

## BAGELS

PLAIN, CINNAMON RAISIN, EVERYTHING, SESAME,  
HONEY WHEAT, ONION

BAGEL \$1.35  
BAGEL W/ CREAM CHEESE \$2.35  
BAGEL w/ PEANUTBUTTER or JELLY \$1.85

### HOMEMADE CREAM CHEESES & SPREADS

PLAIN VEGGIE GARLIC HERB  
CRANBERRY ORANGE WALNUT HUMMUS

## BREAKFAST SANDWICHES

Our eggs are FRESH & cooked to order!

No microwaved eggs here!!!

Fresh Eggs w/Cheese on your choice of:

Croissant, Bagel, English muffin, Toast or

Portuguese Sweet Roll \$3.35

On a Wrap \$4.35

ADD Bacon, Ham, Sausage or Linguica (a mildly  
spiced Portuguese sausage ) \$1.55

### BREAKFAST SPECIALTIES

BREAKFAST BURRITO - Scrambled egg, fresh avocado,  
mild salsa, onions & cheddar \$5.19

ADD Linguica, Ham, Bacon or Sausage \$1.55

MEGA BURRITTO - Scrambled egg, American cheese,  
Linguica, hash brown potatoes, sautéed peppers & onions  
grilled in a wrap \$7.25

LUMBERJACK - English muffin toasted & buttered,  
cheddar, scrambled egg, sausage & maple syrup \$4.90

SKINNY MINI - Egg whites, baby spinach, onion. & ripe  
tomato on your choice of bread. \$4.90

On a wrap add \$1.00.

STEAK & EGGS BURRITO- Shredded beef, grilled onions,  
eggs & lots of American cheese! \$7.25

HASH WRAP- Grilled corned beef hash, 3 hard fried  
eggs, Swiss, Provolone & Black Pepper \$7.25

## HOT DOGS

PLAIN DOG \$2.29 or 2/\$3.99

LINGUICA DOG \$2.99 or 2/\$5.49

TRAIL DOG - 2 Grilled hot dogs w/American cheese  
rolled into a wrap & grilled till it's crispy all around.

Comes with one dip \$5.50

Add Peppers, Onions, Pickles or Sauerkraut \$0.39 each

## KIDS SANDWICHES \$3.99

GRILLED CHEESE

PEANUT BUTTER & JELLY

HAM & AMERICAN CHEESE

B.L.T. w/Mayo \$4.49

We invite you to come in and visit our  
charming general store! We serve  
delicious hot coffee, fresh pastries,  
homemade muffins and baked goods.

We offer homemade meals and dinner  
pies in our cooler for your at home  
enjoyment.....Take & Bake we say! We  
have a whole cooler full of pre-made  
sandwiches and side dishes perfect for  
meals on the go! We can't wait to  
meet you! -Local Flavor Staff

### **\*\*\*ALLERGY ALERT\*\*\***

Please notify our staff when placing your order if there is a  
member of your party with a food allergy. Thank you.



508-430-0200

CALL AHEAD & PLACE YOUR ORDER!!!

Delicious Catering for  
Meetings, Parties and Holidays!

OPEN 7 DAYS PER WEEK - YR 'ROUND

Monday- Saturday 7 am - 5 pm  
Sunday 7 am - 4 pm

Kitchen closes at 3pm daily

403 Pleasant Lake Ave/ Route 124  
Harwich, MA - Cape Cod

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

LOCATED ON  
THE BIKE TRAIL!

LocalFlavorCapeCod.com

LIKE us on Facebook!

Because we LIKE you!!!

