

# THIRD COAST SPICE CAFE

Eat well,  
feel great



Welcome to what we like to call the New American Diner. A place that offers thoughtfully made food, from scratch, using wholesome ingredients. We go out of our way to seek out foods free of artificial colors and flavors, transfats, and other ingredients that do not support a healthy lifestyle. Our America is such a diverse place these days with people from all corners of the globe and we all are looking for food to bring us comfort and nutrition. There is something for Vegans, Vegetarians, Meat Lovers, Tree Huggers, Gluten sensitive people, people with allergies, and hungry kids. We care about the planet and show it by purchasing biodegradable disposables that are made from renewable resources. We buy organics whenever possible and use locally grown cage free eggs, produce, bison, fruit, honey and whatever else we can get our hands on. The most important thing is that we serve real food that you can feel good about eating and serving to your family. Thank you for coming to Third Coast Spice Cafe!

[www.thirdcoastspice.com](http://www.thirdcoastspice.com)

## Omelets

All Omelets are Served with Fresh Grated Hash Browns and Bit of Swiss Harvest Grain Toast & Preserves  
Our Eggs are Cage Free and Local! Gluten Free Bread Available!!!

### Third Coast

Peppered Bacon, Caramelized Onion, Avocado, Tomato, Sharp Cheddar Cheese. \$10.45

### Garden **Vegetarian**

Caramelized Onions, Roasted Red Bell Peppers, Balsamic Tomatoes, Artichoke Hearts, Spinach, Swiss Cheese. \$10.45

### Florentine **Vegetarian**

Spinach, Balsamic Tomatoes, Caramelized Onion, Asiago Cheese. \$10.45

### Southwest

Ham, Roasted Garlic, Sautéed La Mesa Mushroom, Poblano Pepper Sauce, Jack Cheese. \$10.45

### Mediterranean **Vegetarian**

Kalamata Olive Relish, Artichoke Hearts, Caramelized Leeks, Spinach, Feta Cheese. \$10.45

### Wolfe **Vegetarian**

Onion, Mushroom, Tomato, Black Beans, Spinach, Poblano Pepper Sauce, Soy Mozzarella Cheese. \$10.45

## Build Your Own Specialty Omelet

Pick as Many as you Want - \$10.45

### Chef Blends

**La Mesa Mushrooms** – Smoky, Chili Spices and Sautéed Mushrooms

**Kalamata Olive Relish** – Kalamata Olives, Parsley, Olive Oil, Red Wine Vinegar

**Roasted Balsamic Tomatoes** – Roasted Plum Tomatoes with Balsamic Glaze

**Caramelized Onions** – Onions Sautéed Until Their Natural Sweetness Emerges

**Artichoke Hearts** – Marinated in Olive Oil and Italian Spices

**Caramelized Leeks** – Mildly Sweet and Savory

**Poblano Pepper Sauce** – Low Heat, Full Body Chili Flavor

**Black Beans** – Spanish Spiced with Onions, Carrots and Cilantro

**Lemon Garlic Broccoli** – Oven Roasted with a Lemon, Garlic Olive Oil

### Fresh Veggies

Spinach

Tomatoes

Onions

Mushrooms

Bell Peppers

Green Onions

Avocado

Jalapenos

### Meats

Peppered Bacon

Ham

Sausage

### Cheese

Sharp Cheddar

Swiss

Provolone

Feta

Asiago

Soy Mozzarella

Jack Cheese

Herb Goat Cheese

## Eggs

Third Coast Uses Cage Free Local Eggs!! Gluten Free Bread Available!!

### Happy Scramble

2 Eggs Scrambled From Happy Cage Free Chickens, Harvest Grain Toast, Hash Browns and Sausage, Ham or Bacon. \$9.65

Add Cheese - \$1.00

### Sunny Side Up

2 Eggs Sunny Side Up From the Happiest Chickens in America with Harvest Grain Toast, Hash Browns and Sausage, Ham or Bacon. \$9.65

### It's Easy Over Easy

2 Eggs Over Easy Coming Right Up, Just for You with Harvest Grain Toast, Hash Browns and Sausage, Ham, or Bacon. \$9.65

### Corned Beef Hash

House Made Blend of Green Peppers, Onion, Corned Beef and our own Hash Browns. Served with 2 Eggs Over Easy From the Happiest Chickens in America and Harvest Grain Toast. \$10.45

## Sides

Sausage, Ham, Third Coast Corned Beef Or Bacon \$3.00

Fresh Grated Hash Browns \$2.50

Small Flapjack \$6.00

Toast \$2.25

Egg Any Way \$ 2.50

House Made Buttermilk Biscuit \$1.50

Gluten Free Toast \$3.25



## Flapjacks

Served with Maple Syrup, Cinnamon Butter and Whipped Cream

### Morning Glory

A burst of Orange and Juicy Tart Cranberries with Pecans. \$9.45

### Blueberry

Whole Blueberries in the Pancake. \$9.45

### Buttermilk

In House Traditional. \$8.95

### Chocolate Chip

Loaded with Chocolate Chips. \$9.45

## Breakfast Bowls

### Gravy Train Bowl

Hash Browns, Scrambled Eggs, Sausage Gravy, Cheddar Cheese and a House Made Buttermilk Biscuit. \$10.45

