

FRENCH PRESS COFFEE

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.



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.

Roasted and delivered weekly by our own roast house. cowabungaweb.com

HAWAIIAN KONA BLEND

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 8.49 per

KENYAN AA PURE

The AA grade denotes the finest Kenyan coffees available. This coffee assures brightness, a stoic solid body and smooth winery flavor. Our Kenyan AA is not a subtle delicate coffee but rather a bold coffee full of power and character 6.99 per

TP ORGANIC HOUSE BLEND

Our exclusive Turning Point organic house blend coffee is 100% Arabica Colombian Supremo beans. micro roasted and delivered to us weekly 5.75 per

JAMAICAN BLUE MOUNTAIN BLEND

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 8.99 per

COSTA RICAN PURE

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 7.99 per

FLAVORED COFFEES

Hazelnut, French Vanilla, Sinful Delight (Caramel, Mocha, Hazelnut Blend). Scented with natural oils that guarantee a quality cup 6.25 per

heavenly HOT CHOCOLATES

TRADITIONAL

Topped with whipped cream 2.79

S'MORES

Hot chocolate, toasted marshmallow syrup, whipped cream & crushed graham crackers 3.79

PEPPERMINT

Hot chocolate, pure cane peppermint syrup, whipped cream & crushed peppermint candies 3.79

PEANUT BUTTER CUP

Hot chocolate, peanut butter, whipped cream & mini peanut butter cups 3.99

espresso bar

VANILLA CHAI TEA LATTE

Spiced with ginger, honey & vanilla 4.49

SALTED CARAMEL MOCHA-CHINO

Caramel drizzle, espresso, sea salt, steamed chocolate milk & whipped cream 4.79

NUTTY IRISHMAN

Espresso, Irish cream & hazelnut syrup, steamed whole milk, topped with whipped cream 4.79

LATTE OR CAPPUCCINO

Double espresso & 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 2.69

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 2.59

CLASSIC BLACK

ORGANIC BREAKFAST*

A premium blend of black tea leaves from Ceylon, Darjeeling & Assam.

DARJEELING ORGANIC

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

FLAVORED BLACK

EARL GREY ORGANIC*

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

ORANGE BLOSSOM

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

VANILLA BEAN

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

WHITE TEA

WHITE ORCHARD

Mouth watering Fruits of melon & peach blended with delicate China white tea

GREEN TEAS

GREEN TEA TROPICAL

Refreshing blend of smooth green tea leaves blended with sweet tropical fruits

ORGANIC SPRING JASMINE

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

ORGANIC GREEN DRAGON

Organic wok-fired green tea has a delicate chestnut like flavor & captivating aroma

MARRAKESH MINT

Marrakesh mint & China Gunpowder are blended with refreshing peppermint

HERB AND FRUITED

CHAMOMILE CITRUS*

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

ORGANIC AFRICAN NECTAR*

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

GINGER TWIST*

A lush infusion of lemongrass, tropical fruits, & mint with a touch of ginger & ginseng helps promote calm, focus & 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 & pure essence of peppermint

*Decaffeinated naturally

15 PACK
TAKE HOME TEA BOX 8.95

APPETIZERS

BACON LOLLIPOPS

Thick brown sugar smoked bacon wrapped around a golden apple wedge 6.95

FRUIT BRUSCHETTA

Temporarily
unavailable

AVOCADO ARTISAN TOAST

Toasted thick multigrain, plum tomato, crushed avocado, lemon zest, drizzle of extra virgin olive oil, cracked black pepper & coarse sea salt 6.79

Add 2 Eggs Any Style* - 2.25 extra

CHEF'S SOUP

Inspirations from our chef.
Please ask your server
cup 4.00 bowl 4.95

TURKEY CHILI

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

PANCAKES

FLIGHT OF PANCAKES

Pick any three of our homemade pancakes from below 10.25
It's a fun sharable starter for the table

LEMON BLUEBERRY DREAM

Fresh blueberry pancakes, finely grated lemon peel 8.75

BERRY CHOCOLATY

Chocolate chip pancakes, fresh strawberries, chocolate drizzle 8.95

CINNAMON ROLL PANCAKES

Cinnamon sweet swirls topped with cream cheese frosting 8.99

BOURBON WALNUT BANANA CAKES

Caramel sugar glaze infused with a hint of bourbon syrup, fresh sliced bananas, roasted walnuts 9.25

