



# TURNING POINT

breakfast, brunch & lunch®



Sourcing premium green coffee from remote corners of the world, using small batch roasting methods, weekly deliveries to our restaurants, proper handling and brewing ensures our guests receive a perfect cup of coffee. All varieties available for home purchase.

cowabungaweb.com

## FRENCH PRESS COFFEE

The perfect way to drink coffee. Our French press coffee is ground per order and infused with purified water in a 32oz French Press. It's a coffee connoisseurs dream. (0-5 cal)

- HAWAIIAN KONA BLEND**  
Delicate with floral notes gracefully dance on your tongue 9.25
- TP HOUSE BLEND**  
Wonderfully soft, nutty & chocolate balanced with subtle sweetness 6.95
- FLAVORED COFFEES**  
Infused with natural ingredients and oils to delight your senses 7.3
- JAMAICAN BLUE MOUNTAIN BLEND**  
An unparalleled smooth & earthy extraordinary blend 9.25
- COSTA RICAN PURE**  
Wonderfully elegant, exceptionally silky, full bodied & complex 8.25
- KENYAN AA PURE**  
Majestic, winey & rich Kenyan beans creates a vibrant, complex coffee 7.25
- NJ DEVIL BLEND**  
Marvelously robust, bold and savory yet sweet and creamy 8.5



## COFFEE CHILLOUT

### COLD BREW ICED COFFEE

Smooth and bold, no bitterness  
100% Arabica beans (0-5 cal) 3.5

### HOUSE ESPRESSO SPECIALTY SHAKE

Vanilla ice cream, chocolate syrup, house espresso, whipped cream (790 cal) 5.5

### CAMPFIRE LATTE

Chilled espresso, milk, toasted marshmallow syrup, whipped cream, chocolate, crushed graham crackers (410 cal) 5.5

### MILK ALTERNATIVES

Almond, Soy, Oat

## HOT espresso bar

### VANILLA CHAI TEA LATTE

Spiced with ginger, honey & vanilla (180 cal) 4.7

### SALTED CARAMEL MOCHA-CHINO

Caramel, espresso, sea salt, steamed chocolate milk & whipped cream (510 cal) 4.95

### LATTE OR CAPPUCINO

Double espresso & steamed whole milk (130 cal) 4.75

### DIRTY CHAI LATTE

Vanilla chai, mocha, and espresso (150 cal) 4.95

### UNLIMITED COFFEE

100% Arabica blend, complimentary cup to go (0-5 cal) 2.95



### TRADITIONAL

Topped with whipped cream (220 cal) 3.25

### S'MORES

Toasted marshmallow syrup, whipped cream & crushed graham crackers (390 cal) 3.95

### PEPPERMINT

Peppermint syrup, whipped cream & crushed peppermint (360 cal) 3.95

### PEANUT BUTTER CUP

Peanut butter, whipped cream & mini peanut butter cups (570 cal) 4.25

## COLD PRESSED JUICES

### WALK ON THE BEACH

Antioxidant blend of carrot, golden beets, apple, lemon & digestive aid ginger (120 cal) 5.5

### KALE TO THE KING

Immune system boost of spinach, apple, lemon & of course power packed kale (120 cal) 5.5

### JUST BEET IT

A delicious elixir of red beets, carrot, orange, apple, pineapple & healthy ginger (130 cal) 5.5

### FLIGHT OF JUICES

Can't decide on just one... Try em all! Take a flight and pick a fourth juice of your choice (160-200 cal) 8.25

## iced teas

### PAM'S HALF & HALF

All natural lemonade & classic black iced tea (100 cal) 4.4

### ICED VANILLA CHAI

Chilled vanilla chai tea over ice (90 cal) 4.5

### CLASSIC BLACK TEA

The traditional favorite (0-5 cal) 3.15

## juices

### 100% NATURAL ORANGE JUICE

(170 cal) 3.75

### ALL NATURAL LEMONADE

(260 cal) 4.4

Apple (170 cal), Ruby Red Grapefruit (160 cal), Cranberry (cal. 170), V8 (cal. 60) 2.95

