

# breakfast *served all day*

**build your own breakfast wrap** - includes 2 scrambled organic eggs, 3 core ingredients (add extra for +.75¢) & choice of flour or whole wheat wrap | 9.95  
bagel +1.00 | GF wrap +2.00 | GF bagel +2.50

or organic **omelette** - includes 3 eggs & 3 core ingredients (add extra for +.75¢) served with multigrain toast | 12.95

## **pick 3 core ingredients:**

american  
monterey jack  
vermont cheddar  
jalapeños  
raw onions  
red peppers  
tomato  
zucchini

## **premium ingredient choices:**

<b>Extra +1.00</b>	<b>Extra +1.50</b>	<b>Extra +2.50</b>
black beans	egg	turkey bacon
brown rice	avocado	egg whites
mushrooms	smoked apple bacon	<b>Extra +2.75</b>
caramelized onions	spinach	guacamole
	chèvre goat	salsa
	vegan cheese	<b>Extra +3.95</b>
		turkey sausage

**egg white cali style wrap** - egg whites, zucchini, tomatoes, caramelized onions, avocado, red peppers & spinach served in a whole wheat tortilla | 14.50

**olé olé** - eggs with guacamole, salsa, black beans, brown rice, monterey jack cheese, jalapeños & sour cream wrapped in a flour tortilla | 15.50

**wahini** - bowl of brown rice, black beans, cheddar cheese, salsa & sour cream | 10.95  
add egg +2.95 | add 1/2 avocado +1.50

**avocado for breakfast?** - half an avocado with cucumber, red onion, mesclun greens, tomato, vegan chipotle mayo and za'atar served on toasted multigrain bread (or GF bread +2.00 | GF bagel +2.50) | 10.95  
add egg +2.95

**bagels** - daily assorted bagels (or GF bagels +2.50)  
with butter, cream cheese, or jam | 3.95  
add vegan cream cheese +2.25 | scooped +.75

**homemade organic GF granola** - gluten free granola served with slices of bananas & yogurt or choice of milk\* | 10.95  
add fresh berries +3.50

**rio acai bowl** - brazilian acai served with homemade gluten free granola, fresh berries & banana, shredded coconut & local honey drizzle | 13.50  
add peanut butter +2.00 | add almond butter +2.50  
add mango & pineapple +3.00

**organic scrambled tofu** - with carrots, spinach & scallions wrapped in a spinach tortilla (or GF wrap +2.00) | 9.95 | add vegan cheese +1.00

**creamy organic oatmeal** - served piping hot with golden raisins, bananas, dash of maple syrup & choice of milk\* | 9.95 | add walnuts +1.50  
add fresh berries +3.50

**homemade organic flax-coconut waffles** - served with slices of banana, maple syrup & strawberry butter (or pancakes served after 11am) | 10.95  
add fresh berries +3.50 | side bacon +1.50 | side turkey bacon +2.50  
side turkey sausage +3.95 | GF waffles +2.00

\* organic milk choices: whole or low fat | oat, almond or coconut +1.00

# lunch *served all day*

## **SALADS / OR WRAP IT UP IN A SPINACH TORTILLA!**

**the zen rabbit** - mixed baby greens with tomato, avocado, red onion, kalamata olives, shredded carrot, grated beets & goat cheese served with green herb vinaigrette | 13.50

**hail caesar!** - romaine, shredded carrots, sesame sticks and organic baked tofu served with vegan caesar dressing | 12.95 | add chicken +5.95

**i feel pritty** - baby kale with quinoa, blueberries, avocado, shredded carrots, red onion, dried cranberries, walnuts & sunflower seeds served with citrus vinaigrette | 14.95 | add goat cheese +1.50

## **SALAD / WRAP ADD-ONS:**

gluten free tortilla +2.00	marinated turkey breast +5.95
half an avocado +1.50	grilled chicken breast +5.95
baby kale or baby spinach + 2.00	tuna salad +6.95
marinated baked tofu +4.95	grilled local fish +7.95
	grilled shrimp +7.95

\* *homemade dressings available: non-dairy caesar, hawaiian papaya, citrus vinaigrette, green herb vinaigrette*

