF

A blend of our fresh squeezed lemonade and classic black iced tea 3.85

ICED VANILLA CHAI

Chilled vanilla chai tea served over ice 4.15

coffee chillout

FRESH BREWED ICED COFFEE

TP Blend Regular, Decaf or Flavor of the day.
Unlimited refills 2.89

HOUSE SPECIALTY SHAKE

Vanilla ice cream, chocolate syrup, Spanish espresso, whipped cream 4.99

CHOCOLATE CHIP SHAKE-A-CHINO

Frozen hot chocolate, milk, ice, espresso, chocolate chips and whipped cream 5.29

ICED CHAI CAFE

Chilled cinnamon chai, creamy espresso served on the rocks 4.65

ICED FLAVORED LATTE

Choose your flavor: regular, vanilla, caramel or mocha 4.39

shakes and smoothies

TROPICAL BLISS SMOOTHIE

Pineapple, whole banana, strawberry puree, & orange juice 4.89

BANANA WHIP SMOOTHIE

Banana, apple juice & strawberry yogurt 4.69

SUPER BERRY SMOOTHIE

Strawberries, yogurt & cranberry juice 4.69

CJ'S FROZEN HOT CHOCOLATE

Hot chocolate reborn at 20 degrees below zero 4.59

ANNIE'S LEMONADE

A frozen treat of pink lemonade blended with strawberries and ice 3.49

CHARLIE'S CHAI SHAKE

Vanilla ice cream blended with sweet spiced chai. It's smooth, creamy and cinnamon sweet 4.99

OLD FASHIONED MILK SHAKE

Real ice cream, regular milk, and your choice of strawberry, chocolate or vanilla. Nothing else inside this creation 4.69

soft drinks

Pepsi
Diet Pepsi
Sierra Mist
Root Beer
Pink Lemonade
Ginger Ale
2.49 - free refills

FRESH SQUEEZED

ORANGE JUICE

Try a glass of our fresh squeezed 100% natural Valencia orange juice. The season's finest squeezing oranges. Taste and availability subject to harvest conditions.

12oz 3.59 16oz 4.29

ALL NATURAL LEMONADE

Non-GMO lemons blended with just the right amount of sweetness. No artificial sweeteners, preservatives, flavors or high fructose corn syrup.

12oz 3.29 16oz 4.19

juices

Orange
Apple
Ruby Red Grapefruit
Cranberry
V8
2.49 sm - 2.99 lg

GOURMET HOT DRINKS

gourmet french press

The perfect way to drink coffee. Our French press coffee is ground per order and infused with purified water. It's a coffee connoisseurs dream.

TURNING POINT ORGANIC HOUSE BLEND 5.25 per

Our exclusive Turning Point organic house blend coffee is 100% Arabica Colombian Supremo beans. Our freshly roasted coffee is delivered to us weekly.

FLAVORED COFFEES 5.95 per

Hazelnut, French Vanilla, Sinful Delight (Caramel, Mocha, Hazelnut Blend). All of our flavored coffees are scented with natural oils that guarantee a quality cup.

COSTA RICAN 7.75 per

We offer the Tarrazu variety that renders a wonderful cup of tropical fruits and toasted pistachio. An extremely smooth tasting coffee with a sweet finish.

KENYAN AA 6.75 per

The AA grade denotes the finest Kenyan coffees available. This coffee assures brightness, a stoic solid body and smooth winy flavor. Our Kenyan AA is not a subtle delicate coffee but rather a bold coffee full of power and character.

HAWAIIAN KONA BLEND 8.25 per

Grown in volcanic soil on an island tropical paradise, Kona is considered one of the best balanced coffees in the world. Demand for this coffee creates minimal availability and exorbitant prices. We have created a perfect blend consisting of 100% Hawaiian Kona coffee with smooth South American beans to produce a cup that renders a light, mild flavor with a hint of sweetness.

JAMAICAN BLUE MOUNTAIN BLEND 8.75 per

100% Certified Jamaican Blue Mountain Coffee is one of the most sought after and expensive coffees in the world. Papua New Guinea coffee plantations in Indonesia were started using trees transplanted from the Jamaican Blue Mountain Range. The climate and growing conditions of each region are very similar. Our blend of these two wonderful coffees gives you an opportunity to taste an extremely smooth, slightly sweet cup with hints of floral aroma.



