



Among the Flowers Cafe



Quiche Dujour

Choose from a variety of daily creations with fresh fruit or salad15.

Morning Sandwich

*Two Fried Eggs with your choice of: American or Cheddar Cheese Bacon, Sausage, Ham, or Linguica Toasted White, Multigrain, English Muffin, or Ciabatta Served with Home Fries..... 10.

Rise-n-Shine

*Two Eggs Fried or Scrambled with your choice of: Bacon, Sausage, Ham, or Linguica Toast: White, Multigrain, English Muffin Served with Home Fries..... 12.

• Quinoa and Lentil Breakfast Bowl

with 2 fried eggs*, sauteed spinach & kale, avocado, grape tomatoes & feta.....15.

• Cha Cha Bowl

2 fried eggs* over rice, with black beans, avocado salsa, cholula crema & pickled red onion garnish 15.

Good Morning Yogurt Bowl

Greek yogurt topped with strawberries, bananas, honey, our granola, ground flax seeds and cocoa nibs 13.

Sandwiches

white, multigrain, or bulky roll (* gluten free bread...add 2.)

lettuce, tomato, mayo, dijon mustard, hot peppers ADD: American, Cheddar, or Avocado 1.00ea

- Lobster Salad Roll 29.95
 - Chicken Salad.....12.95
 - Tuna Salad..... 12.95
 - Ham and Cheese.....12.95
 - Turkey Breast.....12.95
 - Turkey Breast with Bacon..... 14.95
 - Grilled Chicken Breast..... 13.95
 - BLT.....12.95
 - Hummus ,Veggie & Quinoa Wrap13.95
 - Grilled Cheese on Texas Toast.....9.5
 - 1/4lb. All Beef Hot Dog..... 9.5
- Bag of Chips.....2.

Take-Away or Patio Seating Breakfast & Lunch 8am-2pm

17 Mayhew Lane Edgartown

508-627-3233

amongtheflowersmv.com

Acai Bowl

Topped with our granola, coconut, honey, cocoa nibs, banana, strawberries and blueberries..... 14.5 add peanut butter... 1.

Belgium Waffle..... 8.

with fresh fruit ... add 5. 100% maple syrup ... 2. whipped cream upon request

Specialties

- Chia Pudding with fruit, toasted almonds & maple syrup....10.
- Homemade Muffins.....3.5
- Homemade Granola w/milk or yogurt.....8.
- with fresh fruit 13.
- Homemade Steel Cut Oatmeal..... 8.
- granola, honey, brown sugar available
- with fresh fruit13.
- Fresh Fruit Bowl..... 9.

Salads

- Powerhouse Salad: baby kale & spinach, quinoa, blueberries, strawberries, avocado, toasted almonds, feta & balsamic vinaigrette dressing..... 18.
- Summer Salad: mixed greens, goat cheese, strawberries, blueberries, candied pecans, red onion & lemon honey vinaigrette.....17.
- Caesar Salad crisp romaine, housemade croutons, shaved parmesan, homemade creamy dressing..... 13.5
- Salad Add Ons: Tuna or Chicken Salad6. Hummus.....5 Grilled Chicken..... 6. Lobster Salad.....20
- Asian Chop Salad: mixed greens with grilled chicken, napa cabbage, edamame, red & yellow pepper, wasabi peas, spicy Thai peanut dressing..... 18.

The Medley veggie crudites, fresh fruit, Vermont cheddar, on mixed greens, with naan toast, choice of: chicken salad, tuna salad, or hummus 21. lobster salad..... 35.

Beverages beer and wine also available.

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| Coffee, Tea, Herb Tea..... 2.95 | Chai hot or iced..... 4.75 | Iced Tea, Green Tea.....3.95 |
| Iced Coffee..... 3.95 | Hot Chocolate.....2.95 | Lemonade.....3.95 |
| Cappuccino..... 4.75 | Milk.....2.95 | Soft Drinks.....2.95 |
| Latte..... 4.75 | Orange Juice.....4.25 | |
| Espresso double shot..... 3.25 | Premium Fresh Squeezed | Bloody Mary.....11. |
| | Apple Juice 2.95 | Mimosa by the Glass.....11. |

• Smoothies.....10.

Tropical: pineapple, banana, fresh squeezed orange juice, vanilla frozen yogurt

Very Berry: strawberries, blueberries, banana, apple juice, vanilla frozen yogurt

Dreamy Date: banana, spinach, cocoa, almond butter, dates, cinnamon, almond milk

Mint Berry: banana, spinach, strawberry, flaxseed, honey, mint, coconut water

Peanut Butter Perk: vanilla frozen yogurt, espresso, peanut butter, banana, cinnamon, almond milk

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.