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## PANINI

all priced at \$7.49

CHICKEN PESTO - grilled chicken breast, homemade pesto mayo, roasted red peppers, tomatoes, fresh baby spinach on panini bread

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

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

HULA - Ham, Swiss & provolone cheese, pineapple, onions, & honey dijon dressing

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

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

HARVEST -turkey, homemade cranberry & green apple chutney (LOCAL cranberries), Vermont cheddar, and mayo on squash bread from Cottage St Bakery

AVOCADO SPECIAL - 3 melted cheeses, fresh avocado, tomato, onion & mayo...hots? Grilled in a sundried tomato wrap \$6.89

## SALADS

FRESH GARDEN SALAD \$4.99

GREEK SALAD \$6.99

Add Tuna, Grilled Chicken, Chicken Salad, or Turkey \$2.50

WEST COAST SALAD - our garden salad topped with craisins, chopped almonds, grilled chicken breast & cheddar cheese...we recommend balsamic vinaigrette dressing \$7.99

## DELI SANDWICHES

LOCAL - Sliced turkey breast, cranberry orange walnut cream cheese, ripe tomato & crisp lettuce \$6.49

VALLEY GIRL - Sliced turkey breast, Swiss cheese, fresh avocado, cucumber, baby spinach, tomato & honey mustard - *It's like totally awesome!!!* \$6.95

YANKEE - sliced turkey breast, homemade stuffing, cranberry sauce, lettuce, tomato & mayo \$6.95

BUFFALO CHICKEN -breaded chicken, zesty buffalo sauce, blue cheese dressing, tomato & lettuce \$6.95

HENLEY-homemade white meat chicken salad, pesto mayo, baby spinach, roasted red peppers & tomato \$6.89

ITALIAN - ham, salami, provolone, tomato, red onion, pickles, chopped hot peppers, crisp lettuce, balsamic dressing on a sub roll \$6.95

HAMELOT - honey baked ham, cheddar cheese, tomato, onion, lettuce and honey dijon mustard, Toasted or Cold? on your choice of bread \$6.89

ROAST BEAST - lean roast beef, cheddar cheese, Bermuda onion, tomato, lettuce and horseradish sauce, Toasted or Cold? \$6.95

CHICKEN CAESAR WRAP - chicken breast, romaine lettuce, croutons, Caesar dressing, parmesan cheese in your choice of wrap \$6.95

BLT - with mayo! \$6.89

GREEK - feta cheese, crisp lettuce, onion, tomato, cucumber, black olive & Greek dressing in a Sun Dried Tomato wrap \$5.99  
Add Chicken or Tuna. \$2.50

HIPPIE - hummus, Swiss cheese, avocado, baby spinach, roasted red peppers, tomato & red onion on your choice of bread \$6.89

WOODSTOCK -veggie burger, American cheese, lettuce, tomato, onion & mayo on a toasted onion roll \$6.49

LOBSTER ROLL - Seasonal \$ Market price

THE CLUBS - crisp bacon, American cheese, lettuce, tomato, mayo with your choice of Turkey, Roast Beef, Ham, Chicken Salad or Tuna Salad on your choice of bread \$6.95

## DO WHAT YOU LIKE!!!

BREADS - White, Wheat, Marble-Rye, Sub Roll, Onion Roll, Sun Dried Tomato Wrap, Wheat or Plain Wrap, Squash Bread (from Cottage St Bakery), Udi's Gluten Free Bread, Portuguese Sweet Roll

SPREADS - Mayo, Pesto Mayo, Garlic Dill Mayo, Mustard (Yellow & Dijon), Blue Cheese Dressing, Ranch, Honey Mustard, Greek Dressing & Balsamic Vinaigrette

MEATS - Turkey, Ham, Roast Beef, Salami, Tuna, Grilled Chicken Breast, Chicken Salad, Breaded Chicken & Bacon

CHEESES - American, Swiss, Cheddar, Feta, Provolone, Mozzarella & a bunch of Cream Cheeses...see our delicious bagel toppings

EXTRAS - Lettuce, Fresh Avocado, Pickles, Tomato, Hots, Onion, Spinach, Roasted Red Peppers, Black Olives, Cucumbers & Hummus

\*\*Prices are subject to change. All menu items are subject to MA Meals Tax. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.