Roasted and Delivered weekly by our own roast house.
www.cowabungaweb.com

espresso bar

SALTED CARAMEL MOCHA-CHINO

Caramel drizzle, espresso, sea salt, steamed chocolate milk and whipped cream 4.65

NUTTY IRISHMAN

Espresso, Irish cream and hazelnut syrup, steamed whole milk, topped with whipped cream 4.65

VANILLA CHAI TEA LATTE

Spiced with ginger, honey and vanilla 4.15

LATTE OR CAPPUCCINO

Double espresso and steamed whole milk 4.49

UNLIMITED ORGANIC COFFEE

Turning Point's own 100% Arabica organic house blend
Includes a complimentary cup to go on request 2.50

heavenly hot chocolates

TRADITIONAL

Topped with whipped cream 2.65

S'MORES

Hot chocolate, toasted marshmallow syrup, whipped cream and crushed graham crackers 3.65

PEPPERMINT

Hot chocolate, pure cane peppermint syrup, whipped cream and crushed peppermint candies 3.65

REESES PEANUT BUTTER CUP

Hot chocolate, peanut butter sauce, whipped cream and mini Reeses cups 3.99

loose leaf hot teas

Mighty Leaf's reputation for creating handcrafted tea blends and globally sourcing the finest ingredients available will deliver an experience any tea lover will enjoy. Served in 12 oz. tea pots with no charge refills 2.49

CLASSIC BLACK

ORGANIC BREAKFAST*

A premium blend of black tea leaves from Ceylon, Darjeeling and Assam. A robust take on the classic English breakfast variety

HIMALAYAN PEAK DARJEELING ORGANIC

A rich blend of black tea leaves with a delicate balance of floral aromas

FLAVORED BLACK

EARL GREY ORGANIC*

High grown Ceylon and China black teas with smoky orange notes of bergamot fruit

ORANGE BLOSSOM

A rich brew with hints of bergamot, orange, vanilla, and jasmine blossoms

VANILLA BEAN

A deep blend of Ceylon and China black tea leaves with Madagascar vanilla

GREEN TEAS

GREEN TEA TROPICAL

A healthy and refreshing blend of smooth green tea leaves harmoniously blended with sweet tropical fruits rich in antioxidants

ORGANIC SPRING JASMINE

Smooth China green tea leaves naturally scented by layers of Arabian jasmine buds

ORGANIC GREEN DRAGON

This classic organic wok-fired green tea has a delicate chestnut like flavor, captivating aroma, and a lovely yellow green color

MARRAKESH MINT

Marrakesh mint and China Gunpowder are blended with refreshing peppermint cultivated on a mountain in the Tiznit

WHITE TEAS

WHITE ORCHARD

Mouth watering fruits of melon and peach harmoniously blended with delicate notes of pure China white tea

WHITE LOTUS

Smooth, delicate white tea leaves blended with zesty notes of ginger and hints of lemon

HERB AND FRUITED

CHAMOMILE CITRUS*

A refreshing infusion of soothing Egyptian Chamomile flowers and subtle slices of citrus fruit

ORGANIC AFRICAN NECTAR*

Rich in antioxidants, this blend of tropical African fruits and blossoms promote calm and relaxation with every sip

GINGER TWIST*

A lush infusion of lemongrass, tropical fruits, and mint with a touch of ginger and ginseng helps promote calm, focus and good health with a powerful dose of antioxidants

ORGANIC MINT MÉLANGE*

Organic peppermint leaves from the lush Middle Atlas Mountain range in Morocco capture the cool and pure essence of peppermint

*Available in naturally decaffeinated

15 PACK
TAKE HOME TEA BOX
895

BREAKFAST

• APPETIZERS •

FLORIDA COCKTAIL

An assortment of fresh cut fruit topped with crunchy granola and Dannon strawberry yogurt 6.79 *substitute Quinoa for granola - N/C*

AVOCADO ARTISAN TOAST

Toasted thick multigrain, plum tomato, crushed avocado, lemon zest, drizzle of extra virgin olive oil, cracked black pepper and coarse sea salt 5.85
Add 2 Eggs Any Style - 2.00 extra

FRUIT BRUSCHETTA

A fresh blend of diced mango, pineapple, strawberries and fresh mint with cinnamon pita points 6.99

• PANCAKES •

LEMON BLUEBERRY DREAM

Fresh blueberry pancakes, finely grated lemon peel 8.49

BERRY CHOCOLATY

Chocolate chip pancakes, fresh strawberries, chocolate drizzle 8.75

POWER GRAIN

7 healthy grains such as wheat bran, rolled oats, wheat germ, and flaxseed 8.49

PLAIN STACK

Always made from scratch with whipped butter, warm syrup and powdered sugar 7.25

Power grain pancakes may be substituted for all pancakes 1.00 extra

• WAFFLES •

SALTED CARAMEL WAFFLE

Chopped bacon, whipped vanilla mascarpone, brown sugar walnut crumble, caramel drizzle and coarse sea salt 10.25

TROPICAL CRUNCH

Fresh bananas, strawberries, mango, crunchy granola and a side of strawberry reduction 9.49

