

OVERSTUFFED PITA SANDWICHES

All sandwiches include fresh romaine or leaf lettuce, cucumber, green bell pepper, red bell pepper, carrot, tomato, red cabbage, scallions, garbanzo beans and sprouts, topped with

homemade dressing of your choice..... Try it with all the veggies for a true Eat-A-Pita experience.....
If you must, we'll leave off any veggies at your request

ALL SANDWICHES INCLUDE VEGGIES OF YOUR CHOICE AND HOMEMADE DRESSING ON THE SIDE

Cheese add \$.50 each
Swiss, American, Cheddar, Pepper Jack
Turkey Bacon add \$.75

Chunky Chicken Salad Surprise \$7.25
Chicken breast with walnuts, raisins and celery tossed lightly with mayonnaise

Marinated Chicken Breast \$7.25
Marinated in herbs and lemon juice.. Try our wonderful honey mustard dressing, if you want spice and low fat

Curry Chicken \$7.25
Homemade curry spices, not too hot, mixed with chicken breast, tossed lightly with mayonnaise, carrots, celery and onion.

Special Tuna Salad \$6.95
White tuna combined with red bell pepper, carrot and Spanish onion, tossed with our own secret ingredients.

Turkey \$7.25
Sliced turkey breast and veggies

Turkey Club Add turkey bacon \$.75

Roast Beef \$7.50
Sliced Roast Beef with all the veggies and our new creamy horseradish dressing or any other dressing of your choice.

Ham and Cheese \$7.50
Sliced ham and cheese of your choice with all the veggies.

Roast Beef, Ham and Turkey \$8.50
Meatlovers delight, just meat or with all the veggies.

Greek with Feta \$6.50
Same tantalizing Greek salad stuffed into pita, topped with feta cheese and Kafamata olives.

Greek with Feta and Hummus \$7.50

Hummus \$6.95
Homemade with chick peas, garlic, tahini and lemon.

Tabouli \$6.95
Bulgar wheat, parsley, tomato, red onion, fresh lemon juice, olive oil and a hint of mint

Hummus and Tabouli \$7.95

Vegetarian \$5.50
All the veggies stuffed into pita.
Avocado Add \$.75

Cheese \$5.95
Swiss, American, cheddar, or pepper jack stuffed into pita with veggies

Bacado \$7.50
Cheddar cheese, turkey bacon, avocado, stuffed into pita with veggies

Turkey Bacado \$8.50
Sliced turkey breast, turkey bacon, avocado stuffed into pita with veggies

BLT \$4.95
Turkey bacon, lettuce and tomato

BLTA \$5.50
(BLT with avocado)

Turkey BLT \$6.95
Sliced turkey breast, turkey bacon, lettuce and tomato

Turkey BLTA \$7.50
(Turkey BLT with avocado)

HOMEMADE DRESSINGS

Blue Cheese Vinaigrette
Vinegar, oil, mustard, lemon, spices and chunky blue cheese.

Creamy Pepper Parmesan
Mayonnaise, vinegar, spices, Black pepper and Parmesan cheese

Honey Mustard
Sweet and spicy made with Dijon mustard

Poppy Seed
Vinegar, oil, honey, mustard and poppy seed.

Sweet Creamy Curry
Mayonnaise, curry, scallion, spices

Sweet Miso
Miso, honey, garlic, vinegar and oil

Vinaigrette
Vinegar, oil, mustard, lemon, garlic and spices.

GRILLED CHEESE \$3.95

Choice of one:
Swiss-cheddar-American-pepper jack
Tomato Add \$.50
Onion Add \$.50
Turkey Bacon Add \$.75

Grilled Cheese All the Way \$5.50

Choice of one cheese:
Swiss-cheddar-American-pepper jaack
tomato, onion, turkey bacon

Ultimate Grilled Cheese \$5.25
Cheddar, Swiss, tomato, onion and pesto

TURKEY HOT DOG \$2.75

CHILI DOG \$3.95
Our homemade vegetarian chili on a turkey dog with cheddar cheese

TRY OUR NEW

LOBSTER ROLL \$14.95
Lobster salad on a bun. Served with homemade potato salad.

