

# coffee bar

fresh roasted beans and loose natural leaf teas

	12 oz.	16 oz.	20 oz.	24 oz.
coffee reg or decaf	3.00	3.50	4.00	
assorted teas   herbals	3.00	3.50	4.00	
latte   cappuccino	3.50	4.00	4.50	
americano	3.25	3.50	4.50	
mocha	4.50	5.00	5.50	
hot chocolate	3.50	4.25	5.00	
turmeric tea latte	3.50	4.25	5.00	
chai latte   iced +.50	3.50	4.25	5.00	
matcha	4.00	4.75		
bulletproof, coffee, coconut oil, butter blend	4.50	5.00	5.50	
iced coffee (cold brew)	3.25	3.75		4.25
frappe (frozen)	3.75	4.25		5.50
iced assorted teas   herbals	3.25	3.75		4.25
lemonade	3.25	3.75		4.25
with cane sugar add raspberry, mint (+1.00)				

	1 shot	2 shots
espresso	2.50	3.50
macchiato	3.00	4.00
coffee additions:	espresso shot (+1.50)	
	vanilla, caramel, hazelnut, mocha peppermint shot (+0.75)	
	ghirardelli chocolate or caramel sauce (+1.00)	

\* 2% | soy | half and half | skim | almond | coconut

# juice joint

fresh squeezed juices - organic when possible

juices	12 oz.	4.25	16 oz.	5.75
apple   carrot   orange   grapefruit   or watermelon				
fresh young coconuts, with their own shell				6.50

juice combos	12oz.	5.00	16oz.	6.50
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- #1 aloha spice, pineapple, apple, lemon, ginger
- #2 pink elephant, beets, orange, carrot, apple, lemon, ginger
- #3 pretty in pink, strawberry, pineapple, orange, ginger
- #4 rise and shine, carrot, orange
- #5 riptide, apple, carrot, ginger
- #6 shore thing, watermelon, raspberry, lemon

power juice combos	12 oz.	5.95	16 oz.	7.95
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- #7 grrreat day, grapefruit, green apple, turmeric
- #8 starfish super 6, kale, carrot, beet, apple, lemon,
- #9 pageant winner, carrot, cucumber, celery, spinach, cayenne
- #10 nudie, celery, spinach, zucchini, cucumber, lime, ginger
- #11 green f.o.y., cucumber, spinach, celery, lemon, spirulina
- #12 tiger punch, kale, spinach, orange, pineapple, spirulina
- #13 summer grass, apple, wheatgrass shot, lemon

create your own juice combo...

shots	1 oz.	3.00	2oz	5.50
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- #1 wheatgrass
- #2 ginger
- #3 lemon, ginger, honey, turmeric, cayenne pepper
- #4 turmeric, lemon, beet, cayenne pepper

# other drinks

soda	2.75	boxwater	3.00	kombucha	3.50
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Prior to ordering, please let us know of any food allergies.

# smoothie station

all smoothies are made fresh to order.

no sugar added and no added fillers, ice added

- smoothies** 16 oz 5.95 | 24 oz 7.95
- #1 beach break  
peanut butter, chocolate syrup, vanilla ice cream, banana, milk
  - #2 blue sea  
blueberries, soy milk, banana, honey
  - #3 floaty  
strawberries, raspberries, blueberries, orange juice, banana
  - #4 orange cream  
orange juice, banana, milk, vanilla
  - #5 peach lover  
peach juice, peaches, raspberries, banana, soy milk
- power smoothies** 16 oz 7.95 | 24 oz 9.95
- #6 aloha  
pineapple, mango, banana, coconut, orange juice
  - #7 b-free  
acai, kale, spinach, cucumber, avocado, honey, ginger, filtered water
  - #8 blue f.o.y.  
almond milk, banana, avocado, dates, cacao, chia, vanilla, blueberries
  - #9 date bait  
kale, pineapple, date, banana, avocado, coconut water
  - #10 endless summer  
pineapple, banana, coconut water, almond milk, honey, lime
  - #11 full monty  
apple, coconut water, honey, spirulina, hemp, blueberries
  - #12 paradox  
banana, vanilla ice cream, wheat-germ, honey, milk
  - #13 pretty face  
dragon fruit, avocado, banana, blueberries, almond milk
  - #14 samson's delight  
spinach, mango, pineapple, banana, spirulina, almond milk
  - #15 up and adam  
espresso, milk, banana, cacao, maple syrup
  - #16 wilbur  
oats, blueberry, banana, cinnamon, honey, almond milk