SOUTHERN CHICKEN & WAFFLES

Wedges topped with fried chicken tenders, chopped smoked bacon, sweet dried cranberries and our own homemade sausage gravy 13.49

PLAIN BELGIAN

Sprinkled with powdered sugar and a side of warm syrup and whipped butter 7.75

• FRENCH TOAST •

OMG

Dipped thick sliced wheat french toast topped with dollops of sweet mascarpone, sugar walnuts, caramel drizzle and chopped Virginia smoked bacon! 10.25

CORN BREAD

Our homemade corn bread topped with vanilla mascarpone, fresh slices of golden delicious apples, honey walnuts and caramel sauce 10.25

GRAND FRENCH

Thick sliced egg bread cooked in our own batter of pure vanilla, whipped eggs, brown sugar, cinnamon and fresh cream 9.25

100% Real Maple Syrup
Available - 1.00 per serving

• EGGSTRAORDINARY DISHES •

GRANDE HUEVOS RANCHEROS

Our version of the Mexican classic. Diced potatoes, chipotle peppers, chorizo sausage, onions, black beans, cilantro and avocado loaded on a wheat tortilla topped with melted mixed cheeses, salsa and sour cream. Your style of 3 eggs 10.79

POPEYE SKILLET

Baby spinach, sliced mushrooms, potatoes, melted jack cheese and a dollop of sour cream. Eggs your way 9.49

WILBUR SKILLET

Filled with crushed bacon, potatoes, avocado and diced tomato. Topped with melted Monterey jack cheese. Eggs your way 9.49

BASIC SKILLET

We take a skillet of potatoes, add a blend of melted cheeses and top the whole thing off with your choice of eggs 7.79
Build your own add .75 per item

FREEBIRD

Homemade cornbread topped with dried cranberries, candied walnuts, spicy sausage gravy and 2 sunnyside up eggs 10.99

BIG EASY BENEDICT

Cornbread topped with avocado, creole seasoned onions, peppers and chorizo. Topped with poached eggs and cajun hollandaise 10.99

EGGS BENEDETTO

Toasted ciabatta topped with plum tomato, fresh baby spinach, roasted peppers, sliced portobellos, pesto glazed poached eggs and hollandaise 10.79

CLASSIC BENEDICT

A toasted english muffin with slices of virginia ham, plum tomato and two poached eggs, then topped with hollandaise sauce 10.25

BREAKFAST NACHOS

Multicolored tortilla chips topped with scrambled eggs, spicy chicken chorizo sausage, bell peppers, red onions, black beans, cilantro and melted jack & cheddar cheeses served with sides of homemade salsa and sour cream 10.25

TRADITIONAL EGGS

Two farm fresh eggs served your style with country potatoes and a toasted english muffin 6.25 add breakfast meat 3.75

• OMELETTES •

WESTERN

Diced ham, fresh peppers, red onions and mixed cheddar and jack cheese 9.25

TUSCANY

Marinated peppers, fresh spinach, spiced sausage and fresh mozzarella 9.99

VEGGIE

Fresh seasonal vegetables and a blend of mixed cheeses 9.25

NY DELI

Chopped pastrami, caramelized sweet onions, fresh baby spinach and melted domestic Swiss cheese 10.25

BASIC

Three whipped eggs topped with a blend of Monterey jack and cheddar cheeses 8.75
Build your own add .75 per item

All omelettes served with potatoes, english muffin and side of fruit

• GOOD AND GOOD FOR YOU •

“NO YOLKS” ABOUT IT OMELETTE

Egg white omelette, baby spinach, diced tomato and a hint of cheese. Served with fresh salsa, a dry english muffin and fruit 9.99

IRON MAN COMBO

Egg white fresh veggie omelette, 1 power grain pancake and 2 lean breakfast chicken sausage links 11.99

GARDEN FRITTATA

Egg whites, roasted red pepper, portobello mushrooms, baby spinach and feta cooked frittata style served on a toasted wheat pita with fresh fruit 10.49

PESTO INFUSION SKILLET

Egg whites lightly infused with basil pesto, filled with tomatoes, avocado, diced onions and oven roasted portobellos. Served with dry english muffin and fresh fruit 9.99

BRUSCHETTA WHITE OMELETTE

Four egg whites, fresh chopped tomato bruschetta, baby spinach and a light sprinkle of feta served with a side of our fruit bruschetta and cinnamon wheat pita 10.75

* Consuming undercooked items such as meats or eggs may pose increased risk to foodborne illness.