### David's Biscuits and Gravy

House Made Biscuits, Creamy Pepper Thyme Infused Gravy with Breakfast Sausage. \$9.95

### Organic Oatmeal

Made the Old Fashioned Way, Thick Rolled Oats, Dairy Free and Served with Honey, Maple Syrup, or Brown Sugar. \$8.95  
Add Pecans or Raisins - .50

### Orange, Cranberry, Pecan Oatmeal

Orange, Cranberries and Pecans Pack a Healthy Fiber-ific Punch. Organic Thick Rolled Oats. Served With Milk and Brown Sugar \$9.95

### Chili Bowl

Hash Browns, Scrambled Eggs, Harvest Grain Toast, Chili La Mesa and Cheddar Cheese. \$10.45

## Third Coast Specials

### Belgium Waffle

Giant Waffle with Maple Syrup and Cinnamon Butter. \$8.50

### Sunrise Commuter Sandwich

Peppered Bacon, Cage Free Local Scrambled Eggs, Sharp Cheddar on Bit of Swiss Harvest Grain Toast. \$6.95

### Raspberry Cheesecake French Toast

Cream Cheese and Raspberry Stuffed in Our Delicious Fresh Baked Bread, Battered and Griddled Until Golden Brown. Drizzled with Raspberry Sauce and Served with Whipped Cream and Maple Syrup. \$10.25

### Yogurt & Organic Oat Granola

Vanilla Yogurt & Crunchy House Made Cinnamon, Maple – Pecan Granola. \$7.25

### Archie's Special

Bit of Swiss Harvest Grain, Sautéed Spinach, Caramelized Onions, Balsamic Tomatoes and 2 Eggs Over Easy. \$7.95



## Griddle Sandwiches

Comes with Choice of Chips, Fries, or Carrot Sticks. Gluten Free Bread Available for all Sandwiches!!  
Our Chicken...No Antibiotics...No Hormones...No Preservatives...

### BLT

Griddled Bit of Swiss Multigrain Bread, Tomato Slices, Peppered Bacon, Lettuce, and Third Coast Dressing. \$9.25

### Mediterranean Chicken

Bit of Swiss Sourdough Bread, Chicken Breast, Artichoke Hearts, Roasted Red Bell Peppers, Feta, Hummus Spread. \$10.25

### Mom's Grilled Cheese **New!!!**

Bit of Swiss Sourdough Bread, Herb Goat Cheese, Cheddar Cheese and Provolone Cheese. \$8.95

### Mayflower Madness

Whole Wheat, Smoked Turkey Breast, Cheddar, Peppered Bacon, Lettuce, Tomato Slices. \$10.25

## BYO Buffalo Burger **House Favorite!!**

Lean Bison Patty, Caramelized Onions, Shredded Lettuce, Tomatoes, Pretzel Roll \$11.25  
Add Cheese \$1.00 • Bacon \$ 1.00 • Choose from premium toppings \$.50 per item

Provolone  
Cheddar  
Jack  
Swiss  
Asiago  
Feta  
Soy Mozzarella  
Herb Goat Cheese

Avocado  
Roasted Red Bell Peppers  
Spinach  
Artichoke Hearts  
Balsamic Tomatoes  
Green Onions  
Peppered Bacon  
La Mesa Mushrooms

Kalamata Olive Relish  
Pesto  
Hummus  
Smoked Paprika Blue Cheese Cream  
Cilantro Lime Mayonnaise  
Poblano Pepper Sauce  
Third Coast Dressing

### Buffalo Melt

Grilled Bit of Swiss Pumpernickel, Buffalo Patty, Caramelized Onions, Third Coast Dressing and Swiss Cheese. \$10.55

### The Third Coast Reuben

Bit of Swiss Pumpernickel, Third Coast Dressing, Swiss Cheese, Homemade Slaw, Corned Beef. \$10.25

### The Peggy

Smoked Turkey, Provolone, Balsamic Tomatoes, Spinach, Roasted Red Bell Pepper, Cilantro Lime Mayonnaise on a Pretzel Roll. \$10.25

### Durango Chicken

Bit of Swiss Sourdough Bread, Chicken Breast, Peppered Bacon, Roasted Poblano Sauce, Jack Cheese, Cilantro Lime Mayonnaise. \$10.25

## Soup and Sandwich Combos

### Very **Vegan** Chili

### Third Coast Chili

### Soup of the Day

**Cup \$4.50    Bowl \$5.95**

With cheese add .75    With onion add .50    With sour cream add .75    Vegan Cheese add .75

**Cup and a Half Sandwich \$8.95**

**Cup and a Half Salad \$8.95**

**Half Deli Sandwich / Half Salad \$10.75**

**\*\*half sandwiches excludes black bean burrito\*\***

## Third Coast Specials

### **The Noble Peasant** **New!! Vegetarian!**

Roasted Red Beets with Garlic Herb Goat Cheese, Caramelized Onions and Organic Greens on Toasted Pumpernickel. \$9.95