## **SANDWICHES | WRAPS | BOWLS**

**thai me up...** - sweet gingered tofu with shredded carrots, mushrooms, pea shoots & spinach, served with a spicy peanut sauce, wrapped in rice paper (optional non-vegan: substitute grilled chicken) | 14.95

**smokin jack!** - fresh roasted turkey breast with smoked apple bacon, jack cheese, red onion, tomato, mixed greens & herb mayo on sourdough bread | 15.95

**the grateful veg!** - seasonal vegetables with marinated tofu stir fried with tamari, ginger & garlic, served over brown rice (optional non-vegan: substitute grilled chicken) | 16.95

**up in smoke!** - bbq grilled chicken quesadilla made with cheddar & jack cheese, mushrooms & scallions, served with salsa & guacamole in a flour tortilla | 16.25

**sorry charlie** - fresh yellowfin tuna salad with mayo, celery, red onion & dill, served with tomato & greens served on multigrain bread | 15.95  
add jalapeño & cheddar +1.00

**curry up!** - curried chicken salad made with pineapple and mango chutney, served with greens, wrapped in a curry tortilla | 12.95

**gone fishin'** - fish burrito made with grilled fish of the day, salsa, mixed greens and avocado, wrapped in a flour tortilla with non-dairy chipotle mayo | 16.95

**♥️🕊️ & chicken** (love, peace & chicken) - grilled chicken with brown rice, black beans, avocado, jack cheese, salsa & sour cream, wrapped in a flour tortilla (optional vegan: substitute marinated tofu) | 16.25  
add guacamole +2.75 | vegan sour cream +2.25 | pressed +1.00

**tacos** - two fresh grilled shrimp tacos with salsa, avocado, fresh cilantro, romaine, fresh squeezed lime juice on a corn tortilla (GF) served with a dollop of sour cream (or vegan sour cream +2.50) | 15.95

**east of the border!** - mexican eggrolls made with grilled chicken, mild green chiles & jack cheese, served with salsa & guacamole | 14.50

\* **substitute GF tortilla or GF bread + 2.00**

# kids corner

**bearito** - brown rice, black beans, avocado & sour cream wrapped in a flour tortilla | 7.50  
add grilled chicken +4.95

**chicken little** - free range chicken tenders served with ketchup | 7.50

**jack & jill** - peanut butter & jam with banana & a drizzle of local honey served on multigrain bread | 6.25

**the big cheese** - grilled vermont cheddar served on multigrain bread | 7.00  
add avocado +1.50

**frisbee** - cheddar cheese quesadilla in a whole wheat tortilla | 7.00  
add grilled chicken +4.95

**top dog** - organic grass fed beef hot dog (no antibiotics, no nitrates) in a brioche bun | 6.25

# daily sides

brown rice | pint 6.95

sautéed greens of the day | 9.95

guacamole | 8oz 10.95

bean of the day | pint 6.95

sweet potato fries | 6.95

salsa | 8oz 7.95

# treats

gluten free banana bread | 4.75

oatmeal cookie | 4.00

peanut butter energy bites | 3.75

muffin | 4.25

brownie | 5.75

banana bread | 4.25

chocolate chip cookie | 3.00

donut | 4.00

rice crispy treat | 4.25

\* organic milk choices: whole or low fat | oat, almond or coconut +1.00

- **these items can easily be prepared gluten-free and vegan**

**WE USE ORGANIC INGREDIENTS WHENEVER POSSIBLE.**

**ONLINE ORDERING AVAILABLE**

*joni's*  
KITCHEN

28 South Etna Ave.  
**Enter on South Edison St.**  
Montauk, NY 11954  
631-668-FOOD (3663)  
www.jonismontauk.com

## coffee bar

	sm	med	large
coffee reg or decaf	3.25	3.75	4.25
cappuccino	4.75	5.25	5.75
cafe latte	5.00	5.50	6.00
double espresso   extra shot +2.00	3.75		
americano	4.25	4.75	5.25
hot chocolate	3.75	4.25	4.75
matcha	4.75	5.25	5.75
assorted teas	3.25	3.75	4.25
homemade chai (oat milk)	5.75	6.25	6.75
iced tea - green or black *		5.25	5.75
herbal iced tea *		5.25	5.75
lemonade with cane sugar		4.25	4.75

