

# breakfast served all day

**BUILD YOUR OWN BREAKFAST WRAP** - 2 pasture raised scrambled eggs, pick 3 core ingredients (add extra for 1+) & choice of flour or whole wheat wrap | bagel +2 | GF wrap +2 | GF bagel +3 | 10.50

or **OMELETTE** - includes 3 organic pasture raised eggs & 3 core ingredients served with multigrain toast | 13.50 (add extras from list below)

*We use organic pasture raised eggs.*

## pick any 3 core ingredients:

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

## ADD EXTRA INGREDIENTS:

### Extra +1

black beans  
brown rice  
sautéed mushrooms  
caramelized onions

### Extra +2

egg  
avocado  
spinach  
chèvre goat  
vegan cheese  
smoked apple bacon

### Extra +3

guacamole  
salsa  
egg whites

### Extra +4


turkey sausage  
turkey bacon  
sliced turkey breast

**mick & jonis excellent adventure** - eggs, cheddar, sweet potato, black beans, corn, salsa on the side (grab+go cannot alter) | 12



**egg white cali style wrap** - egg whites, zucchini, tomatoes, caramelized onions, avocado, red peppers & spinach served in a whole wheat tortilla | 15


**olé olé** - eggs with guacamole, salsa, black beans, brown rice, monterey jack cheese, jalapeños & sour cream wrapped in a flour tortilla | 16


**wahini** - bowl of brown rice, black beans, cheddar cheese, salsa & sour cream | 11  
add pasture raised egg +2 | add 1/2 avocado +2



**avocado for breakfast?**  - smashed avocado with cucumber, red onion, mesclun greens, tomato, vegan chipotle mayo and za'atar served on toasted sour dough bread (or GF bread +2.00 | GF bagel +3) | 11.50  
add pasture raised egg +2

**bagels** - plain or seeded with butter, cream cheese, or jam | 4.50  
add vegan cream cheese +2.50 | scooped +.75 | GF bagels +3

**jonis homemade granola**   - organic gluten free granola, crispy quinoa, walnuts, pecans, flaxseed, coconut, cranberries, served with sliced bananas & creamy plain lowfat yogurt or choice of milk\* | 11 | add fresh berries +4

**rio acai bowl**  - brazilian acai served with jonis homemade gluten free granola, fresh berries & banana, shredded coconut & local honey drizzle | 14  
add peanut butter +2 | add almond butter +3 | add mango & pineapple +3

**organic scrambled tofu**  - with carrots, spinach & scallions wrapped in a spinach tortilla (or GF wrap +2) | 11 | add vegan cheese +2


**creamy organic oatmeal**   - made to order, served piping hot with golden raisins, cinnamon, bananas, dash of maple syrup & choice of milk\* | 10  
add walnuts +1.50 | add fresh berries +4


**homemade organic flax-coconut waffles** - served with fresh sliced banana, cinnamon, few shakes of powdered sugar, maple syrup & strawberry butter (or pancakes served after 11am) | 12 | add fresh berries +4 | side bacon +2  
side turkey bacon +4 | side turkey sausage +4 | GF waffles +2



*Consuming undercooked eggs may increase your risk of food borne illness.*

# 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 | 14.50

**hail caesar!**  - romaine, shredded carrots, sesame sticks and organic baked tofu served with vegan caesar dressing | 14 | add chicken +6 | add bacon +2

**i feel pritty**   - baby kale with quinoa, blueberries, avocado, shredded carrots, red onion, dried cranberries, walnuts & sunflower seeds served with citrus vinaigrette | 16 | add goat cheese +2

## SALAD / WRAP ADD-ONS:

gluten free tortilla +2

half an avocado +2

baby kale or baby spinach +2

marinated baked tofu +5

mixed greens +2

marinated turkey breast +6

grilled chicken breast +6

tuna salad +7

grilled local fish +8



grilled shrimp +8

quinoa +3

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

## SANDWICHES | WRAPS | BOWLS

Swap a wrap for a bowl of organic greens +2

**thai me up...**   - summer roll served with sweet gingered tofu with shredded carrots, mushrooms, pea shoots & spinach, served with a spicy peanut sauce, wrapped in rice paper (optional substitute grilled chicken) | 15.50

**smokin jack!** - fresh roasted turkey breast with smoked apple bacon, jack cheese, red onion, tomato, mixed greens & herb mayo on sourdough bread | 17

**the grateful veg!**   - seasonal vegetables with marinated tofu stir fried with tamari, ginger & garlic, served over brown rice (optional non-vegan: substitute grilled chicken) | 17


**up in smoke!** - bbq grilled chicken quesadilla made with cheddar & jack cheese, mushrooms & scallions, served with salsa & guacamole in a flour tortilla | 16.50

**sorry charlie** - fresh yellowfin tuna salad with mayo, celery, red onion & dill, served with tomato & greens served on multigrain bread | 16.50  
add jalapeño & cheddar +1

**curry up!** - curried chicken salad made with pineapple and mango chutney, served with greens, wrapped in a curry tortilla | 14.50

