

## Salads

Salads in our 'Fresh From the Market' section are designed for quick and easy grab-and-go convenience



### FARMER'S MARKET

Fresh Chopped Romaine Lettuce with Bell Peppers, Red Onions, Cucumbers, Carrots, Tomatoes and Croutons

### CLASSIC CAESAR

Fresh Chopped Romaine Lettuce, with Fresh Shaved Parmesan Cheese, Croutons, and Caesar Dressing

### GREEK

Fresh Chopped Romaine Lettuce with Bell Peppers, Red Onions, Cucumbers, Carrots, Tomatoes, Feta Cheese, Kalamata Olives, and Pepperoncini Peppers

### COBB

Fresh Chopped Romaine Lettuce with Bell Peppers, Red Onions, Cucumbers, Carrots, Tomatoes, Hard Boiled Egg, Grilled Chicken Breast, Bacon and Blue Cheese Crumbles

## Coffee & Espresso

Drinks are available in 12oz. or 16oz. sizes unless stated otherwise

### LATTE

Hot or Iced

### DRIP COFFEE

Light Roast | Dark Roast | Decaf

### MOCHA

Hot or Iced

### CORTADO

Two Shots Espresso with Equal Part Steamed Milk

### CAFE AU LAIT

Drip Coffee with Steamed Milk

### AMERICANO

Espresso with Hot Water

### CAPPUCCINO

8 oz. | Espresso with Milk Foam

### ESPRESSO

Single | Double | Triple

## TEA

### ENGLISH BREAKFAST

### LEMON GINGER

### EARL GRAY

### MATCHA

## HOUSE SOUPS

Oyster Crackers Available Upon Request

Cup | 16 ounces

### CHILI

Made with our signature House-Smoked meats

### SOUPS OF THE DAY

Ask about our two rotating "Soups of the Day," featuring a variety of veggie and hearty options.

### CHOWDER

Captain Parker's Famous Clam Chowder

*Fresh From  
The Market*

AVAILABLE DAILY

Craving something delicious and hassle-free? Explore our meal case, packed with house-made favorites like chicken parmesan and savory steak dishes. Stop by and grab your perfect meal today!



# Sandwiches

*Crafted with fresh ingredients, locally sourced when possible, and featuring Boar's Head meats*

## NYES NECK

*Whole Wheat Toast with Avocado, Salt & Pepper*

**ADD** | *WFM House-Smoked Bacon*

## CAPRESE

*Vine Ripe Tomatoes, Fresh Mozzarella, Fresh Pesto  
and Balsamic Glaze on a Toasted Ciabatta Roll*

**ADD** | *WFM House-Smoked Bacon*     **ADD** | *Grilled Chicken*

## BLT

*House-Smoked Bacon with Lettuce,  
Tomatoes and Mayo on a Sub Roll*

**ADD** | *WFM House-Smoked Bacon*

## ITALIAN

*Boar's Head Pepperoni, Genoa Salami, Hot Capocollo,  
Mortadella & Provolone Cheese with Lettuce, Tomatoes,  
Onions, Pickles and Oil & Vinegar on a Sub Roll  
Toasted and Hot Peppers Upon Request*

## CUTTYHUNK

*House-made Tuna Salad with Lettuce, Tomatoes,  
Onions and Pickles on a Sub Roll*



## CHAPPY

*Boar's Head London Broil with American  
Cheese, Lettuce, Onions, and House-Made  
Alabama White Sauce on a Sub Roll*

## TURKEY CLUB

*Boar's Head Oven Gold Turkey Breast, House-Smoked  
Bacon, Lettuce, Tomatoes and Mayo on White Bread*

## GOBBLER

*Boar's Head Oven Gold Turkey Breast with a House-  
Made Stuffing, Cranberry Sauce and Mayo on a Sub Roll*

## WOODS HOLE WRAP

*Boar's Head Honey Maple Turkey, Sweet Sliced Ham &  
Vermont Cheddar with Lettuce, Tomatoes, Onions, and  
House-Made BBQ Sauce on a White Wrap*

## WEST FALMOUTH

*House Smoked Turkey with Provolone, Lettuce,  
Tomatoes, Onions, Pickles and Mayo on Wheat Bread*

## MEGANSETT

*Cranberry Walnut Chicken Salad, with  
Lettuce on a White Wrap*

# Smoothies

## SIPPEWISSETT SUNRISE

*A tropical blend of frozen pineapple,  
mango, and banana, sweetened with  
a touch of honey*

## SHINING SEA SWIRL

*A rich blend of cocoa, peanut butter,  
banana, and your choice of milk—smooth  
and indulgent, like the Shining Sea*

## QUISSETT BERRY BLEND

*A tribute to Quissett Harbor, this  
smoothie blends strawberries,  
blueberries, and raspberries for a vibrant  
and refreshing burst of flavor*

## GREEN HARBOR BREEZE

*A refreshing blend of spinach, green apple,  
banana, and a hint of mint, as crisp and  
invigorating as a breeze off Green Harbor*

## TRUNK RIVER

*A rich, indulgent blend of cocoa, almond butter,  
banana, and toasted coconut, with a touch of  
maple syrup and protein for a smooth,  
satisfying drift into chocolatey goodness*

## THE ISLANDER

*A refreshing blend of frozen strawberries,  
ripe banana, a drizzle of honey, and a hint  
of vanilla for a tropical twist*