



Hamptons
BEACH  BOWLS

2462 Main Street
Bridgehampton, NY 11932
(631) 899-4340

OPEN DAILY
10am - 4pm

hamptonsbeachbowls.com

Anytime Snack Bowls

B1 ORIGINAL CEREAL BOWL 9.95

Homemade Gluten-Free Granola, Banana, Strawberry, Blueberry, Almond Butter, Almond Milk, Cinnamon

Optional: Peanut Butter, Cashew Butter, Nutella

B2 OATMEAL COOKIE BOWL 9.95

Homemade Gluten-Free Granola, Homemade Applesauce, Banana, Chia Seeds, Oat Milk, with Sprinkled Cinnamon

B3 BLUEBERRY BOWL 9.95

Homemade Gluten-Free Granola, Blueberries, Pumpkin Seeds, Bee Pollen, Coconut Flakes with Choice of Almond Milk, Coconut, Milk, or Oat Milk

B4 ISLAND BOWL 9.95

Homemade Gluten-Free Granola, Mango, Roasted Sunflower Seeds, Hemp Seeds, Drizzled Honey, Coconut Flakes, Coconut Milk

B5 BANANA BREAD BOWL 9.95

Homemade Gluten-Free Granola, Bananas, Carrots, Pecans, Maple Syrup, Cinnamon, Almond Milk

B6 CHOCOLATE TAHINI BOWL 9.95

Homemade Gluten-Free Granola, Banana, Strawberries, Cacao Powder, Sliced Almonds, Chocolate Tahini, Almond Milk

Additional Charge: Nut Butters and Fruit

Optional Nut-Free Granola

Avocado Toast

T0 AVOCADO TOAST 7.95

Sea Salt, Pepper, and Olive Oil.

T1 Avocado, Smoked Salmon, Arugula, Lemon, and Tomato 12.95

T2 Avocado, Sea Salt, Honey, Sprinkle of Spirulina 9.95

T3 Avocado, Fresh Basil, Tomato 8.95

T4 Avocado, Hummus, Drizzle of Spicy Tahini 9.95

T5 Avocado, Sprouts, Za'atar Tahini 8.95

T6 Avocado, Boiled Egg, Chili Flakes 9.95

T7 Avocado, Dairy-Free Feta Cheese, Red Pepper Flakes 9.95



Wraps

W1 SMOKED SALMON WRAP 12.95

Spicy Tahini, Greens, Tomato, Red Peppers, Onions, Capers

W2 TUNA CAESAR WRAP 13.95

Boiled Egg, Sprouts, Tomato, Red Onion, Caesar Tahini

W3 SWEET & SPICY CHICKEN WALDORF WRAP 13.95

Mixed Greens, Grilled Chicken, Grapes, Spicy Tahini, Walnuts

W4 GREEK CHICKEN WRAP 13.95

Grilled Chicken, Homemade Tzatziki, Red Onions, Lettuce, Tomato

Add: Avocado +\$1.50

W5 VEGGIE WRAP 9.95

Hummus, Avocado, Cucumber, Red Onions, Spinach, Carrots, Sprouts

Add a Protein (Tuna or Chicken) +\$3.00

W6 CHICKEN WRAP 12.95

Spinach, Red Pepper, Tomato, Avocado

W7 SPICY RED PEPPER HUMMUS WRAP 11.95

Roasted Red Peppers, Lettuce, Cucumber, Tomato, Carrots, Dairy Free Pepperjack Cheese

W8 BLACK BEAN SALSA WRAP 11.95

Mixed Greens, Black Beans, Avocado, Salsa, Dairy-Free Cheddar Cheese, Gluten-Free Quinoa Wrap

Sandwiches

N1 SMOKED SALMON CLUB 14.95

Sprouts, Cucumber, Avocado, Tomato, Dairy-Free Chive Cream Cheese, Whole Wheat Bread

N2 CHICKEN SANDWICH 11.95

Vegan Mayo, Dairy Free Cheddar Cheese, Lettuce, Tomato, Toasted Sourdough Bread

N3 VEGGIE MELT 9.95

Arugula, Avocado, Dairy-Free Gouda Cheese on Sourdough Bread

Add a Protein (Tuna or Chicken) +\$3.00

N4 GRILLED VEGGIE PESTO 9.95

Basil, Pesto Tahini, Red Peppers, Red Onion, Dairy-Free Provolone Cheese on Sourdough Bread

