

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, trans fats, 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!

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

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

Fresh Veggies

Spinach

Tomatoes

Onions

Mushrooms

Bell Peppers

Green Onions

Avocado

Jalapenos

Broccoli

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

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

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

Hash Heaven

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

Buffalo Hot Hash

For those who like it Spicy! Bison, Diced Potatoes, Roasted Red Peppers, Jalapeno, Chili Powder, Cayenne and Black Pepper. Served with 2 Happy Eggs Over Easy and Harvest Grain Toast. \$11.45

Popeye Hash **Vegetarian**

Spinach, Organic Brown Rice, Diced Potatoes, Onion and Spices to pep you up in the morning! Served with 2 Eggs Over Easy From Super Happy Chickens and Harvest Grain Toast. \$10.45

Smoked Paprika Chicken Hash

Pulled Chicken Breast Meat with Smoked Paprika, Balsamic Tomatoes, Green Onion and Shredded Potatoes. Served with 2 Eggs Over Easy. \$10.45

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 Flapjack. \$9.45

Buttermilk

Housemade Traditional Flapjack. \$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

Sides

Sausage or Ham \$3.00

Peppered Bacon \$3.00

Specialty Hash \$3.50

Curried Tofu Scramble \$3.95

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

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

Mayflower Madness

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

Mediterranean Chicken

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

Mom's Grilled Cheese

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

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 Peggy

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

The Third Coast Reuben

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

Durango Chicken

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

The Farmer's Market **Vegetarian**

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

Third Coast Vegan Specials

Madras Coconut Curry **Vegan**

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

Sub chicken for \$1.00

Very **Vegan** Chili

Cup \$4.50 Bowl \$5.95

BYO Vegan Burger **Vegan**

Wholesome, Nutritious, Plant Based Deliciousness. Free of Gluten, Soy and Animal Products. Served on a Pretzel Roll. \$11.25

Add Cheese \$1.00 Bacon \$ 1.00
Choose from premium toppings \$.50 per item

Soy Mozzarella	Avocado	Kalamata Olive Relish
Soy Cheese	Roasted Red Bell Peppers	Hummus
Cheddar	Spinach	Poblano Pepper Sauce
Jack	Artichoke Hearts	
Swiss	Balsamic Tomatoes	
Asiago	Green Onions	
Feta	La Mesa Mushrooms	
Provolone		
Herb Goat Cheese		

Salads

Served with Croutini (a giant crouton that you can use to scoop every last bit of salad)
Our Chicken is Hormone Free, Antibiotic Free, Vegetarian Fed and Free Range from Coleman.

The Cardinal Rule **Vegetarian!**

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

da Vinci

Vegetarian!!

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

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

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

Trail Blazer Salad

Blaze Your Own Trail, Create Your Own Path, Be You.

Small \$5.95

Large \$8.95

Choose Your Greens

Spinach
Iceberg Romaine Blend
Organic Spring Mix
Baby Kale

Choose Your Veggies

Roasted Red Peppers
Tomatoes
Onion
Bell Peppers
Green Onion
Avocado
Portobello Mushroom
Carrot Sticks

Include One Chef Blend

Kalamata Olive Relish
Roasted Balsamic Tomatoes
Caramelized Onions
Artichoke Hearts
Third Coast Slaw
Add Extra Chef Blend \$.50 Each

Include One Cheese

Sharp Cheddar
Swiss
Provolone
Jack Cheese
Feta
Asiago
Soy Mozzarella
Herb Goat Cheese
Add Extra Cheese \$1.00

Include One Dressing

Lemon Garlic
House Dressing
Smoked Paprika Blue Cheese
Pesto
Lemon and Oil
Cracked Black Pepper Red Wine Vinaigrette

Proteins \$2.00

Garlic Chicken Breast
Buffalo
Smoked Turkey Breast
Salmon \$2.30
Peppered Bacon
Ham
Sausage

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 Sandwich / Half Salad \$10.75

Cold Drinks

Iced Teas

Our specialty iced teas are custom blended and brewed in house.

Dunes Sunset

A unique blend of subtly fruity, refreshing flavors with a rooibos tea base. \$2.29

Bourbon Vanilla

A rich blend of vanilla and rooibos tea with a hint of almond
(Allergy warning: contains almond). \$2.29

Seasonal Specialty Iced Tea

Ask Your Server \$ 2.29

Craft Lemonade

Third Coast Lemonade is made with a special recipe using fresh lemons squeezed with love and blended with real ingredients. You can definitely taste the difference!

TC Craft Lemonade Straight Up. \$2.29

Dunes Cooler- Craft lemonade + Dunes Sunset Iced Tea. \$3.25

South Shore Punch- Craft Lemonade + raspberry. \$3.50

Fresh Squeezed Orange Juice

If you can imagine how sunshine would taste in a glass that is our orange juice. Squeezed right here with our Zumex Citrus Juicer, it is pure bliss.

Large 16 oz -- \$5.00

Small 9 oz -- \$3.23

Iced Chai -- \$3.29

Iced Coffee -- \$2.29

Iced Latte -- \$3.29

Smoothies

We have two kinds of smoothies here at Third Coast Spice Café. We offer The Frozen Garden Smoothies that you can read more about in our drink menu and we have Dr. Smoothie products.

Dr. Smoothie

Pineapple Paradise

Wild Cherry Cranberry

Fit Lyte Peach Harvest

Frozen Garden

Jungle Breeze

Detox

Green Protein

Lemon Fire

Rollin Oats

Napa-licious

Boost your smoothie with:

Super Green Blend, Weight Loss Blend, or Vanilla Cream

Bottled Selections

Izze Sparkling Juice

Clementine • Blackberry • Grapefruit

Maine Root Sodas!

Organic fair trade certified cane juice sodas!

Sarsaparilla • Root Beer

Blueberry • Orange

Reeds Ginger Brew

Pellegrino

Ublee Craft Soda - Locally made in Valparaiso

Hot Drinks

Mocha Latte

Chocolate, Espresso, Whipped Cream and Steamed Milk

S'more Latte

Chocolate, Marshmallow Syrup, Espresso, Whipped Cream, and Steamed Milk

Cinnamon Toast Latte

Brown Sugar Cinnamon, Espresso, Whipped Cream and Steamed Milk

Latte

Café Au Lait

Coffee with Steamed Milk

Café Americano

Espresso with Hot Water

Cappuccino

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