BAGELS

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

BAGEL	$1.29
BAGEL W/CREAM CHEESE	$2.29
BAGEL w/ PEANUTBUTTER or JELLY	$1.79

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 $3.19
On a Wrap $4.19
ADD Bacon, Ham, Sausage or Linguica (a mildly spiced Portuguese sausage) $1.39

BREAKFAST SPECIALTIES

BREAKFAST BURRITO – Scrambled egg, fresh avocado, mild salsa, onions & cheddar $5.19
ADD Linguica, Ham, Bacon or Sausage $1.39

MEGA BURRITTO – Scrambled egg, American cheese, Linguica, hash brown potatoes, sautéed peppers & onions grilled in a wrap $6.59

LUMBERJACK – English muffin toasted & buttered, melted cheddar, scrambled egg, sausage & Vermont maple syrup $4.69

SKINNY MINI – Egg whites, baby spinach, onion. & ripe tomato on your choice of bread. $4.59
On a wrap add $1.00.

STEAK & EGGS BURRITO – Shredded beef, grilled onions, eggs & lots of American cheese! $7.19

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 $4.99

KIDS SANDWICHES $3.99

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

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 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.

LOCAL

FLAVOR

@ Pleasant Lake General Store

508-430-0200

CALL AHEAD & PLACE YOUR ORDER!!!

Delicious Catering for Meetings, Parties and Holidays!

OPEN 7 DAYS PER WEEK - YR 'ROUND

Hours 7 am - 5 pm

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!

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Because we LIKE you!!!

ALLERGY ALERT
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PANINI

all priced at $6.95

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 $6.50

SALADS

FRESH GARDEN SALAD $4.59
top your garden salad with Tuna, Grilled Chicken, Chicken Salad or Turkey Add $2.50

GREEK SALAD $6.99

WEST COAST SALAD – our garden salad topped with craisins, chopped almonds, grilled chicken breast & cheddar cheese…we recommend topping it with balsamic vinaigrette dressing $7.89

DELI SANDWICHES

LOCAL – Sliced turkey breast, cranberry orange walnut cream cheese, ripe tomato & crisp lettuce $5.99

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 $6.49

BUFFALO CHICKEN–breaded chicken, zesty buffalo sauce, blue cheese dressing, tomato & lettuce $6.59

HENLEY–homemade white meat chicken salad, pesto mayo, baby spinach, roasted red peppers & tomato $6.59

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 $6.29

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

CHICKEN CAESAR WRAP – chicken breast, romaine lettuce, croutons, Caesar dressing, parmesan cheese in your choice of wrap $6.59

BLT – with mayo! $6.29

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 $6.59

WOODSTOCK –veggie burger, American cheese, lettuce, tomato, onion & mayo on a toasted onion roll $6.29

LOBSTER ROLL – **Seasonal $ Market price**

THE CLUBS – crisp bacon, American cheese, lettuce, tomato, mayo with choice of *Turkey, Roast Beef, Ham, Chicken Salad or Tuna Salad* **$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*), Gluten Free Bread

SPREADS – Mayo, Pesto Mayo, Garlic Dill Mayo, Mustard (Yellow & Dijon), Blue Cheese Dressing, 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, Avocado, Pickles, Tomato, Hots, Onion, Spinach, Roasted Red Peppers, Black Olives, Cucumbers & Hummus

BURRITO BAR

DAILY HOT MADE TO ORDER BURRITO BAR, MADE FRESH IN-STORE.
SORRY NO CALL INS :-(