



# EAST ROCK MENU

## APPETIZERS

**Yogurt Parfait** **\$8.00**  
Greek/Vanilla Yogurt with Granola &  
Seasonal Fruits

**Seasoned Waffle Fries** **\$5.00**

**Side Salad** **\$8.00**

Arugula, Cherry Tomato, Avocado &  
Sherry Vinaigrette

**Avocado Crostini** **\$9.00**

Avocado Mash, Capers & Cherry  
Tomatoes

**Fig & Pear Crostini** **\$11.00**

Whipped Ricotta & Goat Cheese, Fig Jam  
Honey, Roasted Pears, Walnuts, Drizzled  
with Honey



## PASTRIES

### CROISSANTS

Blueberry Croissant (V) **\$5.50**

Spinach & Feta Bistro **\$5.50**

Plain Croissant **\$5.50**

Chocolate Croissant **\$3.50**

Raspberry Croissant **\$5.50**

Almond Croissant **\$5.50**

### SCONES

Orange Cranberry **\$4.50**

Blueberry **\$4.50**

### MINI MUFFINS

Apple Crumb Filled **\$1.00**

Salted Caramel **\$1.00**

### MINI COOKIES

Chocolate Chip Brownie (V) **\$2.00**

Oatmeal Cranberry (V) **\$2.00**

## MAIN COURSE

**B.E.C Sandwich** **\$9.00**

Two Sunny Side Up Eggs, Manchego  
Cheese, Bacon

**B.F. Grilled Cheese** **\$9.00**

Crispy Bacon, Fontina Cheese and Fig  
Chutney

**Breakfast Quesadilla** **\$13.00**

Fontina & Mozzarella Cheese, Bacon, &  
Two Scrambled Eggs

**Fontina Chicken Ciabatta** **\$14.00**

Marinated Chicken, Bacon, Fontina, Sliced  
Avocado, Roasted Red Peppers & Arugula

**Prosciutto & Pear** **\$15.00**

Sliced Prosciutto, Honey, Roasted Pear,  
Arugula, Fontina & Mozzarella

**Cheese Quesadilla** **\$11.00**

Fontina & Mozzarella Cheese, Roasted  
Red Peppers, Served w/Avocado Mash



## SALADS

**Seasonal Salad** **\$12.00**

Arugula, Shredded Kale, Honey Roasted Pears,  
Goat Cheese, Cranberry, Pomegranate & Sherry  
Vinaigrette

**Burrata Salad** **\$15.00**

Two Burrata, served on a Salad of Arugula,  
Cherry Tomatoes, Red Onion & Roasted Red  
Pepper with a Balsamic Glaze & Chimichurri



## VEGETARIAN

**Chickpea Salad Sandwich** **\$8.00**

East Rock Chickpea Salad & Arugula



# BEVERAGE MENU

## HOT BREW

	SM	LG
DRIP COFFEE	\$3.00	\$4.00
ESPRESSO	\$2.00	
AMERICANO	\$4.00	\$4.50
MACCHIATO	\$4.50	\$5.50
CORTADO	\$4.00	\$5.00
FLAT WHITE	\$5.00	\$5.50
CAPPUCCINO	\$5.50	\$6.00
LATTE	\$5.25	\$5.75
MOCHA	\$5.50	\$6.50
WHITE MOCHA	\$5.50	\$6.50



## ICED COFFEE & COLD BREW

ICED COFFEE	\$4.00	\$4.50
COLD BREW	\$5.00	\$5.50



## SPECIALTY LATTES & DRINKS

EAST ROCK PINK	\$7.00	\$8.00
PINK ISLAND	\$7.00	\$8.00
TURMERIC LATTE	\$5.50	\$6.00
MATCHA LATTE	\$5.00	\$6.00
CHAI LATTE	\$5.50	\$6.00
LONDON FOG	\$5.25	\$5.75



## TEA & OTHER HOT DRINKS

DRAGONWELL	\$3.75	\$4.25
BETTER DAYS	\$3.75	\$4.25
TOMTE'S BREAKFAST	\$3.75	\$4.25
TOUCH OF GREY	\$3.75	\$4.25
SIMMER DOWN	\$3.75	\$4.25
HOT CHOCOLATE	\$4.50	\$5.00

## REFRESHERS

EAST ROCK	\$4.00	\$4.50
BUTTERFLY LEMONADE	\$4.50	\$5.00
PEACH ICED TEA	\$4.00	\$5.00
RASPBERRY ICED TEA	\$4.00	\$5.00



## ROCKACCINOS & SPECIALTY

CARAMEL/MOCHA	\$6.25	\$6.75
TWIX	\$6.00	\$6.50
ALMOND JOY	\$6.00	\$6.50
REESES PUFFS	\$6.00	\$6.50
STRAWBERRY SPRITZ	\$6.00	\$6.50



## SMOOTHIES

STRAWBERRY BANANA	\$7.00	\$8.00
BLUEBERRY PINEAPPLE	\$7.00	\$8.00
BUILD YOUR OWN (KALE/AVOCADOS/PINEAPPLE/ BANANAS/ BLUEBERRIES/ STRAWBERRIES	\$7.00	\$8.00



## COCKTAILS

ESPRESSO MARTINI	\$16.00
MIMOSA	\$14.00

## WINE & SPARKLING

MERLOT	\$10.00
CHARDONNAY	\$11.00