

Salads

Served with Croutini (a giant crouton that you can use to scoop every last bit of salad). Our Chicken...Hormone Free...Antibiotic Free...Vegetarian Fed and Free Range from Coleman Farms.

Cobb Salad

Garlic Grilled Chicken, House Blend Greens, Peppered Bacon, Avocado, Hard Boiled Local Cage Free Egg, Green Onions, Tomatoes, Smoked Paprika Blue Cheese Cream. \$11.95

Mediterranean Chicken Salad

Lightly Seasoned Grilled Chicken Breast, Organic Greens, House Blend Greens, Artichoke Hearts, Roasted Red Peppers, Feta, Carrots, Olives, Hummus and our House Dressing. \$11.95

Salmon Salad

Baby Kale, Spinach, Romaine, Organic Greens, Salmon, Roasted Carrot, Bell Peppers and Onion. Tossed in Lemony Sumac Dressing. Topped with Asiago Cheese. \$12.25

da Vinci **Vegetarian**

Portobello Mushrooms, Organic Greens, House Blend Greens, Artichoke Hearts, Balsamic Roasted Tomatoes, Asiago Cheese, Pesto Dressing. \$11.95

The Purple People Eater **Vegan**

Purple Cabbage, Broccoli, Red Onion, Tomato, Kale, Celery, and our newest Dressing Lemony Sumac. \$9.25

Add Chicken, Salmon or Eggs Over Easy! \$2.30

Third Coast Vegetarian Specials

Madras Coconut Curry **Vegan**

Tofu and Roasted Seasonal Veggies in a Smooth and Savory Curried Coconut Sauce Over

Organic Brown Rice \$11.95

Sub chicken for \$1.00

Very **Vegan** Chili

Cup \$4.50 Bowl \$5.95

The Farmer's Market **Vegetarian**

Bit of Swiss Multigrain Bread, Portobello Mushrooms, Spinach, Tomatoes, Roasted Bell Peppers, Avocado, Provolone and Hummus Spread. \$11.95

Soup and Sandwich Combos

Very **Vegan** Chili • Third Coast Chili • Soup of the Day

Cup \$4.50 Bowl \$5.95

With cheese add .75 With onion add .50 With sour cream add .75

• **Cup & a Half Sandwich \$9.25**

• **Cup & a Half Salad \$9.25**

• **Half Sandwich / Half Salad \$10.95**

Griddle Sandwiches

Comes with Choice of Chips, Fries or Carrot Sticks. Gluten-Free Bread Available for all Sandwiches!! Our Chicken...Hormone Free...Antibiotic Free...Vegetarian Fed and Free Range from Coleman Farms.

BLT

Griddled Bit of Swiss Multigrain Bread, Tomato Slices, Peppered Bacon, Lettuce, and Third Coast Dressing. \$10.75

Mediterranean Chicken

Bit of Swiss Sourdough Bread, Chicken Breast, Artichoke Hearts, Roasted Red Bell Peppers, Feta, Hummus Spread. \$11.75

Mayflower Madness

Whole Wheat, Smoked Turkey Breast, Cheddar, Peppered Bacon, Lettuce, Tomato Slices. \$11.75

Mom's Grilled Cheese

Bit of Swiss Sourdough Bread, Herb Goat Cheese, Cheddar Cheese and Provolone Cheese. \$10.25
Add Bacon \$2.25

BYO Buffalo Burger **House Favorite!!**

Lean Bison Patty, Caramelized Onions, Shredded Lettuce, Tomatoes, Pretzel Roll. \$12.75

Add Cheese \$1.25 • Bacon \$ 2.25 • Choose from premium toppings \$.50 per item

Provolone	Avocado	Pesto
Cheddar	Roasted Red Bell Peppers	Hummus
Jack	Spinach	Smoked Paprika Blue
Swiss	Artichoke Hearts	Cheese Cream
Asiago	Balsamic Tomatoes	Cilantro Lime Mayonnaise
Feta	Green Onions	Poblano Pepper Sauce
Soy Mozzarella	La Mesa Mushrooms	Third Coast Dressing
Herb Goat Cheese	Kalamata Olive Relish	