POWER GRAIN

Ten healthy grains such as, rolled oats, barley & flaxseed 8.75

I CAN'T BELIEVE THEY'RE VEGAN PANCAKES

Our own homemade vegan pancakes topped with fresh sliced bananas & strawberries 8.59

PLAIN STACK

Always made from scratch with whipped butter & warm syrup 7.49

Power grain pancakes may be substituted for all pancakes. No charge

WAFFLES

SALTED CARAMEL WAFFLE

Chopped bacon, whipped vanilla mascarpone, brown sugar walnut crumble, caramel drizzle & coarse sea salt 10.49

TROPICAL CRUNCH

Fresh bananas, strawberries, mango, crunchy granola & side of strawberry reduction 9.75

SOUTHERN CHICKEN & WAFFLES

Wedges topped with fried chicken tenders, chopped bacon, sweet dried cranberries & our own sausage gravy 13.79

PLAIN BELGIAN

Served with warm syrup & whipped butter 7.99

FRENCH TOAST

OMG

Thick sliced wheat french toast topped with sweet mascarpone, sugar walnuts, caramel drizzle & chopped smoked bacon!! 10.25

CORN BREAD

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

GRAND FRENCH

Thick sliced brioche cooked in our own batter of vanilla, whipped eggs, brown sugar, cinnamon & fresh cream 9.49

100% Real Maple Syrup
Available - 1.50 per serving

OMELETTES

Three egg omelettes served with english muffin & your choice of breakfast potatoes or tossed greens in a light citrus vinaigrette

WESTERN

Diced Virginia ham, fresh peppers, red onions & blend of cheddar jack mixed cheeses 9.49

KEY WEST SHRIMP

Sautéed shrimp, fresh avocado, bacon, tomato, cilantro, Monterey jack cheese 10.79

TUSCANY

Roasted red peppers, baby fresh spinach, spiced sausage & fresh sliced mozzarella 10.25

VEGGIE

Fresh seasonal vegetables & blend of cheddar jack mixed cheeses 9.49

BASIC YOUR WAY

Topped with a blend of Monterey jack & cheddar cheeses 8.79
Build your own add .85 per item

EGGS-TRA-ORDINARY DISHES

WILBUR SKILLET*

Crushed bacon, potatoes, avocado, diced tomato, melted Monterey jack cheese. Eggs your way with english muffin 9.89

POPEYE SKILLET*

Baby spinach, sliced mushrooms, potatoes, melted jack cheese, a dollop of sour cream.
Eggs your way with english muffin 9.89

BASIC SKILLET*

We take a skillet of potatoes, a blend of melted cheeses & eggs your way with english muffin 8.25
Build your own add .85 per item

GRANDE HUEVOS RANCHEROS*

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

TRADITIONAL EGGS*

Two farm fresh eggs served your style with country potatoes & a toasted english muffin 6.49
add breakfast meat 3.79

LOW COUNTRY SHRIMP HASH BOWL*

Cajun seasoned potatoes, sautéed shrimp, chopped bacon, caramelized onions, roasted peppers topped with our sausage gravy & two poached eggs with a side of cornbread 10.79

BIG EASY BENEDICT*

Cornbread topped with avocado, creole seasoned onions, peppers & chicken chorizo. Topped with two poached eggs & creole spiced hollandaise, served with potatoes 11.29

EGGS BENEDETTO*

Toasted ciabatta topped with plum tomato, fresh baby spinach, roasted peppers, portobellos, pesto glazed poached eggs & hollandaise & served with potatoes 10.99

CLASSIC BENEDICT*

A toasted english muffin with slices of Virginia ham, plum tomato & two poached eggs, then topped with hollandaise sauce & served with potatoes 10.75

AVOCADO SMASH BENNY*

Toasted ciabatta bread, avocado smash, plum tomato, bacon strips topped with hollandaise & served with potatoes 10.49

