



387 New York Avenue - Huntington, NY 11743

## BREAK Soul FAST

#### Soul Burrito®

3 Eggs cooked any style w/Bacon, Cheddar, Jalapeños & our House-Made Chipotle Sauce in a Whole Wheat Wrap /\$9.95

#### T-Bird Burrito®

3 Eggs cooked any style, Raw Spinach, Home-Fries, Smoked Gouda w/our House-Made Chipotle Sauce in a Whole Wheat Wrap /\$9.95

#### Soul Brew Benedict®

Our Classic Eggs Benedict /\$10.95

{The Grooviest Breakfast Appetizer}

#### The Waffle

Fluffy Waffle with House-Made Batter /\$8.95 {Fresh Fruit /+\$2.75 / Add Bacon, Sausage, Turkey Bacon /+\$2.00}

#### Bird is the Word

Scrambled Eggs, Turkey, Cheddar & Organic Strawberry Jam on a Sourdough Panini. /\$9.95

#### Jeff's Egg Quesadilla®

3 Eggs, Jack Cheese, Bacon & Sautéed Onions folded into a warm Quesadilla served w/Sour Cream & House-Made Salsa /\$10.95

#### Kristin's Scramble

Scramble w/Asparagus, Spinach, Mushrooms, Onions & Asiago Cheese over our Home-Fries /\$10.95

#### **Avocado Toast**

Organic sliced Avocado, Red Pepper Flakes, Sea Salt and Lemon on Multigrain Pullman /\$6.95

#### Build it Up!

+ Bacon, Sausage, Turkey Bacon, Tofu / +\$2.00 + Home-Fries / +\$2.00  $+ Eqq\Phi/ +$1.50$ 

+ Cheese / +\$1.50

+ Veggie Burger / +\$4.00

+ Grilled Chicken / +\$4.00

+ Vegetables / +\$0.75 ea. Spinach, Peppers, Onions, Mushrooms,

Asparagus, Jalapeños, Tomatoes

## The Local Bowl®

Quinoa, 2 Eggs any style, Peppers, Onions, Spinach, Avocado, Red Pepper Flakes & Sea Salt. /\$12.95

#### Soul's Breakfast Platter®

3 Eggs any style, Home-Fries and choice of Multigrain, Rye or Sourdough /\$8.95 {Add Bacon, Ham, Sausage or Turkey Bacon /+\$2.00}

#### Feelin' Tot Burrito

3 Eggs Scrambled, Cheddar, Our Famous Tater Tots & House-Made Chipotle in a Whole Wheat Wrap /\$9.95

#### The Tater Totter

Perfectly Crisp Tots topped with melted Pepper Jack Cheese, Bacon, Fresh Chives, BBQ Sauce & Ranch 1870.95

#### Pancakes

Plain Pancakes /\$8.95 Blueberry, Cookies & Cream, Banana, Chocolate Chip /\$9.95 Banana Walnut /\$11.95 {Add Bacon, Sausage, Turkey Bacon /+\$2.00}

#### The Healthy Panini

3 Egg Whites, Avo & Tomato on a Multigrain Panini /\$10.95

#### Nikki's Almond Butter Toast

Multigrain Toast w/Almond Butter, Banana Slices, Shredded Coconut & a Light Honey Drizzle /\$6.95

#### Yogurt Bowl

Greek Yogurt w/ Fresh Fruit, Granola & a Honey Drizzle /\$8.95

#### Make Your Own Omelet

Choice of 3 fillings, Home-Fries & choice of Toast /\$10.95 {all additional add-ons are /+\$1.00}

Vergies: Asparagus, Mushrooms, Onions, Spinach, Jalapeños, Peppers, Tomatoes {Avocado /+\$MP}

Meat: Bacon, Turkey Bacon, Sausage, Turkey, Ham

Cheese: Cheddar, Jack, American, Swiss, Mozzarella, Feta {Goat & Gouda /+\$1.50}

Toast: Multigrain, Rye or Sourdough {English Muffins, Paninis /+\$2.00}

### Make Your Own Egg Sandwich®

Eggs / \$4.50 Egg & Cheese / \$5.50 Meat & Egg / \$6.00 Meat, Egg & Cheese / \$6.95