The Peggy

Smoked Turkey, Provolone, Balsamic Tomatoes, Spinach, Roasted Red Bell Pepper and Cilantro Lime Mayonnaise on a Pretzel Roll. \$11.95

The Third Coast Reuben

Bit of Swiss Pumpernickel, Third Coast Dressing, Swiss Cheese, Homemade Slaw, Corned Beef. \$11.95

Durango Chicken

Bit of Swiss Sourdough Bread, Chicken Breast, Peppered Bacon, Roasted Poblano Sauce, Jack Cheese and Cilantro Lime Mayonnaise. \$11.95

The Savage Cabbage

Purple Cabbage Salad, perfectly grilled Chicken Breast, Melted Provolone Cheese on a pretzel roll. \$11.95



Cold Drinks

Dunes Sunset Iced Tea

A unique blend of subtly fruity, refreshing flavors with a rooibos tea base. Custom blended and brewed in house. Sugar free and Caffeine Free. \$2.59

Third Coast Craft Lemonade is made with a special recipe using fresh lemons squeezed with love and blended with real ingredients. You can definitely taste the difference!

Lemonade Straight Up \$2.59

Dunes Cooler- Craft Lemonade + Dunes Sunset Iced Tea \$3.55

South Shore Punch- Craft Lemonade + Raspberry \$3.55

Fresh Squeezed Orange Juice

If you can imagine how sunshine would taste in a glass that is our orange juice. Squeezed right here with our Zumex Citrus Juicer, it is pure bliss.

Large 16 oz \$5.00

Small 9 oz \$3.23

Carrot Zinger

Fresh Juiced Blend of Carrot, Apple, Lime and Ginger \$5.00

Iced Chai \$3.29

Iced Coffee \$2.29

Iced Latte \$3.29

Bottled Selections

Izze Sparkling Juice

Clementine • Blackberry • Grapefruit

Maine Root Sodas

Organic fair trade certified cane juice sodas!

Sarsparilla • Root Beer

Blueberry • Orange

Reeds Ginger Brew

Hot Drinks

Matcha Latte

Steamed whole milk with Matcha

Golden Latte

Almond Milk with Tumeric, Lemongrass, honey and Black pepper

Mocha Latte

Chocolate, Espresso, Whipped Cream and Steamed Milk

S'more Latte

Chocolate, Marshmallow Syrup, Espresso, Whipped Cream, and Steamed Milk

Cinnamon Toast Latte

Brown Sugar Cinnamon, Espresso, Whipped Cream and Steamed Milk

Chai Latte

1/2 Steamed Milk with 1/2 Steamed Chai

Hot Chocolate

Harney and Sons Hot Tea

Two Leaves and a Bud Tea

Fountain Drinks

Coke • Diet Coke • Sprite • Barq's Root Beer • Red Cream Soda • Mr. Pibb

Smoothies

Frozen Garden \$6.79

Jungle Breeze

Detox

Green Protein

Lemon Fire

Rollin Oats

Napa-licious

Dr. Smoothie \$5.95

Pineapple Paradise

Wild Cherry Cranberry

THIRD COAST SPICE CAFE

Eat well,
feel great

Omelets

All Omelets are Served with Fresh Grated Hash Browns and Bit of Swiss Harvest Grain Toast & Preserves. Our Eggs are Cage-Free and Local!

Gluten Free Bread Available!!!

Third Coast

Peppered Bacon, Caramelized Onion, Avocado, Tomato, Sharp Cheddar Cheese. \$12.95