GOOD AND GOOD FOR YOU

Check our specials for other healthy options

“NO YOLKS” ABOUT IT OMELETTE

Egg white omelette, baby spinach, diced tomato & a hint of cheese. Served with fresh salsa & dry english muffin 10.19

PESTO INFUSION SKILLET

Egg whites lightly infused with basil pesto, filled with tomatoes, avocado, diced onions & oven roasted portobellos. Served with dry english muffin 10.29

GARDEN FRITTATA

Egg whites, roasted red pepper, portobello mushrooms, baby spinach & feta cheese cooked frittata style. Served with toasted wheat pita 10.79

HOT OATMEAL

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

sensational salads

MARTHA'S VINEYARD

Mixed field greens topped with grilled chicken, seasonal berries & mango. Topped with toasted coconut & honey walnuts 10.29

SANTA FE

Spicy chicken breast over mixed greens with red onions, tomato, black beans, sweet corn, mixed cheeses & crushed tortilla chips 10.29

COSMOPOLITAN

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

CHOP CHOP SALAD

Chopped fresh romaine, crispy cubed chicken tenders, chopped smoked bacon, red onion, plum tomato, cucumber & 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 & feta cheese 10.29

salad dressings

peppercorn ranch • caesar
cilantro honey dijon
balsamic vinaigrette
citrus lemon vinaigrette

SAVORY SANDWICHES

Served with Chips & Homemade Salsa

CHICKEN PESTO PANINI

Grilled chicken, thin sliced zucchini, roasted red pepper, melted fresh mozzarella & basil pesto spread on a pressed ciabatta roll 9.59

ROADHOUSE BACON STACK

Triple stack grilled cheese with a smokehouse aioli, jack & cheddar cheeses, thick crispy bacon, caramelized onions, tomato & baby spinach leaves 9.99

SEASIDE JERSEY CLUB

Roasted turkey breast, crisp bacon, plum tomatoes, onions, romaine & domestic Swiss on toasted thick sliced multigrain. Shore to please 9.59

PAVO CUBANO

Our version of the popular Cuban sandwich. Made with ham, roasted turkey breast, Swiss cheese, tomato, pickles & honey mustard pressed on the grill. Served with a side of creamy sweet coleslaw 9.59

T.P. SALAD SANDWICH

Homemade cranberry walnut chicken salad piled high with plum tomato & spring lettuce on toasted multigrain or sourdough bread 8.99

CLASSIC PORK ROLL SAMMY

Toasted plain bagel, loaded with grilled Taylor pork roll, 2 over hard eggs & melted american cheese. Served with a side of breakfast potatoes or citrus vinaigrette tossed greens 7.29

bowls of deliciousness

Served with baby greens & citrus vinaigrette

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 & cilantro 9.89

*Add all natural grilled chicken breast 3.79

CILANTRO LIME SHRIMP BOWL

Temporarily unavailable

PESTO ZUCCHINI BOWL

Sautéed julienned zucchini, roasted portobellos, roasted red peppers, fresh basil pesto & Italian parmesan cheese 10.25

*Add all natural grilled chicken breast 3.79

HONEY SRIRACHA CHICKEN BOWL

Sautéed fresh kale, black beans, corn, peppers, fresh avocado, brown rice & honey sriracha glazed chicken breast, 9.89

Wraps & Melts

Served with Chips & Homemade Salsa

CRANBERRY WALNUT CHICKEN SALAD WRAP

Roasted chicken breast, chopped walnuts, dried cranberries tossed lightly with mayonnaise. With fresh baby spinach in a soft wheat wrap 9.59

MAHALO VEGGIE WRAP

Temporarily unavailable

TURKEY REUBEN MELT

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

ATLANTIC TUNA MELT

Temporarily unavailable

CREATE YOUR OWN COMBO

ANY 2 FOR 9.99

1/2 SALAD

- Martha's Vineyard
- Santa Fe
- Cosmopolitan
- Chop Chop

1/2 SANDWICH

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

CUP OF SOUP

- Chef Soup
- Turkey Chili

THE MEATS Pork sausage, chicken sausage, thick sliced bacon, smoked ham, Taylor pork roll, all natural chicken breast 3.79

Udi's gluten free bread available. We are not a gluten free kitchen and cannot guarantee cross contamination will not occur.