

breakfast

served all day

breakfast sandwich

#1 classic	4.75
egg over medium, american cheese on brioche roll	
add bacon, taylor porkroll, turkey sausage, scrapple or country ham (+2.00)	
#2 fancy	8.50
two eggs over medium, bacon, avocado, red onion, cheddar on brioche roll	
#3 your choice breakfast sandwich	one egg 4.75
choice of scrambled or fried, artisan bread and ingredients below:	
cheese	two eggs 5.50
american cheddar feta mozzarella muenster swiss blue +.50 per	
veggie	fresh basil jalapenos kale mushroom onion red peppers spinach tomato +.75 per
zucchini pico de gallo (+2.00) guacamole (+2.25) veg bacon (+2.00) avocado (+1.50)	
meat/sea	steak (+3.50) salmon (+3.50) bacon hamburger pork roll scrapple turkey sausage +2.00 per
brioche roll toast (multi-grain, white, rye) wrap (white, wheat, spinach)	
bread	bagel (white, sesame, multi-grain, everything) (+1.50)
gluten-free (bagel, bread, wrap) (+2.00)	

steak and eggs 17.95

2 eggs scrambled, flat iron steak, homefries with toast

breakfast burrito | bowl 9.50

2 eggs scrambled, brown rice, cheese, black beans in a flour tortilla or bowl with pico de gallo add avocado (+1.50)

breakfast quesadilla 9.50

2 eggs, cheese, spinach, flour tortillas, pico de gallo, guacamole, sour cream

breakfast tacos 9.50

3 eggs scrambled, bacon, jack cheese in 3 flour tortillas topped with sliced radishes, cilantro, chopped onion

omelette

3 eggs, served with home fries or mixed greens, toast (egg whites +1.00)

#1 country ham and swiss cheese omelette 12.00

add mushroom, zucchini, tomato, or spinach (+1.00 per)

#2 veggie omelette 13.50

roasted red peppers, spinach, zucchini, grilled onions, cheddar

#3 thick-cut bacon and potato omelette 12.00

add spinach (+1.00); cheese (+.50)

#4 your choice omelette 10.00

3 eggs, add your choice of ingredients from above

smokin' bagel 9.50

toasted with cream cheese, smoked salmon, tomato, red onion, capers

french toast 8.50

thick artisan white bread with pure maple syrup. gluten-free (+2.00)

pancakes (3) | waffle 8.00

from scratch with pure maple syrup. add blueberry, banana, walnuts or

chocolate chips (+1.50). gluten-free (+2.50)

steel-cut rolled oats blend oatmeal 5.95

with blueberries, walnuts, bananas, brown sugar and choice of milk.

add golden raisins (+1.25)

fruit salad 5.50

assorted seasonal. add yogurt and homemade granola (+1.50)

breakfast sides

bacon, taylor pork roll, turkey sausage, veggie bacon, ham, or scrapple 3.50

egg 2.00 | pancake 3.00 | home fries 3.75 | toast 1.50 | bagel 2.00 | butter .25

cream cheese .50 | soy cream cheese, berry jam, almond or peanut butter .75

Prior to ordering, please let us know of any food allergies.

Same grills used for gluten and gluten-free.

lunch and dinner

burgers | sandwiches | wraps | bowls

hamburger	9.50
grass fed beef seared with lettuce, tomato, onion on brioche roll or lettuce wrap. add cheese (+1.25), fried egg or bacon (+2.00)	
buddha veggie burger	12.95
quinoa, sweet potato, portobello mushroom, shallot, breadcrumbs, olive oil, pepper flakes with mixed greens, avocado, tomato chutney on brioche roll	
classic club	11.50
roasted chicken, bacon, green leaf lettuce, tomato, mayo, on toasted white bread	
blt	8.50
bacon, lettuce and tomato, mayo on toasted white bread	
jetty chicken salad	9.50
roasted chicken, grapes, blueberries, walnuts, red onions, sesame seeds, celery tossed in raspberry vinaigrette, lettuce on toasted multi-grain or lettuce wrap	
naked meatball parm toast	10.95
slow roasted meatballs, parm cheese, tomato gravy on toasted baguette slices with fresh basil	
grilled cheese	7.50
cheese on white bread; add grilled tomatoes (+1.25); jalapenos, roasted red peppers or pickled onion (+.75 per); bacon (+2.00); soup cup (+3.00)	
coaster burrito	9.95
brown rice, black beans, avocado, cheese, pico de gallo, sour cream in a flour tortilla or bowl. add grilled chicken (+3.00), shrimp/steak (+4.00)	
cravin' quesadilla	8.75
flour tortillas, cheese, with sides of guacamole, sour cream, pico de gallo add grilled chicken (+3.00); shrimp or steak (+4.00)	
vegan veggie bowl	15.00
roasted sweet potato, onion, kale, broccolini, crispy chickpea, with tahini-maple sauce	
cowboy steak bowl	18.00
pan seared seasoned steak, grilled peppers, mushroom, onions, tomato, brown rice. add spinach (1.50)	
sorry charlie tuna seafood	11.95
fresh yellow fin tuna, celery, red onion, tossed in mayo, dijon mustard, lemon dressing with tomato and lettuce on brioche roll or lettuce wrap. add jalapeno and cheddar cheese (+1.00)	
classic crab or salmon cake	15.95
lump crabmeat or roasted wild caught salmon, panko breadcrumbs, fresh herbs and spices served with tartar sauce, mixed greens on brioche roll or lettuce wrap	
island shrimp bowl	18.95
grilled honey garlic shrimp, avocado, tomato, corn, brown rice	
tip-top salmon bowl	19.95
oven roasted salmon, chickpeas, zucchini, red pepper, grilled onion, brown rice with sriracha mayo or creamy yogurt	
spicy fish taco	14.95
pan seared marinated sole, spicy slaw, avocado, in 3 flour tortillas	
gone fishin'	mkt
"catch of the day" served with choice of 2 sides	