## SHAKES & SMOOTHIES

### CJ'S FROZEN HOT CHOCOLATE

Hot chocolate reborn at 20 degrees below zero (710 cal) 4.95

### ANNIE'S LEMONADE

Frozen pink lemonade blended with strawberries (160 cal) 3.95

### CHARLIE'S CHAI SHAKE

Vanilla ice cream blended with sweet spiced chai (920 cal) 5.3

### OLD FASHIONED MILK SHAKE

Your choice of strawberry, chocolate or vanilla (860 - 960 cal) 5.3

### TROPICAL BLISS SMOOTHIE

Pineapple, banana, strawberry puree & orange juice (250 cal) 5.3

### BANANA WHIP SMOOTHIE

Banana, apple juice & strawberry yogurt (330 cal) 5.3

## LOOSE HOT TEAS



Steven Smith, the innovated genius who started Tazo Teas before selling the brand to Starbucks now has upped his game with the goal of staying small and only buying the best tea's on the market and creating the perfect blends for the culinary world. Turning Point is proud to partner with this amazing company. (0-5 cal) 2.6

## SEE BACK OF MENU FOR TEA VARIETIES

Green & White Teas  
Black Teas  
Herbal Infusions

# SHARABLES FOR THE TABLE

## WE PROPOSE A TOAST

### AVOCADO ARTISAN TOAST

Thick multigrain, plum tomato, crushed avocado, lemon zest, EVOO, cracked black pepper & coarse sea salt (750 cal) 8.25  
Add 2 Eggs Any Style\* (150 cal) 2.5 extra

### THE "KING" BANANA TOAST

Thick multigrain bread, smashed bananas, peanut butter, chopped walnuts, oats, honey drizzle (990 cal) 6.85

### APPLE PEANUT BUTTER TOAST

Thick multigrain bread, sliced apples, peanut butter, chopped walnuts, oats, honey drizzle (960 cal) 6.85

### NEW YORKER SALMON PLATTER

Smoked salmon, cucumbers, tomatoes, pickled onions, avocado, Philly cream cheese & a toasted bagel, garnished with everything seasoning (550 cal) 11.95

### BACON LOLLIPOPS

Roasted brown sugar bacon & apple skewers (440 cal) 7.45

### XXL BOURBON PEPPER BACON

Super thick bourbon caramel bacon, cracked black & red pepper, brown sugar cinnamon dry rub (1300 cal) 8.95

### CHEF'S SOUP

Inspirations from our chef. Please ask your server (200-480 cal) 5.25

### TURKEY CHILI

We created this delicious recipe back in 1998. It's been our guests favorite ever since (590 cal) 5.25

## PANCAKED

### FLIGHT OF PANCAKES

Pick any three of our homemade pancakes from below (1010-1140 cal) 10.95  
A fun sharable starter

### LEMON BLUEBERRY DREAM

Fresh blueberry, finely grated lemon peel (1060 cal) 9.25

### BERRY CHOCOLATY

Chocolate chips, fresh strawberries, chocolate drizzle (1370 cal) 9.5

### CINNAMON ROLL

Sweet cinnamon swirls, cream cheese frosting (1290 cal) 9.5

### BOURBON WALNUT BANANA

Banana slices, chopped walnuts, bourbon syrup infused caramel sauce (1420 cal) 9.95

### POWER GRAIN

Homemade power packed with nutrient rich grains (960 cal) 9.5

### I CAN'T BELIEVE THEY'RE VEGAN

Homemade 100% vegan, fresh bananas & strawberries (810 cal) 9.25

### PLAIN STACK

Always made from scratch, whipped butter & warm syrup (1010 cal) 8.5

Power grain pancakes may be substituted at no charge

**ASK ABOUT OUR PANCAKE OF THE WEEK**

## WAFFLING

### SALTED CARAMEL

Chopped bacon, candied walnuts, sweet cream drizzle, caramel & coarse sea salt (1060 cal) 10.95

