



# 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.

### Quiche Dujour

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

### • Cha Cha Bowl

2 fried eggs\* over rice, with black beans, avocado salsa, cholula crema & pickled red onion garnish 13.

### Sandwiches with pickle & chips 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 Salad.....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

### • Smoothies.....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

**Peanut Butter Perk:** espresso, peanut butter, banana, cinnamon, almond milk

### 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.  
add peanut butter... 1.

### Belgium Waffle... 8.

with fresh fruit ... add 4. 100% maple syrup ... 2.  
whipped cream upon request

### 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, strawberries, avocado, toasted almonds, feta & balsamic 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. • Hummus 4.  
• 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.

**The Medley:** veggie crudites, fresh fruit, vermont cheddar, on mixed greens, with naan toast,  
with chicken salad, tuna salad, or hummus ... 18. lobster salad ... 27.

### Beverages beer and wine also available.

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|------------------------------|--------------------------------|
| 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       | Lemonade.....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.