**gone fishin'** - fish burrito made with grilled fish of the day, salsa, mixed greens and avocado, wrapped in a flour tortilla served with a side of non-dairy chipotle mayo | 18

**♥🕊️ & 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) | 17  
add guacamole +3 | vegan sour cream +2.50 | vegan cheese +2 | pressed +1

**tacos**  - two fresh grilled shrimp tacos with salsa, avocado, fresh cilantro, romaine, fresh squeezed lime juice on a soft GF corn tortilla served with a dollop of sour cream on the side (or vegan sour cream +2.50) | 17

**east of the border!** - mexican eggrolls made with grilled chicken, mild green chiles & jack cheese, served with salsa & guacamole | 15.50

**Substitute GF tortilla or GF bread + 2**

# kids corner served all day

**bearito** - brown rice, black beans, avocado & sour cream wrapped in a flour tortilla | 8  
add grilled chicken +4

**chicken little** - free range chicken tenders served with ketchup | 8

**jack & jill** - peanut butter & strawberry jam with banana & a drizzle of local honey served on multigrain bread | 7

**the big cheese** - grilled vermont cheddar served on multigrain bread | 7.50  
add avocado +2

**frisbee** - cheddar cheese quesadilla served in a whole wheat tortilla 7.00 | add grilled chicken +4

**top dog** - organic grass fed beef hot dog (no antibiotics, no nitrates) served in a brioche bun | 7

*All kids meals are served with a side of baby carrots.*

## daily sides

brown rice | pint | 7

sautéed greens of the day | 10

guacamole | 8oz | 11

bean of the day | pint | 7

sweet potato fries | 7

salsa | 8oz | 8

## treats

  gluten free banana bread | 5

  oatmeal cookie | 5

  peanut butter energy bites | 4

  muffin | 5

 brownie | 6

banana bread | 4.50

chocolate chip cookie | 3

 donut | 4

 rice crispy treat | 4.50

  chocolate chunk | 5

*\* organic milk choices: whole or low fat, oat, almond or coconut +1*

**We filter all of our water for drinking & coffee services, bring your own cup, saves us the cost, and saves this beautiful earth!**

  - *these items are prepared gluten-free and vegan*

**WE USE ORGANIC INGREDIENTS WHENEVER POSSIBLE.**  
**ONLINE ORDERING AVAILABLE**

*jonis*  
KITCHEN

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

## coffee bar

	sm	large
coffee reg or decaf	3.50	4.50
cappuccino	5.00	6.00
cafe latte	5.25	6.25
double espresso   extra shot +2	4.00	
americano	4.50	5.50
hot cocoa	4.00	5.00
matcha	5.25	6.25
golden milk	4.50	5.00
assorted teas	3.50	4.50
homemade chai (oat milk)	6.00	7.00
iced tea - green or black **	5.50	6.00
herbal iced tea **	5.50	6.00
lemonade with cane sugar	4.50	5.00

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

\*\* iced teas served with cucumber & lemon

## freshly squeezed organic when possible

**JUICES, STRAIGHT UP!** | 12oz 7.75 | 16oz 9.75

**carrot, watermelon or apple** | 12 oz 9.75 | 16 oz 17.75

**orange juice (squeezed by natalie's)**

### JUICE COMBOS

**rise & shine** - carrot & orange 12 oz 8.50 | 16 oz 10

**beauty school** - watermelon, cucumber & lemon 12 oz 8.50 | 16 oz 10

**the avenger** - carrot, apple & ginger 12 oz 8.50 | 16 oz 10

**orange twist** - orange, turmeric, lemon & ginger 12 oz 8.50 | 16 oz 10

**red velvet** - apple, beets & strawberry 12 oz 8.50 | 16 oz 10

**NOT junk food** - cukes, celery, kale, spinach & parsley 12 oz 10 | 16 oz 12

**straight celery** - celery 12 oz 10 | 16 oz 12

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

### SHOTS

**ginger** - freshly squeezed ginger | 1oz 4

**spicy ginger** - fresh ginger, turmeric, lemon, maple syrup, black pepper & cayenne | 2oz 5.50

## 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

16 oz 8.50 | 24 oz 10.50

**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

16 oz 9.50 | 24 oz 11.50

**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

16 oz 10.50 | 24 oz 12.50

**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

**mucha maca** - almond milk, almond butter, banana, vanilla, cinnamon, maple syrup with maca & cacao powder | add half an avocado +1.50 | add strawberries +1

### ADD A BOOST TO YOUR SMOOTHIE | +2

- echinacea - flu fighter, year round antioxidant
- raw hemp protein powder - protein boosting, amino acids - fiber
- fresh baby spinach - folate
- 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, more vitamins, minerals & fiber
- peanut butter - calming tryptophan, even more protein than almond butter
- spirulina - immune-boosting
- irish sea moss - mineral rich

### LAST BUT NOT LEAST

**fresh young coconuts** with their own shell | 9

\* organic milk choices: whole or low fat, almond, oat or coconut +1

## CATERING AVAILABLE

*We use organic ingredients whenever possible!*

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## 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

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