# smoothie bowl lane

- #1 green angel 11.95 | 1.50 extra toppings  
blended acai, kale, spinach, mango, banana, almond milk  
topped with granola, banana, goji berries
- #2 paradise  
blended dragon fruit, banana, pineapple, coconut water  
topped with banana, pineapple, granola, chia seeds, coconut flakes, honey
- #3 patriot  
blended acai, strawberry, blueberry, raspberry, banana, coconut water  
topped with granola, banana, fresh berries
- #4 sweet tooth  
blended acai, banana, almond milk, almond butter, cacao  
topped with coconut flakes, cacao, nuts, honey, banana
- #5 zen energy  
blended acai, coconut milk, banana, mango, pineapple, maca, hemp protein  
topped with granola, banana, pineapple, goji berries, cacao nibs

add a boost to your smoothie:

almond butter (protein)	cinnamon (blood sugar)	+ 1.50 per
avocado (beauty)	coconut oil (metabolism)	goji berries (antioxidant)
bee pollen (energy)	echinacea (immunity)	hemp (protein, omega)
cacao (antioxidant)	maca (energy, balance)	peanut butter (protein)
cayenne (metabolism)	maple syrup (zinc boost)	spirulina (phytonutrients)
chia seeds (omegas)	flax seeds (fiber, omegas)	turmeric (anti-inflammatory)
		whey (protein)



# Starfish Cafe

breakfast | lunch | dinner | kid's menu  
 coffees | fresh squeezed juices  
 bowls | smoothies | rotisserie  
 eat-in. grab and go meals.

made fresh to order.  
 unprocessed and  
 organic ingredients, sourced locally,  
 when possible.

text or call ahead for pick-up

822 E 9th Street, Ocean City, NJ 08226

609.432.2686

www.starfish-cafe.com

Open at 7:00am daily

free wifi

# breakfast

served all day

## breakfast sandwich

<b>#1 classic</b>	4.75
egg over medium, american cheese on brioche roll	
add bacon, taylor porkroll, turkey sausage, scrapple or country ham (+2.00)	
<b>#2 fancy</b>	8.50
two eggs over medium, bacon, avocado, red onion, cheddar on brioche roll	
<b>#3 your choice breakfast sandwich</b>	one egg 4.75
choice of scrambled or fried, artisan bread and ingredients below:	two eggs 5.50
<b>cheese</b>	american cheddar   feta   mozzarella   muenster   swiss   blue +.50 per
<b>veggie</b>	fresh basil   jalapenos   kale   mushroom   onion   red peppers   spinach   tomato +.75 per zucchini   pico de gallo (+2.00)   guacamole (+2.25)   veg bacon (+2.00)   avocado (+1.50)
<b>meat/sea</b>	steak (+3.50)   salmon (+3.50)   bacon   ham   pork roll   scrapple   turkey sausage +2.00 per
<b>bread</b>	brioche roll   toast (multi-grain , white , rye)   wrap (white, wheat, spinach) bagel (white, sesame, multi-grain, everything) (+1.50) gluten-free (bagel, bread, wrap) (+2.00)

**steak and eggs** 17.95

2 eggs scrambled, flat iron steak, homefries with toast

**breakfast burrito | bowl** 9.50

2 eggs scrambled, brown rice, cheese, black beans in a flour tortilla or bowl with pico de gallo add avocado (+1.50)

**breakfast quesadilla** 9.50

2 eggs, cheese, spinach, flour tortillas, pico de gallo, guacamole, sour cream

**breakfast tacos** 9.50

3 eggs scrambled, bacon, jack cheese in 3 corn tortillas topped with sliced radishes, cilantro, chopped onion

**omelette** 3 eggs, served with home fries or mixed greens, toast (egg whites +1.00)

**#1 country ham and swiss cheese omelette** 12.00

add mushroom, zucchini, tomato, or spinach (+1.00 per)

**#2 veggie omelette** 13.50

roasted red peppers, spinach, zucchini, grilled onions, cheddar

**#3 thick-cut bacon and potato omelette** 12.00

add spinach (+1.00); cheese (+.50)

**#4 your choice omelette** 10.00

3 eggs, add your choice of ingredients from above

**smokin' bagel** 9.50

toasted with cream cheese, smoked salmon, tomato, red onion, capers

**french toast** 8.50

thick artisan white bread with pure maple syrup. gluten-free (+2.00)

**pancakes (3) | waffle** 8.00

from scratch with pure maple syrup. add blueberry, banana, walnuts or chocolate chips (+1.50). gluten-free (+2.50)

**steel-cut rolled oats blend oatmeal** 5.95

with blueberries, walnuts, bananas, brown sugar and choice of milk.

add golden raisins (+1.25)

**fruit salad** 5.50

assorted seasonal. add yogurt and homemade granola (+1.50)

