

BREAKFAST OPTIONS FOR OUR GLUTEN SENSITIVE GUESTS

Items included in this menu are based on information provided by our ingredient suppliers.

WARNING - The Turning Point does not have separate cooking areas, therefore we are unable to guarantee that any menu item is free from gluten or any other allergen. We assume no responsibility for guests with food allergies or sensitivities. Please inform the manager on duty of any allergens or food sensitivities when ordering.

Substitution options for gluten items are tortilla chips, quinoa, breakfast potatoes, celery sticks, romaine leaves or mixed greens.

• APPETIZERS •

FRUIT BRUSCHETTA

A fresh blend of mango, pineapple, strawberries and fresh mint served with a scoop of quinoa 6.99

SEASONAL FRUIT BOWL

Filled with the season's finest fruit 4.99

FLORIDA COCKTAIL

An assortment of fresh cut fruit topped with walnuts, quinoa and Dannon strawberry yogurt 6.79

• EGGCEPTIONAL DISHES •

GRANDE HUEVOS RANCHEROS

Our version of the Mexican classic. Diced potatoes, chipotle peppers, chorizo sausage, onions, black beans, cilantro and avocado 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

CLASSIC BENEDICT

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 6.25

*Add plump sausage, smoked thick bacon, chicken sausage or Virginia ham 3.75 each

EGGS BENEDETTO

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

• OMELETTES •

WESTERN

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

TUSCANY

Marinated roasted red peppers, fresh spinach, country 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

• GOOD AND GOOD FOR YOU •

"NO YOLKS" ABOUT IT OMELETTE

Egg white omelette, baby spinach, tomato and a hint of cheese. Served with salsa and fruit 9.99

PESTO INFUSION SKILLET

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

GARDEN FRITTATA

Egg whites, roasted red pepper, portabello mushrooms, baby spinach and feta cooked frittata style with a fresh fruit cup 10.49

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 quinoa 10.75

All omelettes served with potatoes and side of fruit

* Consuming undercooked items such as meats or eggs may pose increased risk to food borne illness

LUNCH OPTIONS

FOR OUR GLUTEN SENSITIVE GUESTS

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• 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, tomatoes, cucumbers and julienned carrots 4.49

CHIPS & SALSA

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

•sensational salads•

MARTHA'S VINEYARD

Mixed field greens tossed with grilled chicken, seasonal berries and mango. Topped with toasted coconut, and honey walnuts 10.15

SANTA FE

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

COSMOPOLITAN

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

GRILLED CHICKEN FETA

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

salad dressings

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

•SAVORY SELECTIONS•

SEASIDE JERSEY CLUB

Roasted turkey, crisp bacon, plum tomatoes, onions, romaine and domestic Swiss. 9.49

PAVO CUBANO

Made with ham, roasted turkey breast, Swiss cheese, tomato, pickles and honey mustard. Served with a side of creamy sweet coleslaw 9.45

CRANBERRY WALNUT CHICKEN SALAD

Roasted chicken breast tossed lightly with mayonnaise, honey walnuts & dried cranberries, with fresh spinach 9.49

GRILLED BUBBIES

Hot pastrami, sautéed onions, fresh tomato, baby spinach, melted Swiss, honey mustard spread. Served with a side of coleslaw & pickles 10.15

CHICKEN PESTO

Grilled chicken, zucchini, roasted red pepper, fresh mozzarella and a basil pesto spread 9.49

•••••TURNING POINT TEMPTATIONS•••••

CHICKEN CAESAR

Plump chicken breast, caesared romaine lettuce, and fresh grated parmesan cheese 9.15

CRANBERRY WALNUT CHICKEN SALAD

Chicken breast tossed lightly with Hellmann's mayonnaise, chopped walnuts & dried cranberries, layered with fresh baby spinach 9.49

SAUTEED VEGETABLE

Loaded with fresh seasonal vegetables sauteed to perfection with melted jack cheese 9.35

TURKEY REUBEN MELT

Turkey breast, homemade julienned coleslaw, melted Swiss and a sweet honey dijon spread 9.99

ATLANTIC TUNA MELT

Homemade tuna salad 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, artichoke hearts, roasted red peppers, homemade basil pesto and Italian parmesan cheese 10.25
add all natural grilled chicken breast 3.75

CREATE
YOUR OWN
COMBO

SELECT TWO:

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

1/2 SALAD

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

1/2 TEMPTATION

• Chicken Pesto
• Seaside Jersey Club
• Turkey Reuben Melt

CUP OF SOUP

• Chef Selection Soup
• Turkey Chili