### TROPICAL CRUNCH

Bananas, strawberries, mango, crunchy granola & strawberry reduction (1070 cal) 10.3

### SOUTHERN CHICKEN

Fried chicken tenders, chopped bacon, sweet dried cranberries & our own sausage gravy (1380 cal) 14.8

### PLAIN BELGIAN

Served with warm syrup & whipped butter (460 cal) 8.5

## GET TOASTY

### OMG

Thick sliced wheat French toast, chopped bacon, candied walnuts, caramel & sweet cream drizzle (1020 cal) 10.95

### GRAND FRENCH

Thick sliced brioche cooked in our own batter of vanilla, eggs, brown sugar, cinnamon & fresh cream (720 cal) 9.95

### STRAWBERRY CHEESECAKE

Our Grand French toast, strawberries, crushed graham cracker, cheesecake frosting & warm strawberry reduction (1060 cal) 10.95

100% Real Maple Syrup (180 cal) 1.50 per serving

## EGGS•TRA•ORDINARY DISHES

### WILBUR SKILLET\*

Crushed bacon, potatoes, avocado, diced tomato, jack. Two eggs your way, english muffin (870 cal) 10.95

### POPEYE SKILLET\*

Sautéed button mushrooms, baby spinach, potatoes, jack, a dollop of sour cream. Two eggs your way, english muffin (730 cal) 10.95

### BASIC SKILLET\*

A skillet of potatoes, cheddar jack & two eggs your way with english muffin (680 cal) 9.3  
Build your own add (10-130 cal) .85 per item

### TRADITIONAL EGGS\*

Two eggs served your way, toasted english muffin, with side of potatoes or citrus tossed greens (350-490 cal) 6.95  
add breakfast meat 3.95

### CLASSIC PORK ROLL SAMMY

Toasted plain bagel, loaded with grilled Taylor pork roll, two over hard eggs & american cheese with side of potatoes or citrus tossed greens (1160-1300 cal) 7.3

### GRANDE HUEVOS RANCHEROS\*

Potatoes, chipotle peppers, chicken chorizo, black beans, cheddar jack in a wheat tortilla. Topped with three eggs your way, salsa, avocado, sour cream (1230 cal) 12.3

### LOW COUNTRY SHRIMP HASH BOWL\*

Cajun hash, shrimp, chopped bacon, caramelized onions, roasted peppers & two poached eggs with a side of chorizo gravy & cornbread (1050 cal) 12.3

## SO•MANY BENNYS

Choice of citrus dressed mixed greens (60 cal) or morning potatoes (200 cal)

### BIG EASY BENEDICT\*

Cornbread, avocado, onions, peppers, chicken chorizo, two poached eggs, creole spiced hollandaise (850 cal) 12.3

### CLASSIC BENEDICT\*

English muffin, ham, tomato, two poached eggs, hollandaise sauce (720 cal) 12.3

### AVOCADO SMASH BENNY\*

Ciabatta bread, avocado smash, plum tomato, bacon, two poached eggs, hollandaise (830 cal) 12.3

### SMOKED SALMON BENEDICT\*

English muffin, smoked salmon, plum tomato, pickled onion, two poached eggs, everything seasoned hollandaise (670 cal) 12.3

## GOOD AND GOOD FOR YOU

### CROSSFIT KALE OMELET

Six egg whites, sautéed kale, caramelized onions, mixed seasonal vegetables. Served with citrus dressed mixed greens (350 cal) 10.95

### ENLIGHTENED OMELET

Pesto infused egg white omelet, roasted peppers, mushrooms, baby spinach and feta cheese. Served with a mozzarella tomato caprese (530 cal) 11.5

### HOT OATMEAL

With brown sugar (270 cal) 4.5  
Add fresh cut fruit:  
strawberries, blueberries, bananas (15-40 cal) .85 each

### GOOD MORNING FLATBREAD

Pesto, spinach, chicken sausage, roasted peppers, caramelized onions, goat cheese, two sunny side up eggs (970 cal) 11.95

