

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:	premium ingredient choices:		
american	Extra +1.00	Extra +1.50	Extra +2.50
monterey jack	black beans	egg	turkey bacon
vermont cheddar	brown rice	avocado	egg whites
jalapeños	mushrooms	smoked apple bacon	Extra +2.75
raw onions	caramelized onions	spinach	guacamole
red peppers		chèvre goat	salsa
tomato		vegan cheese	Extra +3.95
zucchini			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	bean of the day pint 6.95
sautéed greens of the day 9.95	sweet potato fries 6.95
guacamole 8oz 10.95	salsa 8oz 7.95

treats

  gluten free banana bread 4.75	banana bread 4.25
  oatmeal cookie 4.00	chocolate chip cookie 3.00
  peanut butter energy bites 3.75	 donut 4.00
  muffin 4.25	 rice crispy treat 4.25
 brownie 5.75	

** 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!

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BREAKFAST & LUNCH

Lucious Sandwiches,
Exotic Wraps &
Tantalizing Smoothies

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