



BREAKFAST

All Good Breakfast Sandwich 5.5
Cheesy baked eggs and your choice of sausage, spam, or turkey bacon. Enjoy on a bagel, toast, Hawaiian rolls, English muffin, or as a burrito

Avocado Toast 5
Fresh avocado spread on whole wheat toast with Everything Bagel seasoning

Yogurt Parfait 4
Layers of Greek yogurt, fresh fruit and All Good Granola

Oatmeal 3
Topped with fresh fruit and All Good Granola

HOT DRINKS

Coffee S 3.5 | M 4 | L 4.5
An in-house blend of delicious, locally roasted Three Ships coffees.

Specialty Coffee S 4 | M 4.5 | L 5
A unique Three Ships varietal with hints of strawberry and almonds

Hot Tea 2.5
English Breakfast Black Tea or Green Tea (decaf)

Hot Cocoa 2.5
Creamy. Chocolatey. Marshmallowy.

TREATS

All Good Craft Granola Bar 1.5

Pastries 1.5

LUNCH

Garden Salad 5.5
Spring mix, romaine, tomato, carrots, red onion, avocado, croutons, dressing

Soup O' the Day 5.5
Ask about what's good today! Small or large servings

Toasty Sandwich 6
Choose roast beef or turkey. Add provolone, cheddar, or Swiss cheese

All Good Avocado BLT 6.5
Turkey bacon, lettuce, tomato, mayo and avocado

COLD DRINKS

Iced Coffee 4.5
Our in-house blend, chilled and poured over frozen coffee cubes

Iced Coffee Float 5
Iced coffee, vanilla ice cream and chocolate drizzle

Coffee Milkshake 5.5
Chocolate and coffee-infused milkshake

Fresh Strawberry Lemonade 3
Sweet and tangy, with a few strawberries just for fun

*Allergy statement: Menu items may contain or come into contact with WHEAT, EGGS, TREE NUTS, COCONUT and MILK. For more information, please speak with a manager

"Don't Waste Good Taste"