

BAGELS

We Feature Boston Bagels!!!!

PLAIN, CINNAMON RAISIN, EVERYTHING, SESAME, HONEY WHEAT & ONION & WKLY FLAVOR SPECIALS BAGEL	\$1.25
BAGEL W/CREAM CHEESE	\$2.25
BAGEL w/ PEANUTBUTTER or JELLY	\$1.75

CREAM CHEESES & SPREADS

PLAIN or LITE	VEGGIE
GARLIC HERB	HUMMUS
CRANBERRY ORANGE	WALNUT

BREAKFAST SANDWICHES

Fresh Eggs w/Cheese on your choice of:

Croissant, Bagel, English Muffin or Toast	\$2.99
On a Wrap	\$3.99
ADD Linguica, Honey Ham, Bacon or Sausage	\$1.29

BREAKFAST SPECIALTIES

<u>BREAKFAST BURRITO</u> - Scrambled egg, fresh avocado, mild salsa, onions & cheddar	\$4.99
ADD Linguica, Honey Ham, Bacon or Sausage	\$1.29

<u>LUMBERJACK</u> - English muffin toasted & buttered, melted cheddar, scrambled egg, sausage & Vermont maple syrup	\$4.59
---	--------

<u>SKINNY MINI</u> - EGG WHITES, BABY SPINACH, RIPE TOMATO & ONION	\$3.99
<u>HASH BROWN POTATO</u>	\$1.00

WE FEATURE

NANTUCKET COFFEE ROASTERS

SMALL \$ 1.55 LARGE \$ 2.14

MANY FLAVORS AVAILABLE

HOT TEA, ICED COFFEE & ICED TEA

HOT DOGS

PLAIN DOG	\$2.29 or 2/\$3.99
MAUI DOG w/our Pineapple/Mango Salsa	\$3.59
CHILI CHEESE DOG	\$4.99
LINGUICA DOG w/grilled onions	\$3.79

Please call us for daily specials!

DELI EXTRAS

RED BLISS POTATO SALAD with Fresh Dill	
Small \$ 2.25	Large \$4.50
WEEKLY HOMEMADE PASTA SALADS	
Small \$---	Large \$--- (prices vary)
FRESH FRUIT CUPS - Seasonal \$ Market Price	

KIDS MEALS* \$4.59

GRILLED CHEESE
PEANUTBUTTER & JELLY
B.L.T. W/MAYO
HAM & AMERICAN CHEESE

*KIDS MEALS COME WITH A JUICE BOX AND CHIPS

HOME-BAKED GOODS

AWESOME BROWNIES	\$1.50
SPECIALTY BROWNIES	\$1.75
YUMMY COOKIES	\$1.25
SCRUMPTIOUS MUFFINS	\$1.69

LocalFlavorCapeCod.com

Local Flavor

❖ lunch & bagel ❖

wicked local!
wicked good!

508-896-1234

Call ahead & place your order

Delicious Catering for
Meetings, Parties and Holidays!

OPEN 7 DAYS PER WEEK - YR 'ROUND

Hours	8 am - 3 pm
Summer Hours	7 am - 5 pm

302 Underpass Rd
Brewster, MA - Cape Cod

****VOTED BEST SANDWICH SHOP****
ON THE LOWER CAPE
by Cape Cod Life Magazine

On the bike trail, next door to
Rail Trail Bike & Kayak

Check out our website...menus online!
LocalFlavorCapeCod.com

*****ALLERGY ALERT*****
Local Flavor uses nuts in many items.
Please take care when ordering!

PANINI

all priced at \$6.95

CHICKEN PESTO - Grilled chicken breast, homemade pesto mayo, roasted red peppers, tomatoes, fresh baby spinach on sour dough bread

THE LONGHORN - Lean roast beef, smoky barbeque sauce, grilled onions, melted sharp cheddar & zesty horseradish sauce on Texas toast

THE BOHEMIAN - Ripe avocado, roasted red peppers, tomato, baby spinach, mozzarella & balsamic vinaigrette

THE POIT'S - Honey baked ham, Swiss cheese, tomato, Dijon mustard sauce, grilled on your choice of bread with lots of love. Add bacon or avocado \$.99

HOT TUNA - Tuna salad, melted cheddar, ripe tomato & Bermuda onion on Texas toast

THE BEACON - Sliced turkey breast, garlic dill mayo, provolone, crisp bacon & tomato on sour dough or multi-grain bread.