### HEALTH FREAK COMBO

CrossFit Kale Omelet (150 cal)  
Power Grain Pancake (320 cal)  
Turkey Bacon (180 cal)  
(Substitutions ok by us) 14.45

### HEALTHY HABIT BOWL

Sautéed kale & mixed seasonal vegetables, roasted peppers, caramelized onions, basil & garlic, chicken, feta cheese and balsamic glaze (540 cal) 11.25

## lettuce toss it

### MARTHA'S VINEYARD

Mixed greens, grilled chicken, seasonal berries, mango, toasted coconut & honey walnuts (490 cal) 10.95

### COSMOPOLITAN

Mixed greens, cran-walnut chicken salad, golden delicious apple slices, red seedless grapes, fresh pineapple & roasted walnuts (1270 cal) 11.5

### CHOP CHOP SALAD

Fresh romaine, crispy cubed chicken tenders, chopped bacon, red onion, tomato, cucumber & cheddar jack cheese (790 cal) 10.5

**SALAD DRESSINGS** cilantro honey dijon (250 cal) • balsamic vinaigrette (320 cal) • citrus lemon vinaigrette (230 cal) • peppercorn ranch (200 cal)

## HIGH NOON EATS

Sandwiches come with choice of citrus dressed mixed greens (60 cal) or chips and salsa (260 cal)

### CHICKEN PESTO PANINI

Grilled chicken, zucchini, roasted red pepper, melted fresh mozzarella & pesto on a pressed ciabatta roll (740 cal) 10.5

### ROADHOUSE BACON STACK

Triple stack grilled cheese, smokehouse aioli, cheddar jack, thick crispy bacon, caramelized onions, tomato & baby spinach (1150 cal) 10.5

### SEASIDE JERSEY CLUB

Roasted turkey breast, crisp bacon, plum tomatoes, onions, romaine & domestic Swiss on toasted thick sliced multigrain (540 cal) 9.6

### PAVO CUBANO

Our version of the popular Cuban sandwich, ham, roasted turkey breast, Swiss cheese, tomato, pickles & honey mustard pressed on the grill (650 cal) 10.2

### LOADED CABO FLATBREAD

Chipotle aioli spread, spinach, grilled chicken, chopped bacon, caramelized onions, diced tomatoes, avocado, cilantro, cheddar jack (1440 cal) 12.3

### CRAN-WALNUT CHICKEN SALAD SANDWICH

Roasted chicken breast, chopped walnuts, dried cranberries tossed lightly with mayonnaise & fresh baby spinach on your choice of toast or wrap (1220 cal) 9.6  
Grab a quart of chicken salad to take home 11.

## CREATE YOUR OWN COMBO

ANY 2 FOR 9.95

### 1/2 SALAD

- Martha's Vineyard (245 cal)
- Cosmopolitan (635 cal)
- Chop Chop (395 cal)

### 1/2 SANDWICH

- Chicken Pesto Panini (420 cal)
- Seaside Jersey Club (250 cal)
- Cran-Walnut Chicken Salad Sandwich on your choice of toast (600 cal)

### CUP OF SOUP

- Chef Soup (100-240 cal)
- Turkey Chili (290 cal)

## OM~E~LET YOU DECIDE

Three egg omelets, your choice of morning potatoes (200 cal) or citrus dressed greens (60 cal)

### WESTERN

Ham, peppers, onions, cheddar jack (620 cal) 10.5

### KEY WEST SHRIMP

Shrimp, avocado, bacon, tomato, cilantro, jack cheese (740 cal) 11.95

### TUSCANY

Roasted red peppers, baby spinach, sausage & mozzarella (610 cal) 11.95

### VEGGIE

Seasonal vegetables, cheddar jack (580 cal) 10.5

### THE G.O.A.T.

Spinach, caramelized onions, chopped bacon, roasted red peppers and goat cheese (610 cal) 10.95

### BASIC YOUR WAY

Topped with cheddar jack (560 cal) 9.95  
Build your own add (10-130 cal) .85 per item