LOBSTER RUBEN \$15.95
Lobster, sauerkraut, Swiss cheese, thousand island dressing on rye. Served with homemade potato salad.

LOBSTER BLT (Panini) \$15.95
Lobster salad, turkey bacon, lettuce and tomato. Served with homemade potato salad.

CRAB CAKE SANDWICH \$8.95
Our popular crab cake w/lettuce, tomato, onion and remoulade sauce on a bulky bun Served with homemade potato salad

GARDEN FRESH SALADS

All salads include fresh romaine or leaf lettuce, cucumber, green bell pepper, red bell pepper, carrot, tomato, red cabbage, scallions,

garbanzo beans and sprouts, topped with homemade dressing of your choice. Try it with all the veggies for a true Eat-A-Pita experience....

If you must, we'll leave off any veggies at your request

Garden Salad \$5.95
Small \$4.75
 Leaf lettuce, cucumber, green and red bell pepper, carrots, red cabbage, tomato, scallion, garbanzo beans and sprouts..

Toppings add \$2.00
 Marinated chicken, chunky chicken salad, curry chicken salad, special tuna salad, hummus, tabouli

Greek Salad \$7.50
Small \$5.95
 Leaf lettuce, cucumber, green and red bell pepper, sprouts, carrots, red cabbage, tomato, scallion and garbanzo beans, topped with feta cheese and Kalamata olives.

Alternative Greek \$8.95
 Top your Greek Salad with one of the following:
 Marinated chicken, chunky chicken salad, curry chicken salad, special tuna salad

Mediterranean Greek \$8.50
 Top your Greek Salad with a scoop of hummus

Spinach Salad \$7.95
 Spinach, cucumber, green and red bell pepper, sprouts, scallion, red cabbage, carrots, tomato, and garbanzo beans, garnished with Parmesan cheese, turkey bacon and hard boiled egg.

Mini-Spini \$6.50
 Same tantalizing salad but smaller in scale.

Our Chef Salad \$8.50
 A delicious toss of leaf lettuce, cucumber, green and red bell pepper, sprouts, carrots, tomato, scallion, red cabbage, garbanzo beans, topped with hard boiled egg, turkey, ham, roast beef and cheese

Nature's Way Salad \$7.50
Small \$5.95
 Leaf lettuce, cucumber, green and red bell pepper, sprouts, carrots, red cabbage, tomato, scallion and garbanzo beans garnished with hard boiled egg, dried fruit and nut mix.

Cobb Salad \$8.75
 Leaf lettuce, cucumber, green and red bell pepper, sprouts, carrots, red cabbage, tomato, scallion and garbanzo beans, topped with hard boiled egg, turkey bacon, marinated chicken breast and blue cheese

Trio Salad \$8.95
 Chunky chicken salad, special tuna salad and hard boiled egg, served on a bed of Leaf lettuce, cucumber, green and red bell pepper, sprouts, carrot, red cabbage, scallion, tomato and garbanzo beans.

Fanta-Sea \$8.95
 Garden salad topped with a yellow fin tuna burger or salmon burger

TRY OUR NEW.....
LOBSTER SALAD \$16.50
 Lobster salad served over our garden salad with all our veggies and topped with dressing of your choice.

EAT-A-PITA HOMEMADE VEGETARIAN CHILI

A definite favorite! Spiced just right!
 A tangy chili cooked in a tomato base with fresh vegetables and a variety of traditional chili spices.
 You'll wonder where the beef went!

Chili Bowl w/all the toppings \$5.75
Chili Bowl \$4.50
 Tomato or scallion (Each) \$.30
 Cheddar cheese \$.50
 Sour cream \$.50

Frito Boat \$6.95
 Our homemade vegetarian chili on a bed of tortilla chips or pita bread, topped with lettuce, tomato, cheddar cheese, sour cream and scallion.
 Eat-A-Pita's version of taco salad!

