

SPECIALTY SANDWICHES \$6.39 each

Accompanied by an apple and bag of chips

Channel Marker

Sliced turkey breast, bacon, smoked Gouda, green leaf lettuce, Maine grown vine-ripened tomatoes

Cape Cod

Chunky chicken salad mixed with Craisins, walnuts and mayonnaise topped with red leaf lettuce, Maine grown vine-ripened tomatoes.

Windward Veggie (Vegetarian)

Zesty red pepper hummus, grilled red onions, grilled red peppers, grilled Portobello mushrooms, green leaf lettuce, fresh cucumbers and Maine grown vine-ripened tomatoes

Surf Caster

White albacore tuna mixed with celery and mayonnaise topped with green leaf lettuce and Maine grown vine-ripened tomatoes

High Thai'd (Contains Peanuts)

Grilled chicken in a spicy peanut sauce with tomatoes, shredded carrots, cucumbers and wonton strips on a plain wrap

PANINIS \$6.39 each

Accompanied by an apple and bag of chips

Rocky Coast

Provolone cheese, baby spinach, Maine grown vine-ripened tomatoes, honey Dijon spread

Ferry Beach

Smoked turkey breast, buffet ham, pickle slices, Swiss cheese, Vidalia onions topped with Maine grown vine-ripened tomatoes & green leaf lettuce with whole grain mustard

Wayward (Vegetarian)

Aioli spread with roasted red peppers, Maine vine-ripened tomatoes, provolone cheese, baby spinach, onion, shaved carrots on your choice of bread, wrap or bagel

The Jetty (Chicken Caesar Wrap)

Chicken breast, shredded parmesan cheese, green leaf lettuce, croutons and creamy Caesar dressing on a flatbread wrap

Breakwater

Pesto chicken breast, fresh mozzarella, green leaf lettuce, Maine grown vine-ripened tomatoes

2 FOR U COMBO \$7.29 each

Accompanied by an apple and bag of chips

Pick 2:

½ Specialty Sandwich or Panini
½ Salad
Soup

SOUP DU JOUR \$3.99



SAND DOLLAR Breakfast Sandwich \$2.99

Egg whites, bacon, provolone cheese on your choice of bagel
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SALADS \$6.39 each

Accompanied by an apple and bag of chips

Islander

Delicious breast of chicken, toasted almonds, apples, green leaf lettuce and seedless grapes

Shore Lander

Fresh spinach, avocado, mandarin oranges, Maine grown vine-ripened tomatoes, mushrooms, bacon bits and hard cooked eggs

Chef Salad

Moist turkey, ham and Swiss cheese served on fresh green leaf lettuce with cucumber, Maine vine-ripened tomato, onion and hard-boiled eggs

The Jetty (Chicken Caesar Salad)

Grilled chicken breast, green leaf lettuce, shredded parmesan cheese and garlic home style croutons

Wind Surfer

Grilled Balsamic chicken strips, mixed greens, roasted red peppers, multi grain croutons, feta cheese and Maine grown vine-ripened tomatoes

Coastal Favorite (Vegetarian)

Fresh mixed greens, celery, cucumbers, green peppers, red onions and Maine grown vine-ripened tomatoes, carrots

Surf Caster

Our delicious white albacore tuna salad on a bed of spinach with tomato wedges and cucumbers

High Thai'd (Contains Peanuts)

Grilled chicken in peanut sauce on a bed of mixed greens with tomato wedges, cucumber slices, shredded carrots and topped with wonton strips

SNACKS

Whole Fresh Fruit	\$0.75
Sun Chips	\$0.80
Veggie Crudité Cup	\$1.49
Fresh Fruit Cup	\$3.29

BAKERY

Biscotti	\$1.00
Cinnamon Twist	\$1.35
Scones	\$1.64
Bagel with Cream Cheese	\$1.85

We proudly brew Starbucks Coffee

FROM THE ANCHOR \$3.89 each

Accompanied by an apple and bag of chips

Garden Salad

Fresh green leaf lettuce, cucumber, Maine vine-ripened tomato, red onion and green peppers

Caesar Salad

Crisp lettuce, shredded parmesan cheese and garlic home style croutons

Grilled Cheese Panini

Your choice of 4 cheeses: Swiss, Provolone, Mozzarella, or Gouda. Pick one type or all 4 to make a tasty treat!

Caprese Panini



Pesto, Fresh Mozzarella, green leaf lettuce, Maine vine-ripened tomatoes

Cold Veggie Sandwich

Cucumber, grilled zucchini, grilled yellow squash, zesty red pepper hummus, roasted red peppers