## THE MEATS

- Your choice 3.95
- Pork sausage (310 cal)
- Chicken sausage (130 cal)
- Bacon (130 cal)
- Turkey bacon (180 cal)
- Smoked ham (130 cal)
- Taylor pork roll (290 cal)
- Chicken breast (190 cal)

# WINTER SPECIALS

## NUTELLA LATTE

Nutella whipped with espresso, whole steamed milk, topped with whipped cream and milk chocolate hazelnut candy (430 cal) 4.95



## NOR' EASTER HOT CHOCOLATE

A mix of hot chocolate and vanilla chai topped with whipped cream, chocolate chips and rock candy crumbles (300 cal) 4.25

## SHAKSHUKA



## SHAKSHUKA (EGGS IN PURGATORY)

A take on the very popular Mediterranean dish. 3 eggs, poached in our exotic spiced tomato sauce with sautéed peppers and onions, finished with goat cheese and fresh cilantro. Served with sour cream and toasted ciabatta bread (610 cal) 10.75

## STRAWBERRY BANANA NUTELLA WAFFLE

Crispy waffle with Nutella drizzle, fresh cut strawberries and bananas. Served with a side of strawberry reduction (810 cal) 9.75

## REESE'S PEANUT BUTTER CUP PANCAKES

Chocolate chip pancakes topped with mini Reese's peanut butter cups, chocolate syrup and Reese's peanut butter sauce (1600 cal) 10.25

## LOADED BACON CHEDDAR WRAP

Smoked Virginia bacon, melted cheddar jack cheese, roasted potatoes, caramelized onions, roasted red peppers and chipotle aioli, in a grilled whole wheat wrap. Served with chips and salsa (1270 cal) 9.25



## brew-TEA-full options

### GREEN & WHITE TEAS

#### WHITE PETAL

Delicate leaves from China's Fujian Province are naturally high in antioxidants. Egyptian chamomile and Chinese osmanthus flowers add sweet fragrance

#### MAO FENG SHUI

Green tea from Zhejiang China has a slightly sweet, vegetative taste and aroma and fresh aftertaste. Exceptionally rich in antioxidants

#### FEZ MOROCCAN

Rare green teas from China, with aromatic spearmint grown in the Pacific Northwest, a hint of lemon myrtle from Australia. Fez artfully evokes old Morocco

#### JASMINE SILVER TIP

Delicate, tender green tea leaves from China's Fujian Province harvested and steam-fired to maintain their flavor - then placed amid jasmine buds

### BLACK TEAS

#### BUNGALOW

A blend of Himalayan, Darjeeling teas produce a light, yet complex tea with the aroma and flavor of fruits, nuts and flowers complemented by rich, toasty, buttery notes

#### BRITISH BRUNCH

A rich blend of full-bodied Indian Assam teas paired with succulent Ceylon Dimbula, intense and floral Ceylon Uva, and a touch of smoky Keemun. The perfect breakfast tea

#### LORD BERGAMOT

A flavor somewhat superior to traditional Earl Grey. Ceylon Dimbula and Uva are artfully combined with teas from India's Assam valley, then scented with bergamot from Reggio Calabria, Italy

#### BLACK LAVENDER

A glorious bouquet of delicate French lavender paired with black Ceylon and lapsang souchong teas, fruity black currant and sweet vanilla

### HERBAL INFUSIONS

#### MEADOW

Caffeine-free blend of golden Egyptian chamomile flowers and mildly stimulating, fragrant hyssop and smooth Cape rooibos, rose petals and linden flowers

#### RED NECTAR

Caffeine-free infusion of rooibos (red bush) from Clanwilliam in South Africa, paired with succulent honeybush and a bit of natural orchard fruit flavor

#### BIG HIBISCUS

Luscious red hibiscus with Indian sarsaparilla, ginger, pink rose petals, and elderflowers from Europe. Deep red, complex, nuanced and caffeine free

#### GOLDEN LIGHT

Gold standard of turmeric teas, this infusion is filled with feelings of sweet well-being, activated by black pepper, lemon, cardamom and smooth sarsaparilla



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