Milk choices: whole or low fat | oat, almond or coconut +1.00

Make it **iced**: 16 oz +.50¢ | 24 oz +1.00

\* iced teas served with cucumber & lemon

## fresh squeezed *organic when possible*

**JUICES, STRAIGHT UP!** | 12oz 7.50 | 16oz 9.50

**carrot, orange, or watermelon**

### JUICE COMBOS

**rise & shine** - carrot & orange 12 oz 8.25 | 16 oz 9.75

**beauty school** - watermelon & lemon 12 oz 8.25 | 16 oz 9.75

**the avenger** - carrot, apple & ginger 12 oz 8.25 | 16 oz 9.75

**orange twist** - orange, lemon & ginger 12 oz 8.25 | 16 oz 9.75

**red velvet** - apple & beets 12 oz 8.25 | 16 oz 9.75

**NOT junk food** - cukes, celery, kale, spinach & parsley 12 oz 9.75 | 16 oz 11.75

**straight celery** - celery 12 oz 9.75 | 16 oz 11.75

add lemon, apple or ginger +1.00 | *or create your own combo...*

### SHOTS

**ginger** - freshly squeezed ginger | 1oz 3.75

**spicy ginger** - fresh ginger, turmeric, lemon, maple syrup, black pepper & cayenne | 2oz 5.25

## FOOD ALLERGIES

*Before placing your order, please inform your server if a person in your party has a food allergy.*

## PLEASE KEEP OUR BEACHES CLEAN!

*Keep our beaches clean. Leave your footprints but nothing else. (In other words, clean up your garbage!)*

## smoothies *all fresh fruit*

16oz 7.95 | 24oz 9.95

**mornin'** - orange juice, banana, yogurt, strawberries, honey & oat bran

**bananarama** - lots of banana, honey, vanilla & choice of milk\*

**want some strawberry** - strawberry, banana, honey & choice of milk or juice

16oz 8.95 | 24oz 10.95

**white sands** - banana, nutmeg, coconut, vanilla & coconut milk

**peach lover** - peach juice with peaches, raspberries, papaya & banana

**aloha** - pineapple-coconut juice with mango, pineapple, yogurt & banana

**berry bliss** - apple juice with strawberry, raspberry, blueberries & banana

**four play** - watermelon, mango, strawberries & peaches

**sex booster** - almond milk, peanut butter, banana & honey | alm. butter +2.00

16oz 9.95 | 24oz 11.95

**wake up** - espresso, banana, chocolate, maple syrup & choice of milk\*

**get naked** - raw coconut water w/ hemp, maca, cacao, bananas & blueberries add kale & spinach +2.00

**mucha maca** - almond milk, almond butter, banana, vanilla, cinnamon, maple syrup with maca & cacao powder | add half an avocado +1.50 | add strawberries +1.00

\* milk choices: whole or low fat | almond, oat or coconut +1.00

### ADD A BOOST TO YOUR SMOOTHIE | +2.00

- echinacea - flu fighter, year round antioxidant
- raw hemp protein powder - protein boosting, amino acids - fiber
- fresh baby spinach - folic acid
- raw protein - sprouted plant based protein with live probiotics & enzymes
- whey protein - supports cell growth & building muscle tissue
- flax meal - nutritional benefits of omega 3, lignans & dietary fiber, robust nutty flavor
- chia seeds - omega 3's, essential fatty acid
- fresh baby kale - source of vitamin A, C, K plus manganese
- maca - fatty & amino acids, immune & energy boost, hormone balance, bone strength
- almond butter - protein
- peanut butter - protein

### LAST BUT NOT LEAST

**fresh young coconuts** with their own shell | 8.00

## CATERING AVAILABLE

*We use organic ingredients whenever possible!*

Follow @jonismontauk  
#jonismontauk



## BREAKFAST & LUNCH

Lucious Sandwiches,  
Exotic Wraps &  
Tantalizing Smoothies

**ONLINE ORDERING**  
AVAILABLE

28 South Etna Ave.  
**Enter on South Edison St. Store #9**  
Montauk, NY 11954

**631-668-FOOD (3663)**

www.jonismontauk.com

#jonismontauk