Add: Grilled Chicken +\$3

N5 TOMATO BASIL MELT 9.95

Dairy-Free Mozzarella, Tomato, Fresh Basil, Sourdough Bread

N6 GRILLED CHICKEN MELT 10.95

Dairy-Free Provolone Cheese, Tomato, Sourdough Bread

Optional: Whole Wheat Wrap, Gluten-Free Quinoa Wrap, Dairy-Free Cheese, Flavored Tahini



Salads

L1 SEXY MEXI SALAD 15.95

Greens, Avocado, Spicy Tahini, Tomato, Black Bean and Corn Salad, Topped with Grilled Chicken

L2 CHICKEN COBB 16.95

Chicken, Eggs, Avocado, Cucumber, Tomato, Raisins, and Mixed Herbs over a Bed of Lettuce

L3 ARUGULA SALAD 15.95

Mango, Avocado, Red Onion, Topped with Chicken or Tuna

L4 VEGGIE SALAD 13.95

Mixed Greens, Avocado, Blueberries, Cucumber, Sprouts, Sliced Almonds, Carrots, Red Pepper, Cilantro, Tomato
Add a Protein (Tuna or Chicken) +\$3.00

L5 THE SIMPLE SALAD 9.95

Greens, Cucumber, Tomatoes, Red Onions, Carrot Ginger Dressing

L6 APPLE WALNUT SALAD 15.95

Mixed Greens, Apple, Walnuts, Cranberries, Dairy-Free Feta Cheese, Apple Cider Vinaigrette

L7 CHICKPEA SALAD BOWL 12.95

Mixed Greens, Red Onion, Cucumber, Chickpeas, Tomato, Dairy-Free Goat Cheese, Lemon and Dill Vinaigrette

L8 WHITE BEAN HERB SALAD BOWL 15.95

Served on a bed of Mixed Greens with Tuna (Grilled Chicken Optional)

L9 MANGO CHICKEN SALAD 15.95

Lettuce, Grilled Chicken, Black Beans, Tomatoes, Mango with a Lime Vinaigrette

L10 COUSCOUS SALAD 12.95

Cannellini Beans, Cucumber, Kalamata Olives, Green Onions, Cherry Tomato, Lemon Basil Dressing

L11 CHICKEN CAESAR SALAD 12.95

Grilled Chicken, Romaine Lettuce, Caesar Dressing, Croutons (Gluten-Free), Dairy-Free Parmesan Cheese

L12 AVOCADO CAESAR 12.95

Red Peppers, Yellow Peppers, Lettuce, Avocado, Red Onions, Tomatoes, Dairy-Free Feta Cheese, Caesar Dressing

L13 TUNA SALAD 8.95

with Gluten-Free Crackers and Carrots Sticks

Optional: Dairy-Free Cheese and Tahini Available

Hummus Bowls

Served with Carrot and Celery Sticks for Dipping

H1 ORIGINAL 9.95

with Greens & Pickled Onions

topped with Tuna and Sprouts +\$3.00

topped with Grilled Chopped Chicken +\$3.00

topped with Smoked Salmon +\$5.00

Açaí and Pitaya Bowls

A1 THE ORIGINAL 11.95

Açaí, Gluten-Free Granola, Strawberries, Blueberries, Banana, Coconut Flakes

A2 DATE NIGHT 11.95

Açaí, Gluten-Free Granola, Strawberries, Nutella, Slivered Almonds

A3 THE ELVIS 11.95

Açaí, Gluten-Free Granola, Banana, Chocolate Chips, Peanut Butter

A4 THE TROPICAL 11.95

Açaí, Gluten-Free Granola, Kiwi, Banana, Mango, Pineapple

A5 THE SUPERFOOD 11.95

Açaí, Banana, Blueberries, Strawberries, Goji Berries, Bee Pollen, Honey

A6 YIN YANG 11.95

Açaí, Pitaya, Gluten-Free Granola, Banana, Blueberries, Honey, Bee Pollen, Coconut Flakes