### **Madras Coconut Curry** **Vegan**

Tofu and Seasonal Veggies in a Smooth and Savory Curried Coconut Sauce Over **Organic** Brown Rice \$10.25

**Sub chicken for \$1.00**

### **The Farmer's Market** **Vegetarian**

Bit of Swiss Multigrain Bread, Portobello Mushrooms, Spinach, Tomatoes, Roasted Bell Peppers, Avocado, Provolone, Hummus Spread... \$10.25

### **Fusion Burrito** **Vegan**

Spanish Spiced Black Beans, **Organic** Brown Rice, Roasted Poblano Pepper Sauce, & Soy Cheese Wrapped in Lavash. \$7.50

## Salads

Served with Croutini (a giant crouton that you can use to scoop every last bit of salad)

### **The Cardinal Rule** **New!! Vegetarian!**

Organic Greens, Roasted Red Beets, Herbed Goat Cheese, Green Onions, Toasted Pecans, Cracked Black Pepper – Red Wine Vinaigrette. \$10.25

### **Cobb Salad**

Garlic Grilled Chicken, House Blend Greens, Peppered Bacon, Avocado, Hard Boiled Local Cage Free Egg, Green Onions, Tomatoes, Smoked Paprika Blue Cheese Cream. \$10.25

### **Organic Chickpea Power Slam Salad** **New!! Vegan**

Baby Kale, Organic Chickpeas, Romaine and Carrots with a Fresh Lemon – Garlic Dressing..... \$8.25

**Add Bacon \$1.00 Add Asiago \$1.00**

### **Mediterranean Chicken Salad**

Lightly Seasoned Grilled Chicken Breast, Organic Greens, House Blend Greens, Artichoke Hearts, Roasted Red Peppers, Feta, Carrots, Olives, Hummus and our House Dressing. \$10.25

### **da Vinci**

**Vegetarian!!**

Portobello Mushrooms, Organic Greens, House Blend Greens, Artichoke Hearts, Balsamic Roasted Tomatoes, Asiago Cheese, Pesto Dressing \$10.25

### **Salmon Salad**

Baby Kale, Spinach, Romaine, Organic Greens, Salmon, Roasted Carrot, Bell Peppers and Onion. Tossed in Lemon Garlic Dressing. Topped with Asiago Cheese. \$11.25

### **Garden Salad**

House Blend Greens, Tomatoes, Carrots, Green Onions, Artichoke Hearts, Ranch Dressing. Small \$4.95 Large \$8.95

## Cold Drinks

Third Coast Style

**Homemade Lemonade**  
**Dunes Sunset Iced Tea**

**Dunes Cooler**  
1/2 Lemonade and 1/2 Ice Tea

**South Shore Punch**  
Lemonade with a Hint of Raspberry

**Fresh Squeezed Orange Juice**  
Watch Our Machine Go!

## Sweetcicles!!!

A Refreshing Drink With Our Fresh Squeezed Orange Juice and Blended Flavors

**Mango Colata**  
Coconut and Mango Flavored  
**Amaretto Stone Sour**  
Amaretto, Cherry and Lemon Flavored

**Hang Ten**  
White Chocolate, Almond and Coconut Flavored

## Smoothies

We serve all natural Dr. Smoothie products

**Pineapple Paradise**  
**Acai Plus**  
**Wild Cherry Cranberry**  
**Carrot Orange Veg Medley**  
**Fit Lyte Peach Harvest**

**Make your smoothie count with a boost:**

**Antioxidant Immune Blend**  
**Super Green Blend**  
**Weight Loss Blend**  
**Weight loss Blend**  
**Vanilla Cream**

Or

Make it like a shake with Vanilla Cream

## Bottled Selections

**Izze Sparkling Juice**

Clementine  
Blackberry  
Grapefruit

**Maine Root Sodas!** **Organic fair trade certified cane juice sodas!**

Sarsparilla  
Root Beer  
Blueberry  
Orange

**Reeds Ginger Brew**

## Hot Drinks

**Mocha Latte**  
*Chocolate, Espresso, Whipped Cream and Steamed Milk*

**S'more Latte**  
Chocolate, Marshmallow Torani, Espresso, Whipped Cream, and Steamed Milk

**Cinnamon Toast Latte**  
Brown Sugar Cinnamon, Espresso, Whipped Cream and Steamed Milk

**Latte**  
Two Shots Espresso with Steamed Milk

**Café Au Lait**  
Coffee with Steamed Milk

**Café Americano**  
Espresso with Hot Water

**Cappuccino**  
One Shot Espresso with Steamed Milk

**Chai Latte**  
1/2 Steamed Milk with 1/2 Steamed Chai

**Espresso**  
**Hot Chocolate**  
**Harney and Sons Hot Tea**

## Fountain Drinks

**Coke**  
**Diet Coke**  
**Sprite**  
**Barq's Root Beer**  
**Red Cream Soda**  
**Fanta Orange**