**Cheese**: Cheddar, Jack, American, Swiss, Mozzarella, Feta { /+\$1.50 Gouda, Goat} **Bread**: Multigrain, Rye, Sourdough, Wheat Wrap {/+\$2.00 English Muffins & Paninis}

Meat: Bacon, Turkey Bacon, Sausage, Turkey, Ham

Avocado: /+\$MP

# LUNCH

#### **Humma Humma Toast**

Hummus, Cucumber, Lemon and Cayenne on our fresh Multiarain Pullman /\$7.95

#### The Ramblin' Man

Grilled Chicken, Bacon, Cheddar, Lettuce, Tomato, Onion & House-Made Chipotle in a Wheat Wrap /\$10.95

#### Veg Out Wrap

Roasted Red Peppers, Onion, Spinach, Avocado, Melted Swiss & House-Made Pesto in a Wheat Wrap /\$10.95

#### Jenna's Wrap

Turkey, Swiss, Bacon, Spinach, Candied Walnuts, Cranberries & House-Made Honey Mustard in a Wheat Wrap /\$10.95

#### Killer Tofu

Blackened Tofu, Roasted Red Peppers, Spinach, Tomato & Pesto on our Multigrain Pullman /\$10.95

#### Southwest Ouesadilla

Grilled chicken, Cheddar Jack, Pico de Gallo, Avocado, Red Onion & Chipotle served w/Sour Cream /\$14.95

#### TT's Chicken Salad Melt

Our Home-Made Chicken Salad w/ melted Cheddar and Scallions on fresh cut Sourdough Pullman /\$11.95

#### **Bomb Diggity BLT**

Bacon, Spinach, Tomato, Avocado & our House-Made Pesto Mayo on a Multigrain Panini /\$10.95

#### Demo's Wrap

Hummus, Cucumber, Spinach, Olives, Tomato, Onion, Feta & House-Made Lemon Honey Vinaigrette /\$10.95

#### The Roma

Fresh Mozzarella, Tomato, Spinach & Balsamic Glaze on a Panini /\$9.95

#### Soulaful Wrap

Falafel, Cucumber, Lettuce, Onion, Tomato & House-Made Yogurt sauce on a Wheat Wrap /\$10.95

#### Veggie Brewger

Veggie Burger w/ Sliced Avocado & Chipotle on a Multligrain Roll served w/ Sweet Potato Fries /\$13.95

#### Maria's Famous Mac N' Cheese /\$7.95

{ +Bacon /+\$2.00 }

#### St. James Salad

Strawberries, Goat Cheese & Candied Walnuts over Spinach w/Raspberry Vinaigrette /\$11.95 +Grilled Chicken /\$2.95

#### Soul Brew Salad

Grilled Chicken, Cheddar, Bacon, Tomato & Avocado over Romaine Lettuce w/Ranch Dressing /\$12.95

#### **Ouinoa Salad**

Spinach, Quinoa, Feta, Olives, Cucumber, Tomato and Red Onion w/Lemon Honey Vinaigrette /\$12.95 +Grilled Chicken /\$2.95

### Kids Menu

#### Pancakes

Silver Dollar or Short Stack /\$6.95 {Plain, Blueberry or Chocolate Chip}

#### Kids Scramble

2 Eggs Scrambled, Home-Fries & choice of Multigrain, Rye or White Toast /\$7.95

#### Mason's Grilled Cheese

Classic Grilled Cheese served with a cup of Fresh Fruit /\$8.95

#### French Toast Sticks

Classic French Toast Sticks /\$6.95

#### Substitutions/Sides

Sub Fruit /\$2.75 Sub Panini /\$2.00 Sub Tots /\$1.50 Sub Fries /\$1.50 Sub Egg Whites /\$2.00 Sub Gluten Free Wrap /\$2.00 Sub English Muffins /\$2.00

Side of Home-Made Sauce /\$0.75 Side of Salsa or Sour Cream /\$0.75 Side of Home-Fries /\$3.95 Add Egg /\$1.50<sup>⊕</sup> Add Avocado / MP Add Meat /\$2.00 Add Chicken /\$2.95

Side of Meat /\$2.95 Side of Tots /\$4.15 Side of Fries /\$4.15 Side of Toast /\$2.50 Side of Fruit /\$4.75 Side Salad /\$6.95 Side of Avocado / MP