Florentine **Vegetarian**

Spinach, Balsamic Tomatoes, Caramelized Onion, Asiago Cheese. \$12.95

Build Your Own Specialty Omelet

Pick as Many as you Want – \$12.95

Chef Blends

La Mesa Mushrooms – Smoky, Chili Spices and Sautéed Mushrooms

Kalamata Olive Relish – Kalamata Olives, Parsley, Olive Oil, Red Wine Vinegar

Roasted Balsamic Tomatoes – Roasted Plum Tomatoes with Balsamic Glaze

Caramelized Onions – Onions Sautéed Until Their Natural Sweetness Emerges

Artichoke Hearts – Marinated in Olive Oil and Italian Spices

Caramelized Leeks – Mildly Sweet & Savory

Poblano Pepper Sauce – Low Heat, Full Body Chili Flavor

Fresh Veggies

Spinach

Tomatoes

Onions

Mushrooms

Bell Peppers

Green Onions

Avocado

Jalapeños

Broccoli

Meats

Peppered Bacon

Ham

Sausage

Cheese

Sharp Cheddar

Swiss

Provolone

Feta

Asiago

Soy Mozzarella

Jack Cheese

Herb Goat Cheese

Eggs

Third Coast Uses Cage-Free Local Eggs!! **Gluten Free Bread Available!!**

Happy Scramble

2 Eggs Scrambled From Happy Cage Free Chickens, Harvest Grain Toast, Hash Browns and Sausage, Ham or Bacon. \$10.95

Add Cheese - \$1.00

It's Easy Over Easy

2 Eggs Over Easy Coming Right Up, Just for You with Harvest Grain Toast, Hash Browns and Sausage, Ham, or Bacon. \$10.95

Sunny Side Up

2 Eggs Sunny Side Up From the Happiest Chickens in America with Harvest Grain Toast, Hash Browns and Sausage, Ham or Bacon. \$10.95

Hash Heaven

Corned Beef Hash

House Made Blend of Green Peppers, Onion, Corned Beef and our own Hash Browns. Served with 2 Eggs Over Easy From the Happiest Chickens in America and Harvest Grain Toast. \$11.95

Buffalo Hot Hash

For those who like it Spicy! Bison, Diced Potatoes, Roasted Red Peppers, Jalapeño, Chili Powder, Cayenne and Black Pepper. Served with 2 Happy Eggs Over Easy and Harvest Grain Toast. \$12.95

Popeye Hash **Vegetarian**

Spinach, Organic Brown Rice, Diced Potatoes, Onion and Spices to pep you up in the morning! Served with 2 Eggs Over Easy From Super Happy Chickens and Harvest Grain Toast. \$11.95

Flapjacks

Served with Maple Syrup, Cinnamon Butter and Whipped Cream

Blueberry

Whole Blueberries in the Flapjack. \$10.95

Buttermilk

Housemade Traditional Flapjack. \$10.50

Chocolate Chip

Loaded with Chocolate Chips. \$10.95

Breakfast Bowls

Gravy Train Bowl

Hash Browns, Scrambled Eggs, Sausage Gravy, Cheddar Cheese and a House Made Buttermilk Biscuit. \$11.95

David's Biscuits and Gravy

House Made Biscuits, Creamy Pepper Thyme Infused Gravy with Breakfast Sausage. \$11.25

Chili Bowl

Hash Browns, Scrambled Eggs, Harvest Grain Toast, Chili La Mesa & Cheddar Cheese. \$11.95

Organic Oatmeal

Made the Old Fashioned Way, Thick Rolled Oats, Dairy Free and Served with Honey, Maple Syrup, or Brown Sugar. \$8.95

Add Pecans or Raisins \$0.50

Third Coast Specials

Belgium Waffle

Giant Waffle with Maple Syrup and Cinnamon Butter. \$10.50

Sunrise Commuter Sandwich

Peppered Bacon, Cage Free Local Scrambled Eggs, Sharp Cheddar on Bit of Swiss Harvest Grain Toast. \$7.95

Yogurt & **Organic Oat Granola**

Vanilla Yogurt & Crunchy House Made Cinnamon, Maple – Pecan Granola. \$8.25

Archie's Special

Bit of Swiss Harvest Grain, Sautéed Spinach, Caramelized Onions, Balsamic Tomatoes and 2 Eggs Over Easy. \$9.95

Raspberry Cheesecake French Toast

Cream Cheese and Raspberry Stuffed in Our Delicious Fresh Baked Bread, Battered and Griddled Until Golden Brown. Drizzled with Raspberry Sauce and Served with Whipped Cream and Maple Syrup. \$12.25

Sides

Sausage or Ham \$3.95

Peppered Bacon \$3.95

Specialty Hash \$6.00

Curried Tofu Scramble \$4.25

Fresh Grated Hash Browns \$3.95

Small Flapjack \$6.50

Toast \$3.95

Egg Any Way \$3.75

House-Made Buttermilk Biscuit \$2.95

Gluten-Free Toast \$4.25