LUNCH

first things first

CHEF'S SELECTION SOUP

Made from scratch, never out of a can
cup 4.00 bowl 4.95

TURKEY CHILI

Back in 1998, we created this delicious recipe and it has been our customers favorite ever since
cup 4.50 bowl 5.50

HOUSE STARTER SALAD

Mixed baby greens topped with red onions, roma plum tomatoes, fresh cucumber slices and julienned carrots 4.49

CHIPS & SALSA

Tricolored corn chips, our homemade salsa and a side of sour cream 4.25

SEASONAL FRUIT BOWL

Filled with the season's finest fruit 4.99

HOT ROLLED OATS

With raisins and brown sugar 4.49
Add fresh cut fruit: strawberries, blueberries, bananas or apples .75 each

SIDES

Pork sausage, chicken sausage, thick sliced bacon, smoked ham, grilled chicken breast 3.75

• sensational salads •

MARTHA'S VINEYARD

Mixed field greens tossed with grilled chicken, seasonal berries and mango. Topped with toasted coconut, honey walnuts and served with a slice of sourdough bread 10.15

SANTA FE

Spicy chicken breast over mixed greens with red onions, tomato, black beans, sweet corn, mixed cheeses and crushed tortilla chips. Served with multigrain pita 10.15

COSMOPOLITAN

Mixed baby greens topped with our cranberry walnut chicken salad, golden delicious apple slices, red seedless grapes, fresh pineapple and walnuts with pita wedges 9.99

CHOP CHOP SALAD

Chopped fresh romaine, crispy cubed chicken tenders, chopped smoked bacon, red onion, plum tomato, cucumber, and mixed cheddar jack cheese 10.49

GRILLED CHICKEN FETA

Baby mixed greens, grilled chicken breast, roasted red peppers, sliced cucumbers, red onions, plum tomatoes, portabello mushroom and feta cheese 9.99

salad dressings

- peppercorn ranch
- caesar
- cilantro honey dijon
- balsamic vinaigrette
- berry pomegranate vinaigrette

• SAVORY SANDWICHES •

ROADHOUSE STACK

Triple stack grilled cheese with a smokehouse aioli, jack and cheddar cheeses, thick crispy bacon, caramelized onions, avocado, tomato and baby spinach leaves 9.75

SEASIDE JERSEY CLUB

In-house roasted turkey, crisp bacon, plum tomatoes, onions, romaine and domestic Swiss on toasted thick sliced multigrain. Shore to please 9.49

PAVO CUBANO

Our version of the popular Cuban sandwich. Made with ham, roasted turkey breast, swiss cheese, tomato, pickles and honey mustard pressed on the grill. Served with a side of creamy sweet coleslaw 9.45

T.P. SALAD SANDWICH

Your choice of our homemade cranberry walnut chicken salad or chunk lite tuna salad piled high with plum tomato and spring lettuce on toasted artisan multigrain or sourdough bread 8.99

GRILLED BUBBIES SANDWICH

Hot pastrami, sautéed onions, fresh tomato, baby spinach, melted Swiss, honey mustard spread on griddled rye served with a side of house-made coleslaw and pickles 10.15

CHICKEN PESTO PANINI

Grilled all natural chicken, thin sliced zucchini, roasted red pepper, fresh melted mozzarella and a basil pesto spread 9.49

• TURNING POINT TEMPTATIONS •

CHICKEN CAESAR WRAP

Plump, all natural chicken breast, caesared romaine lettuce, wrapped in a whole wheat tortilla 9.15

CRANBERRY WALNUT CHICKEN SALAD WRAP

Roasted chicken breast tossed lightly with mayonnaise, honey walnuts and dried cranberries, with fresh spinach in a wheat honey wrap 9.49

TURKEY REUBEN MELT

Toasted sourdough with turkey breast, homemade julienned coleslaw, melted Swiss and a sweet honey dijon spread 9.99

ATLANTIC TUNA MELT

Homemade chunk lite tuna salad piled high on a grilled Ciabatta roll with plum tomato and melted domestic Swiss cheese 9.49

• nutritious & delicious •

EL FRESCO QUINOA BOWL

A protein packed mixture of the super grain quinoa, avocado, sauteed vegetables, black beans, a hint of chipotle all topped with our fresh salsa and cilantro. Served with a baby green side salad 9.99
Add all natural grilled chicken breast to make it the ultimate 3.75

ZUCCHINI "SPAGHETTI"

Sautéed julienned zucchini, roasted portabellos, roasted red peppers, fresh basil pesto and Italian parmesan cheese 10.25
add grilled all natural chicken breast 3.75

CREATE
YOUR OWN
COMBO

SELECT TWO:

1/2 salad
1/2 sandwich
cup of soup
10.49

1/2 SALAD

- Martha's Vineyard
- Santa Fe
- Cosmopolitan
- House Starter

1/2 SANDWICH

- Chicken Pesto Panini
- Seaside Jersey Club
- TP Salad Sandwich
- Turkey Reuben Melt

CUP OF SOUP

- Chef Selection Soup
- Turkey Chili