

**LUNCH MENU**

**Roma Panini – \$8.95**

Basil Pesto, Spinach, Tomato, Balsamic Vinaigrette & Mozzarella on an herbed Ciabatta

**Aquarius Burger – \$8.95**

Sunshine Burger, Cheddar cheese, Tomato, Avocado, Greens & your choice of Mustard or Veganaise

**Garlic! Panini – \$8.95**

Garlic Almond spread, Carrot, Spinach, Tomato, Cucumber & Cheese on an herbed Ciabatta

**Happy Hummus Wrap – \$7.95/\$3.95**

Our Homemade Hummus, Carrot, Spinach, Red Onion, Avocado, & Red Pepper in a whole wheat wrap Available in 1/2 or whole portion

**Spinach Salad – \$7.95/\$4.95**

Red Onion, Carrot, Avocado, Tomato, Homemade Balsamic Vinaigrette on a bed of Spinach. 1/2 or full portion

**Le Petit Appétit**

1/2 Spinach Salad & Cup of Soup – \$7.95

Grilled Cheese – \$4.85

Peanut Butter, Apple & Honey Sandwich – \$4.85

See our Deli Case for seasonal salads like Raw Kale Salad, Quinoa Salad, etc

Homemade Soup of the Day – \$3.50/\$5.25

Muffins, Scones, Fresh baked Cookies

(920) 868 9999

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info@greens-n-grains.com

7821 State Highway 42  
Downtown Egg Harbor in  
the Purple Building

**COFFEE**

Organic, Fair-trade coffee from Colectivo in Milwaukee

**Hot or Iced**      12 oz.    16 oz.

Drip Coffee      \$1.85

Refill              \$1.00

To Go              \$1.95    \$2.25

Red Eye          \$3.75    \$4.25

Drip Coffee served with Espresso shots

Espresso Double Shot \$2.50

Americano      \$2.95    \$3.25

Espresso shots served with hot water

Latte              \$3.50    \$4.25

Espresso shots & Steamed Milk of choice

Cappuccino      \$3.50    \$4.25

Espresso shots & Foamed Milk of choice

Macchiato      \$3.00

Espresso shots with a touch of foam on top

Mocha            \$4.25    \$5.00

Espresso shots with Steamed milk & Chocolate Syrup

**SMOOTHIES**

All ingredients in our smoothies are 100% Organic!

12 oz. – \$5.45 • 16 oz. – \$6.97

**Banana Berry**

Strawberry, Blackberry, Blueberry, Raspberry, Banana, Yogurt, Milk

**Berry Refreshing**

Strawberry, Blackberry, Blueberry, Raspberry, Apple, Orange Juice

**DC Sunrise**

Banana, Door County Cherries, Orange, Coconut Milk

**Island Paradise**

Banana, Pineapple, Orange, Date, Coconut Milk, Coconut Oil

**Green N Gold**

Mango, Spinach, Cucumber, Ginger, Lime, Coconut Milk

**Mega Mango**

Mango, Pineapple, Strawberry, Orange Juice

**PREMIUM SMOOTHIES**

12 oz. – \$6.50 • 16 oz. – \$8.25

**Green Goddess**

Spinach or Kale, Banana, Strawberry, Spirulina, Protein Powder, Coconut, Almond Milk

**Happy Grass**

Wheat Grass, Spirulina, Spinach, Pineapple, Apple, Ginger, Lime

**Smart Monkey**

Banana, Peanut Butter, Cocoa Powder, Protein Powder, Almond Milk

**JUICES**

Fresh Pressed Juices are 100% Organic!

12 oz. – \$5.95 • 16 oz. – \$7.50

**Breakfast Blend**

Apple, Orange, Ginger & Carrot

**Pink Lemonade**

Apple, Lemon & Beet

**Green Buzz**

Apple, Cucumber, Lime & Wheat Grass

**Red Roar**

Apple, Carrot, Beet & Ginger

**Roxy Red**

Apple, Cucumber, Beet, Ginger & Lemon

**Sour Punch**

Apple, Carrot, Beet, Celery & Lemon

**Sweet Beet**

Apple, Carrot, Beet, Celery & Ginger

**What Cold?**

Apple, Orange, Lemon, Ginger & Wheat Grass

**TEA & UN-CAFFEINATED**

We serve Rishi Tea, Organic & mostly Fair Trade

**Hot or Iced**      12 oz.    16 oz.

in-house or to go      \$1.95  
\$2.25

Tea Latte          \$2.95    \$3.65

Brewed tea with steamed milk of choice

Pot O' Tea          \$3.85

Chai Latte          \$4.25    \$5.50

Rishi Chai Tea & steamed milk of choice

Hot Chocolate \$3.00    \$4.00

Chocolate Syrup & Steamed Milk