HOMEMADE DRESSINGS

Blue Cheese Vinaigrette
 Vinegar, oil, mustard, lemon, spices and chunky blue cheese.
Creamy Pepper Parmesan
 Mayonnaise, vinegar, spices, Black pepper and Parmesan cheese
Honey Mustard
 Sweet and spicy made with Dijon mustard
Poppy Seed
 Vinegar, oil, honey, mustard and poppy seed.
Sweet Creamy Curry
 Mayonnaise, curry, scallion, spices
Sweet Miso
 Miso, honey, garlic, vinegar and oil
Vinaigrette
 Vinegar, oil, mustard, lemon, garlic and spices.

APPETIZERS

All appetizers served with pita bread and flavored baked pita chips, Kalamata olives and pepperoncini

Hummus with Pita \$4.75
 Chick peas, tahini, garlic and lemon juice

Whipped Feta Dip \$4.75
 Feta cheese, ricotta cheese, olive oil, lemon juice, spices and seasonings

Tabouli \$4.75
 Bulgar wheat, parsley, tomato, red onion, lemon juice and olive oil

Mediterranean Platter \$8.95
 Hummus, tabouli, whipped feta dip, cucumber slices and tomato

PANINIS and BURGERS

TRY OUR NEW PANINIS

<i>Caprese, fresh Mozzarella, tomato, garlic, olive oil and pesto</i>	<i>\$6.95</i>
<i>Apple, Cheddar and Cranberry Chutney</i>	<i>\$6.50</i>
<i>Chicken Breast, chicken breast, turkey bacon, pepper jack cheese, with chipotle aioli</i>	<i>\$7.95</i>
<i>Turkey Reuben, turkey, homemade coleslaw, Swiss Cheese and thousand island dressing</i>	<i>\$7.50</i>
<i>Ham and Swiss, Black Forrest Ham, Swiss Cheese, roasted red pepper, spinach and pineapple salsa</i>	<i>\$7.50</i>
<i>The Gobbler, turkey, brie cheese, cranberry chutney, spinach and mayo</i>	<i>\$7.50</i>
<i>Grilled Veggie, grilled summer vegetables, with herbs and Maine Chevre (goat cheese)</i>	<i>\$6.95</i>
<i>Portobello, marinated portobello mushroom cap, roasted red pepper, caramelized onion and pesto.</i>	<i>\$7.50</i>
<i>Out of the Blue roast beef, blue cheese, baby leaf spinach, roasted red pepper and horseradish dressing.</i>	<i>\$7.50</i>

BURGERS On-A-Bun

(Includes Homemade Potato Salad)

<i>Black Angus Beef Burger with lettuce, tomato and onion</i>	<i>\$7.95</i>
<i>Black Angus Cheese Burger Choice of one: American, cheddar, Swiss, pepper jack, blue or feta, with lettuce, tomato and onion</i>	<i>\$8.50</i>
<i>Lamb Burger on rosemary foccacia with feta cheese, spinach and tomato relish</i>	<i>\$8.50</i>
<i>Ostrich Burger with lettuce, tomato and onion</i>	<i>\$7.95</i>
<i>Ostrich Burger with cheese of your choice lettuce, tomato and onion</i>	<i>\$8.50</i>
<i>Turkey Burger with lettuce, tomato and onion</i>	<i>\$7.95</i>
<i>Turkey Burger with cheese of your choice lettuce, tomato and onion</i>	<i>\$8.50</i>
<i>Veggie Burger with cheese of your choice lettuce, tomato and onion</i>	<i>\$7.50</i>
<i>Black Bean Burger with salsa fresca, sour cream and onion</i>	<i>\$7.50</i>
<i>Salmon Burger OR Yellow Fin Tuna Burger (Includes Homemade Coleslaw)</i>	
<i>Tender, juicy salmon or yellow fin tuna burger, low fat, with homemade remoulade sauce, lettuce, tomato and onion</i>	<i>\$7.95</i>



To Sip

COFFEE

We specialize in gourmet Arabica Coffee.

