

Get Noshed.....

Breakfast Sandwiches

Eddie V

Egg, Smoked Gouda & Balsamic Drizzle on an everything bagel panini pressed. Topped with Avocado, Tomato & Onion - 6

Bob's Wrap

Egg, Tomatoes, Cucumbers, Red Onion, Spinach, Avocado with Veggie Cream Cheese, drizzled with Balsamic Glaze all rolled into a wrap for a super delicious way to start your day. -6.50

Bruce's Burrito

Egg, Pepper-Jack Cheese, Tomatoes, Red Onion, Salsa and Spinach in a wrap. -5

Tree Hugger

Wheat Bagel with Veggie Cream cheese topped with Tomatoes, Cucumbers and Red Onion. -4

Sunrise

Egg, Chipotle Gouda cheese and Tomatoes on a wheat bagel panini pressed. The Cheese makes it a little spicy. -4.25

BLT

Bacon, Lettuce, Tomato & Mayo on your choice of bread -6.50

Add Bacon, Sausage or Ham 1.50 / Add Avocado \$1 / Add Tomato +.50¢ / Add Veggies .25¢ / Egg .80¢

Bagel with Spread

Bagels: Plain, Everything, Wheat, Cinnamon-Raisin & Blueberry, Gluten Free Bagel Thin or Gluten Free Bread +1

Spreads: Plain CC, Veggie CC, Jalapeno CC, Honey-Walnut CC, Butter, Strawberry or Grape Jam, Peanut Butter or Honey / 2.75

Ben

Bacon & Ham with Egg, Pepper-jack Cheese and a little Pepperhouse Gourmaise sauce panini pressed on an Everything bagel. Soft and delicious! - 6

Walkover

Bacon, Egg and American Cheese panini pressed on a plain bagel. Simple but soft and amazing -5

Bud

Sausage, Egg and Provolone cheese panini pressed on an everything bagel then topped with a little Cajon Remoulade (Mayo) to give it a little zing - 5.25

Hank

Sausage, Egg and Cheddar Cheese panini pressed on a wheat bagel. - 5

Sweet & Salty

Bacon, Egg and American Cheese panini pressed on a Cinnamon-Raisin Bagel. A little sweet and salty -5

Deli Sandwiches

Waverider

Chicken, Pepperoni & Provolone on rye bread panini pressed. Topped with lettuce, tomato, banana peppers, red onion & Cajun remoulade sauce. -8.50

Gouda

Turkey, Bacon & Chipotle Gouda Cheese on Wheat bread panini pressed. Topped with lettuce, Tomato and pepperhouse gourmaise sauce. Has a little kick! -8.50

Chuck

Turkey & Feta Cheese on wheat bread panini pressed. Topped with Avocado, Spinach and Balsamic Drizzle -8.75

Mr. B

Roast-beef & Provolone panini pressed on Ciabatta Bread. Topped with Bistro Sauce (Dijon mustard & horseradish) -8

Italian

Salami, Pepperoni, Ham & Provolone on a hoagie roll panini pressed. Topped with red onion, lettuce and deli dressing -8.50

Shack Club

Turkey, Bacon & American Cheese stacked on 3 slices of toasted bread of your choice. Topped with Lettuce, Tomato & Mayo. -9

Reuben

Corned Beef, Kraut and Swiss Cheese panini pressed to perfection and topped with 1000 island dressing to make it extra yummy. -8.50

Motz

Mozzarella Cheese, Tomatoes, Spinach, Pesto & Balsamic drizzle on Ciabatta bread all panini pressed. -6.50 Add a meat option for +3

Grilled Cheese

You pick the cheese and the bread -5

Sides Available \$1

- Potato Salad
- Cucumber Salad
- Chips
- Apple
- Orange
- Banana

Salads

Beet and Gorgonzola

Mixed Greens, fresh beets, Gorgonzola Cheese topped with tomatoes and candied walnuts. House-made Balsamic Vinaigrette dressing. -8 Add a chicken breast for \$3

Grapefruit & Avocado

Mixed Greens, fresh cut grapefruit, Avocado, red onion and candied walnuts. House-made Citrus Vinaigrette dressing. - 8 Add a chicken breast for \$3

Chicken Salad

House-made Chicken-Salad on your Choice of bread, wrap or on a bed of greens. Made with lots of goodies (craisins, sunflower seeds, celery, cilantro, red onion & apple) -8

Tuna Salad

House-made Tuna Salad on your choice of bread, wrap or on a bed of greens. Light and delicious. Made with celery, cilantro, red onion & horseradish. -8

Black Bean Burger

House-made and panini pressed on a Pretzel roll. Topped with Avocado, Tomato, Lettuce & Cajun Remoulade. -9

Vegan Burger

House-made using Chickpeas, chia seeds, potatoes, peppers, cilantro, carrots & spices. Panini pressed on a pretzel roll and topped with Avocado, Tomato, lettuce. -9 Make it Gluten Free by asking for GF Bread (+1)

Veggie Wrap or Sandwich

House-made Sundried tomato Hummus with Cucumbers, tomatoes, red onions, spinach, lettuce & Deli Dressing on your choice of bread or wrap. - 7

Kids PBJ

Grape or Strawberry Jam on choice of bread -4

Flip over for Get Wired & Get Mellow Menu.....