rotisserie chicken

served with choice of 2 sides

cage free, all natural. half 10.75 | whole 18.75
select honey garlic, bbq or lemon with herbs marinade

sides

house salad	5.95 sm / 8.95 lg
spring mix, cucumber, shaved carrots, tomato, balsamic vinaigrette	
soup	pint 5.50
carrot ginger, tomato basil, seasonal	
fries	4.00 sm / 5.50 lg
fresh hand-cut white or sweet potato (+1.00)	
three bean salad	pint 4.95
black beans, kidney beans and white/garbanzo beans, red onion, celery, parsley, rosemary tossed in apple cider vinaigrette	
seasonal	5.95
vegetables, quinoa salad or wheat berry salad	
brown rice	pint 4.95

salads

kale caesar	homemade dressing 13.00
shredded kale, chopped romaine, parmesan crisps, roasted chicken (shrimp or salmon +4.00), fresh lime squeeze, tomatoes, shaved parmesan tossed in caesar dressing (no anchovies or egg)	
cobb	13.00
shredded kale, chopped romaine, tomato, avocado, crumbled bacon, raw corn, egg and roasted chicken tossed in blue cheese dressing	
guacamole	13.00
spring mix, tomatoes, red onion, tortilla chips, avocado, roasted chicken (or grilled shrimp +4.00) and fresh lime squeeze tossed in lime cilantro	
greek	11.00
romaine, tomatoes, cucumbers, onions, olives, feta cheese, tossed in lemon, herbs and olive oil	
you got the beet (warm)	13.00
roasted chicken, roasted beets, pickled onions, walnuts, goat cheese, shredded kale, baby spinach, balsamic vinaigrette	

little chicken

home made baked chicken nuggets, choice of bbq, ketchup or honey mustard with carrot sticks 5.50

little lucy

peanut butter and jelly on multi-grain bread with half a banana 4.95

top dog

beef dog (no nitrates) brioche bun with carrot sticks 5.50

frisbee

cheese quesadilla. add roasted chicken (+2.95) with carrot sticks 4.95

hey hey we're the monkey's

nutella and banana on multi-grain bread with sliced apple 6.95

sweet street

handmade

scone/muffin 3.00 cookie .75 rice krispie treat 1.00

coffee bar

fresh roasted beans and loose natural leaf teas

	12 oz.	16 oz.	20 oz.	24 oz.
coffee reg or decaf	3.00	3.50	4.00	
assorted teas herbals	3.00	3.50	4.00	
latte cappuccino	3.50	4.00	4.50	
americano	3.25	3.50	4.50	
mocha	4.50	5.00	5.50	
hot chocolate	3.50	4.25	5.00	
turmeric tea latte	3.50	4.25	5.00	
chai latte iced +.50	3.50	4.25	5.00	
matcha	4.00	4.75		
bulletproof, coffee, coconut oil, butter blend	4.50	5.00	5.50	
iced coffee (cold brew)	3.25	3.75		4.25
frappe (frozen)	3.75	4.25		5.50
iced assorted teas herbals	3.25	3.75		4.25
lemonade	3.25	3.75		4.25
with cane sugar add raspberry, mint (+1.00)				

	1 shot	2 shots
espresso	2.50	3.50
macchiato	3.00	4.00

coffee additions: espresso shot (+1.50)
vanilla, caramel, hazelnut, mocha peppermint shot (+0.75)
ghirardelli chocolate or caramel sauce (+1.00)