Small \$.93

Large \$1.26

Bottomless \$1.50

Regular, decaf or flavored

Iced Coffee \$1.53

Regular, decaf or flavored

ESPRESSO

All Espresso Drinks are made with fresh ground Red Ball Espresso Beans (ORGANIC, FAIR TRADE, custom roasted in Maine) Sweet, lush and complex. Provides a deep, nutty, persistent tiger striped crema).

Cappuccino \$1.95

Double Cappuccino \$2.79

Iced Double Cappuccino \$2.79

Latte \$1.95

Double Latte \$2.79

Mochachino \$2.28

Double Mochachino \$2.98

Iced Double Mochachino \$2.98

Espresso \$1.26

Double Espresso \$1.86

Short Espresso (Ristretto) \$1.26

Double Short Espresso \$1.86

Americano \$1.26

Double Americano \$1.86

FROZEN ESPRESSO

Frozen Cappuccino \$3.25

The best!

Frozen Banana Cappuccino \$3.72

Our Original ("Wicked Good")

Frozen Mochachino \$3.49

Frozen Cookies 'n Cream \$3.25

Frozen Coffee Toffee \$3.25

Frozen Chocolate Chunk \$3.25

TRY OUR NEW FROZEN SKINNY FRAPPES

Made with Splenda and skim milk

Chocolate \$3.25

Mocha \$3.25

CHAI TEA (Soothe the senses)

All natural blend of **BLACK, GREEN, VANILLA, RASPBERRY OR PEACH** Chai Tea, with intoxicating spices

Hot Chai 16 oz. Cup \$2.75

Iced Chai \$2.75

Served over ice with regular milk, skim milk or vanilla soy milk

Frozen Chai \$3.25

Blended with ice cream mix or vanilla soy milk and ice

Frozen Banana Chai \$3.72

Blended with banana, ice cream mix or vanilla soy milk and ice

Tea \$1.26

Regular or Decaf

Herbal Tea \$1.53

Choose your flavor

Pot of Tea "for one" \$1.85

Hot Chocolate \$1.75

(Gourmet Bellagio)

Milk \$1.26

Chocolate Milk \$1.50

Fountain Soda \$1.40

Fountain Lipton Iced Tea \$1.49

Sweetened Unsweetened Raspberry

Apple Juice \$1.40

Pineapple Juice \$1.40

Tomato Juice \$1.50

Bottled Juice and Soda \$1.40

Bottled Cranberry & Grapefruit Juice \$1.50

Bottled Waters \$1.35

Wild Fruit \$1.75

FRUIT SMOOTHIES

Southwest Harbor Cooler \$2.79

Strawberry, banana, apple juice, honey and ice

Main Street Sizzler \$2.79

Strawberry, fresh squeezed orange juice, banana, honey and ice

Berry Breaker \$2.95

Strawberry, blueberry, banana, apple juice, honey and ice

HONEY LEMONADE

(Fresh Squeezed)

With water or soda water \$1.77

Frozen Honey Lemonade \$2.56

Frozen Strawberry Honey Lemonade \$2.79

ORANGE JUICE

(Fresh Squeezed)

Regular (8 oz.) \$1.95

Large (12 oz.) \$2.95

REAL BLUEBERRY JUICE

Regular (8 oz.) \$1.95

Large (12 oz.) \$2.52

OLD SOAKER

ROOT BEER \$1.75

Old fashioned root beer brewed locally in Bar Harbor

ROOT BEER FLOAT \$3.50
with vanilla ice cream

BLUEBERRY SODA \$1.75

Made with Maine Blueberries Brewed locally in Bar Harbor

BLUEBERRY FLOAT \$3.50
with vanilla ice cream