Optional: Pitaya, Gluten Nut-Free Granola

Juices

Choose From Below OR Create Your Own. Small 8.95, Medium 9.95, Large 11.95

J1 BEELICIOUS

Beet, Lemon, Red Apple, Strawberries, Ice

J2 THE GREEN GODDESS

Apple, Spinach, Cucumber, Celery, Ginger, Lemon, Orange, Mint, Kale

J3 SWEET FIESTA

Green Apple, Lime Cucumber

J4 VITAMIN G

Celery, Kale, Spinach, Cucumber, Cilantro, Parsley, Lime, Green Apple, Spirulina

J5 VITAMIN C

Orange, Lemon, Ginger, Pineapple, Cayenne, Turmeric, Chia Seeds

J6 THE LEMON DROP

Apple, Carrot, Ginger, Lemon, Pear, Cucumber

J7 SUNSET BLISS

Carrot, Lemon, Turmeric

J8 JUMPIN' JALEPEÑO

Jalepeño, Cucumber, Green Apple, Kiwi, Kale, Pineapple, Celery

J9 BODY CLEANSE

Cucumber, Beet, Apple, Carrot, Celery, Parsley

J10 GREEN LIFE

Kale, Arugula, Celery, Cucumber, Ginger, Lime

J11 DETOX TWIST

Celery, Green Apple, Lemon

J12 AM TONIC

Grapefruit, Red Apple

J13 VITAMIN A

Carrot, Coconut Milk

J14 IMMUNE BOOST

Kale, Tomato, Celery

J15 PARTY RECOVERY

Orange, Lemon, Beet, Celery, Ginger, Carrot



Smoothies

Small 8.95, Medium 9.95, Large 11.95

S1 MORNING SUNSHINE

Sail Away Nitro Brew, Almond Milk, Banana, Almond Butter, Coconut Oil

S2 BERRY GOOD LIFE

Blueberries, Strawberries, Raspberries, Banana, Coconut Water

S3 THE TROPICAL

Pineapple, Mango, Banana, Almond Milk

S4 THE PINK PANTHER

Pitaya, Spinach, Strawberries, Banana, Almond Milk

S5 THE GREEN GIANT

Spinach, Kale, Avocado, Banana, Coconut Water

S6 LUCKY GINGER

Ginger, Mango, Celery, Pineapple, Coconut Water

S7 LIVING GREEN

Spirulina, Wheatgrass, Banana, Pineapple, Apple

S8 COCONUT JOY

Coconut Water, Coconut Meat, Banana, Almond Butter

Optional: Cashew Butter, Peanut Butter

S9 WORKOUT RECOVERY

Banana, Orange, Grapefruit, Dairy-Free Plain Yogurt, Vanilla Protein Powder

S10 CHOCOLATE DULCE

Almond Butter, Almond Milk, Chocolate Nibs, Banana

S11 YELLOW JACKET

Orange Juice, Bee Pollen, Frozen Banana, Cashew Butter

S12 GREEN MONSTER

Vanilla Whey Protein, Spinach, Banana, Peanut Butter, Almond Milk

S13 PURPLE MONSTER

Açaí, Blackberries, Blueberries, Banana, Granola, Almond Milk

S14 MANGO TANGO

Mango, Banana, Maca Powder, Coconut Milk, Ground Flaxseed, Turmeric Powder

S15 BLUEBERRY TEA

Matcha, Blueberry, Banana, Spinach, Oat Milk

S16 GREEN MINT TEA

Matcha, Mint, Lettuce, Banana, Coconut Water

S17 TRIPLE CHOCOLATE STRAWBERRY

Strawberry, Banana, Chocolate Protein, Almond Milk, topped with Chocolate

Tahini. Optional: Coconut Whip Cream

S18 BUTTER CUP CARAMEL

Banana, Sea Salt Caramel Coffee, Chocolate Peanut Butter Cup Plant Protein Powder

S19 SWEET STRAWBERRY

Strawberry, Banana, Honey, Almond Butter, Almond Milk

ADD ON ADDITIONS

Nut Butters: Almond Butter, Peanut Butter, Cashew Butter

Milk: Almond Milk, Unsweetened Almond Milk, Oat Milk, Coconut Milk

Protein Powders: Vanilla Plant-Base, Chocolate Plant Base, Chocolate Peanut Butter Plant Base, Vanilla Whey Protein, PB Protein Powder

Superfoods: Spirulina Powder, Wheatgrass Juice Powder, Chlorella Powder, Hemp Seed, Goji Berries, Maca Powder, Cacao Powder, Matcha Powder, Bee Pollen, Chia Seeds, Turmeric

Inulin or H2O inulin +\$3