SALADS

FRESH GARDEN SALAD \$4.39

Top your garden salad with Tuna, Chicken, Chicken Salad, or Turkey Add \$2.50

GREEK SALAD \$6.79

THE ISLANDER SALAD - Garden salad topped w/tuna & our homemade mango, pineapple salsa \$6.79

WEST COAST SALAD - Our garden salad topped with craisins, chopped almonds, grilled chicken breast & cheddar cheese. We recommend topping it with balsamic vinaigrette dressing \$7.49

DELI SANDWICHES

THE LOCAL - Sliced turkey breast, cranberry orange walnut cream cheese, ripe tomato & crisp lettuce \$5.69

THE VALLEY GIRL - Sliced turkey breast, Swiss cheese, fresh avocado, cucumber, baby spinach, tomato & honey mustard - *It's like totally awesome!!!* \$6.59

THE YANKEE - Sliced turkey breast, homemade stuffing, cranberry sauce, lettuce, tomato & mayo \$5.99

BUFFALO CHICKEN - Breaded chicken breast, zesty buffalo sauce, blue cheese dressing, tomato & lettuce \$6.29

HENLEY - Homemade all-white meat chicken salad, herb mayo, baby spinach, roasted red pepper & tomato \$6.29

RODEO - Grilled chicken breast, barbeque sauce, onion, tomato & melted cheddar on a toasted onion roll \$6.29

ITALIAN - Ham, salami, provolone, tomato, red onion, pickles, chopped hot peppers, crisp lettuce, oil & vinegar on a sub roll \$6.59

HAMELOT - Honey baked ham, cheddar cheese, tomato, onion, lettuce and honey Dijon mustard, Toasted or Cold? On your choice of bread \$5.89

ROAST BEAST - Lean roast beef, cheddar cheese, Bermuda onion, tomato, lettuce and horseradish sauce, Toasted or Cold? \$6.59

MEATBALL - Home-style meatballs, marinara sauce, melted provolone & mozzarella on toasted sub roll \$5.99
Add tomato, lettuce & onion \$6.79

CHICKEN CAESAR WRAP - Chicken breast, romaine lettuce, croutons, Caesar dressing, parmesan cheese in your choice of wrap \$6.59

BLT - with Mayo! \$5.59

THE ISLANDER - Tuna salad, homemade mango pineapple salsa, Bermuda onion & lettuce on your choice of bread \$5.99

THE GREEK - Feta cheese, crisp lettuce, onion, tomato, cucumber, black olive & Greek dressing in a sun dried tomato wrap \$5.79
Add chicken or tuna. \$1.79

HIPPIE - Hummus, Swiss cheese, avocado, baby spinach, roasted red peppers, tomato & red onion on your choice of bread \$6.39

WOODSTOCK - Veggie burger, melted American, lettuce, tomato, onion & mayo on toasted onion roll \$5.89

LOBSTER ROLL - Seasonal \$ Market price

THE CLUBS - Crisp bacon, American cheese, lettuce, tomato & mayo with your choice of ... \$6.59
Turkey, roast beef, ham, chicken salad or tuna salad

WHAT DO YOU WANT?!

BREADS - White, wheat, marble-rye, sub roll, onion roll; sun dried tomato, wheat, or herb wrap

SPREADS - Mayo, pesto mayo, mustard (yellow & Dijon), blue cheese dressing, oil & vinegar, honey mustard, Greek dressing & balsamic vinaigrette

MEATS - Turkey, ham, roast beef, salami, tuna, grilled chicken breast, chicken salad, & bacon

CHEESES - American, Swiss, cheddar, feta, provolone, mozzarella & a bunch of cream cheeses...see our delicious bagel toppings

EXTRAS - Lettuce, avocado, pickles, tomato, hots, onion, spinach, roasted red peppers, black olives & hummus