Get Wired.....

Coffee & Espresso Bar

Brewed Coffee

Always Hot! Dark, Medium and Decaf brewed. - 1.90/2/2.25

Cold Brew

Steeped 24 hours in house to make a smooth non-acidic delight. 20oz or 32oz Careful you may start shaking! -3.25/5

Bolt

Espresso shots and you add the coffee of your choice to supercharge your day! - 2.50/3.00/3.50 20oz Iced Available using cold brew & espresso - 4

Americano

Espresso shots with water added to give you a robust cup of Joe. 2.50/3/3.25 - Iced in 20oz available

Cappuccino

Espresso with steamed milk and foam. - 3.75/4.25/4.50

Café au Lait

Coffee of your choice from the coffee bar and we steam the milk of your choice - 2.75/3.25/3.50

Espresso Shots

Single Shot (2oz) 1.00 / Double Shot (4oz) 1.75

Hot Tea

Many bagged Options to pick from. Served in a 16oz size. 1.75
Extra tea bag +.50. We offer Loose Leaf as well for 2.25

Iced Tea

Fresh Brewed daily. Un-sweet & Sweet 20oz or 32oz - 2/3

Hot Chocolate

Made with Hershey's Syrup - 3.25/3.75/4

Chai - Hot or Iced

Torani Chai with milk of choice. Hot or Iced 3.25/3.75/4
Frozen Chai 4.50

Latte

Espresso with steamed milk of choice. -3.75/4.25/4.50 / Add one syrup flavor for additional .50¢

Iced Latte

Espresso with milk of choice over ice. 20oz 4.50 / Add one syrup flavor for additional .50¢

House Latte & Mocha Flavors

Along with 40 different syrup flavors, we also have the below house favorites: 4.50/5/5.25

Almond Joy Mocha	Coffee Cake Latte
Caramel Almond Turtle Mocha	Dirty Chai (espresso & Chai)
Hawaiian Mocha	Hazelnut Shortbread
Mocha	Pumpkins Spice Latte
Salted Heathbar Mocha	Scottish Caramel
Vanilla Spice Latte	White Mocha
Raspberry White Mocha	Caramel Macchiato

Frozen Latte

Espresso blended with ice and flavor of choice to make a delicious frozen espresso drink. 5.25

Smoothie Bar

All Fruit Smoothies! Made with your choice of whole milk, apple juice or Orange Juice.
Add Avocado +1, Add Cucumber or Spinach +.50¢

Classic

Strawberry and Banana - 5

Green Machine

Mango, Pineapple, Spinach, Avocado, Cucumber & Honey - 7

Islander

Mango, Banana & Pineapple - 5

Day Dream

Mixed Berries, Pineapple & Banana - 6

Just Beachy

Strawberry, Mango & Banana - 5

Sand Dune

Banana, Chocolate & Peanut Butter - 5

Bikini Bottom

Pineapple, Cucumber & Honey - 5.50

Boardwalk

Banana & Honey - 5

Sea Breeze

Strawberry & Mango - 5

Coast Guard

Mixed Berries, Spinach, Peanut Butter & Avocado - 7

Tootsie Pop

Strawberry, Chocolate & Banana - 5

Build Your Own

Any combination of ingredients. Starts at 5.50

Milk Options:

Whole Milk

Skim Milk

+.50¢:

Almond Milk

Coconut Milk

Soy Milk

Get Mellow.....

Beer & Wine Bar



Draft Beer

11 Rotating Craft Beer options - All \$5 lots of North Carolina Options!



Beer Flights

Flights of 4 or 6 available. 8 / 11

Mimosa & Mimosa Flights

Mimosa \$6.50 / Flight of 4 different flavors \$11

Cider-Mosa

House Cava mixed with cider on tap - Yum! - \$7

Wine by the Glass

White or Red \$6.50 - Chardonnay, Pinot Grigio, Sauv Blanc, Rose, Cab Sauv, Merlot, Malbec, Pinot Noir & Red Blend

Bubbles

House Cava / \$6.50

Wine by the Bottle

Grab any bottle, no corkage fee to enjoy some onsite and take the rest with you. Just ask for glasses!

** All Drink Prices Include Tax**

Order using the MobileBytes App and take part in our loyalty program to save money!