## breakfast sides

bacon, taylor pork roll, turkey sausage, veggie bacon, ham, or scrapple 3.50

egg 2.00 | pancake 3.00 | home fries 3.75 | toast 1.50 | bagel 2.00 | butter .25

cream cheese .50 | soy cream cheese, berry jam, almond or peanut butter .75

*Prior to ordering, please let us know of any food allergies.*

*Same grills used for gluten and gluten-free.*

# lunch and dinner

## burgers | sandwiches | wraps | bowls

<b>hamburger</b>	9.50
grass fed beef seared with lettuce, tomato, onion on brioche roll or lettuce wrap. add cheese (+1.25), fried egg or bacon (+2.00)	
<b>buddha veggie burger</b>	12.95
quinoa, sweet potato, portobello mushroom, shallot, breadcrumbs, olive oil, pepper flakes with mixed greens, avocado, tomato chutney on brioche roll	
<b>classic club</b>	11.50
roasted chicken, bacon, green leaf lettuce, tomato, mayo, on toasted white bread	
<b>blt</b>	8.50
bacon, lettuce and tomato, mayo on toasted white bread	
<b>jetty chicken salad</b>	9.50
roasted chicken, grapes, blueberries, walnuts, red onions, sesame seeds, celery tossed in raspberry vinaigrette, lettuce on toasted multi-grain or lettuce wrap	
<b>naked meatball parm toast</b>	10.95
slow roasted meatballs, parm cheese, tomato gravy on toasted baguette slices with fresh basil	
<b>grilled cheese</b>	7.50
cheese on white bread; add grilled tomatoes (+1.25); jalapenos, roasted red peppers or pickled onion (+.75 per); bacon (+2.00); soup cup (+3.00)	
<b>coaster burrito</b>	9.95
brown rice, black beans, avocado, cheese, pico de gallo, sour cream in a flour tortilla or bowl. add grilled chicken (+3.00), shrimp/steak (+4.00)	
<b>cravin' quesadilla</b>	8.75
flour tortillas, cheese, with sides of guacamole, sour cream, pico de gallo add grilled chicken (+3.00); shrimp or steak (+4.00)	
<b>vegan veggie bowl</b>	15.00
roasted sweet potato, onion, kale, broccolini, crispy chickpea, with tahini-maple sauce	
<b>cowboy steak bowl</b>	18.00
pan seared seasoned steak, grilled peppers, mushroom, onions, tomato, brown rice. add spinach (1.50)	
<b>sorry charlie tuna seafood</b>	11.95
fresh yellow fin tuna, celery, red onion, tossed in mayo, dijon mustard, lemon dressing with tomato and lettuce on brioche roll or lettuce wrap. add jalapeno and cheddar cheese (+1.00)	
<b>classic crab or salmon cake</b>	15.95
lump crabmeat or roasted wild caught salmon, panko breadcrumbs, fresh herbs and spices served with tartar sauce, mixed greens on brioche roll or lettuce wrap	
<b>island shrimp bowl</b>	18.95
grilled honey garlic shrimp, avocado, tomato, corn, brown rice	
<b>tip-top salmon bowl</b>	17.95
oven roasted salmon, chickpeas, zucchini, red pepper, grilled onion, brown rice with sriracha mayo or creamy yogurt	
<b>spicy fish taco</b>	13.95
pan seared marinated flounder, spicy slaw, avocado, in 3 corn tortillas	
<b>gone fishin'</b>	mkt
"catch of the day" served with choice of 2 sides	

## rotisserie chicken

served with choice of 2 sides  
cage free, all natural. half 10.75 | whole 18.75  
select honey garlic, bbq or lemon with herbs marinade

## sides

<b>house salad</b>	5.95 sm / 8.95 lg
spring mix, cucumber, shaved carrots, tomato, balsamic vinaigrette	
<b>soup</b>	pint 5.50
carrot ginger, tomato basil, seasonal	
<b>fries</b>	4.00 sm / 5.50 lg
fresh hand-cut white or sweet potato (+1.00)	
<b>three bean salad</b>	pint 4.95
black beans, kidney beans and white/garbanzo beans, red onion, celery, parsley, rosemary tossed in apple cider vinaigrette	
<b>seasonal</b>	5.95
vegetables, quinoa salad or wheat berry salad	
<b>brown rice</b>	pint 4.95

## salads

<b>kale caesar</b>	homemade dressing 13.00
shredded kale, chopped romaine, parmesan crisps, roasted chicken (shrimp or salmon +2.00), fresh lime squeeze, tomatoes, shaved parmesan tossed in caesar dressing (no anchovies or egg)	
<b>cobb</b>	13.00
shredded kale, chopped romaine, tomato, avocado, crumbled bacon, raw corn, egg and roasted chicken tossed in blue cheese dressing	
<b>guacamole</b>	13.00
spring mix, tomatoes, red onion, tortilla chips, avocado, roasted chicken (or grilled shrimp +2.00) and fresh lime squeeze tossed in lime cilantro	
<b>greek</b>	11.00
romaine, tomatoes, cucumbers, onions, olives, feta cheese, tossed in lemon, herbs and olive oil	
<b>you got the beet (warm)</b>	13.00
roasted chicken, roasted beets, pickled onions, walnuts, goat cheese, shredded kale, baby spinach, balsamic vinaigrette	

## kid's turf

<b>little chicken</b>	5.50
home made chicken nuggets, choice of bbq, ketchup or honey mustard with carrot sticks	
<b>little lucy</b>	4.95
peanut butter and jelly on multi-grain bread with half a banana	
<b>top dog</b>	5.50
beef dog (no nitrates) brioche bun with carrot sticks	
<b>frisbee</b>	4.95
cheese quesadilla. add roasted chicken (+2.95) with carrot sticks	
<b>hey hey we're the monkey's</b>	6.95
nutella and banana on multi-grain bread with sliced apple	

## sweet street

	handmade
<b>scone/muffin</b>	1.50
<b>cookie</b>	.75
<b>rice krispie treat</b>	1.00