* 2% | soy | half and half | skim | almond | coconut

juice joint

fresh squeezed juices - organic when possible

	12 oz.	16 oz.
apple carrot orange grapefruit or watermelon	4.25	5.75
fresh young coconuts, with their own shell		6.50

juice combos 12oz. 5.00 | 16oz. 6.50

- #1 aloha spice, pineapple, apple, lemon, ginger
- #2 pink elephant, beets, orange, carrot, apple, lemon, ginger
- #3 pretty in pink, strawberry, pineapple, orange, ginger
- #4 rise and shine, carrot, orange
- #5 riptide, apple, carrot, ginger
- #6 shore thing, watermelon, raspberry, lemon

power juice combos 12 oz. 5.95 | 16 oz. 7.95

- #7 grrreat day, grapefruit, green apple, turmeric
- #8 starfish super 6, kale, carrot, beet, apple, lemon, ginger
- #9 pageant winner, carrot, cucumber, celery, spinach, cayenne pepper
- #10 nudie, celery, spinach, zucchini, cucumber, lime, ginger
- #11 green f.o.y., cucumber, spinach, celery, lemon, spirulina
- #12 tiger punch, kale, spinach, orange, pineapple, spirulina
- #13 summer grass, apple, wheatgrass shot, lemon

create your own juice combo...

shots 1 oz. 3.00 | 2oz 5.50

- #1 wheatgrass
- #2 ginger
- #3 lemon, ginger, honey, turmeric, cayenne pepper
- #4 turmeric, lemon, beet, cayenne pepper

other drinks

soda	2.75	boxwater	3.00	kombucha	3.50
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Prior to ordering, please let us know of any food allergies.

smoothie station

all smoothies are made fresh to order.

no sugar added and no added fillers, ice added

smoothies 16 oz 5.95 | 24 oz 7.95

- #1 beach break
peanut butter, chocolate syrup, vanilla ice cream, banana, milk
- #2 blue sea
blueberries, soy milk, banana, honey
- #3 floaty
strawberries, raspberries, blueberries, orange juice, banana
- #4 orange cream
orange juice, banana, milk, vanilla
- #5 peach lover
peach juice, peaches, raspberries, banana, soy milk

power smoothies 16 oz 7.95 | 24 oz 9.95

- #6 aloha
pineapple, mango, banana, coconut, orange juice
- #7 b-free
acai, kale, spinach, cucumber, avocado, honey, ginger, filtered water
- #8 blue f.o.y.
almond milk, banana, avocado, dates, cacao, chia, vanilla, blueberries
- #9 date bait
kale, pineapple, date, banana, avocado, coconut water
- #10 endless summer
pineapple, banana, coconut water, almond milk, honey, lime
- #11 full monty
apple, coconut water, honey, spirulina, hemp, blueberries
- #12 paradox
banana, vanilla ice cream, wheat-germ, honey, milk
- #13 pretty face
dragon fruit, avocado, banana, blueberries, almond milk
- #14 samson's delight
spinach, mango, pineapple, banana, spirulina, almond milk
- #15 up and adam
espresso, milk, banana, cacao, maple syrup
- #16 wilbur
oats, blueberry, banana, cinnamon, honey, almond milk

smoothie bowl lane

- #1 green angel 11.95 | 1.50 extra toppings
blended acai, kale, spinach, mango, banana, almond milk
topped with granola, banana, goji berries
- #2 paradise
blended dragon fruit, banana, pineapple, coconut water
topped with banana, pineapple, granola, chia seeds, coconut flakes, honey
- #3 patriot
blended acai, strawberry, blueberry, raspberry, banana, coconut water
topped with granola, banana, fresh berries
- #4 sweet tooth
blended acai, banana, almond milk, almond butter, cacao
topped with coconut flakes, cacao, nuts, honey, banana
- #5 zen energy
blended acai, coconut milk, banana, mango, pineapple, maca, hemp protein
topped with granola, banana, pineapple, goji berries, cacao nibs

add a boost to your smoothie:

almond butter (protein)	cinnamon (blood sugar)	+ 1.50 per
avocado (beauty)	coconut oil (metabolism)	goji berries (antioxidant)
bee pollen (energy)	echinacea (immunity)	hemp (protein, omega)
cacao (antioxidant)	maca (energy, balance)	peanut butter (protein)
cayenne (metabolism)	maple syrup (zinc boost)	spirulina (phytonutrients)
chia seeds (omegas)	flax seeds (fiber, omegas)	turmeric (anti-inflammatory)
		whey (protein)



Starfish Cafe

breakfast | lunch | dinner | kid's menu
coffees | fresh squeezed juices
bowls | smoothies | rotisserie
eat-in. grab and go meals.

made fresh to order.
unprocessed and
organic ingredients, sourced locally,
when possible.

text or call ahead for pick-up

822 E 9th Street, Ocean City, NJ 08226

609.432.2686

www.starfish-cafe.com

Open at 7:00am daily
free wifi