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| Breakfast All DayPower Bowl (GF) 10Chopped Bacon & Sausage, 3 Scrambled Eggs, Cheddar Cheese, House made Salsa served hot over wilted spinach Avocado Toast (V+) 7Avocado Mash on our European Style Multigrain Bread with Avocado Slices and Everything Bagel SeasoningAdditions: Egg 1| Bacon 2 |Cheese 1 | Tomato 1Breakfast Handhelds*On choice of Bagel, English Muffin, Multigrain, White or Wrap. GF Wrap available +1.*Egg & Cheese 52 Eggs and Cabot CheddarWith Avocado, Bacon or Sausage 7.5Breakfast Burrito 102 Eggs Scrambled, Onion, Pepper, Black Beans, Avocado Mash, Shredded Cheddar, House made Salsa on the SideWith Bacon or Sausage 12.5American Plate 7Eggs your way, choice of meat and toastVegan Sammy 10House-made Roasted Garlic Hummus, Caramelized Onions, Grilled Tomato and Spinach on your choice of bread (V+)Acai Bowls Martha’s blend of frozen blueberries, acai, bananas, and almond milk with your choice of 3 toppings 11 Each additional topping 1Baked GoodsMuffins, Vegan Muffins (V+), Bagels, English MuffinsPeanut Butter, Cream Cheese +.50KettleMartha’s Award-Winning Chowder Cup 5| Bowl 7V+ = Vegan |V = Vegetarian GF = Gluten Free| DF = Dairy FreePlease inform your server if anyone in your party has a food allergy. Consuming raw or undercooked meat, poultry, seafood, or eggs may increase your risk of foodborne illness.  | Lunch Mayan Bowl (V, GF) 11 Mixed Greens, Black Beans, Sweet Corn, Avocado, Red Pepper, Pickled Jalapenos, Queso Fresco, Quinoa, topped with Peppitas. Our Chipotle Lime Dressing on the side.Roasted Vegetable Bowl (V+,GF, DF) 13Warm Tri-Colored Quinoa topped with our Roasted Veggies of the Day, Crunchy Sunflower Seeds and our Lemon VinaigretteGarden Salad (V+,GF, DF) 10Chopped Romaine, Tomatoes, Cucumber, Carrot, Red Pepper, Avocado, Purple Onion, Balsamic VinaigretteCaesar Salad 10Chopped Romaine, Parmesan, Croutons and our Caesar DressingTo Any of the Above Add Chicken, Turkey, or Bacon 3 Black Bean Burger 5 | Angus Burger 8Handhelds *Served with our Homemade Chips or Lightly Dressed Greens. Upgrade to Waffle Fries or Sweet Potato Fries +2* Roast Veggie Wrap (V+) 11Hummus, Spinach, Roast Veggies of the Day, Balsamic Reduction. In a Spinach Wrap. Add Cheese +1Miss Figgy 12Grilled Cabot Cheddar and Applewood Smoked Bacon with Fig Preserves. On Rustic White or MultigrainGrilled Caprese 11 (V)Basil Pesto, Tomato and Mozzarella. Grilled on Rustic White.California Chicken 12Your Choice of Turkey or Chicken, Ranch, Lettuce, Tomato, Sprouts, Multigrain. Add Bacon + Avocado +2.5Chicken Pesto 11.5House Roasted Chicken, Lettuce, Tomato, Pesto Mayo, Provolone on CiabattaChicken Caesar Wrap 11BurgersHalf Pound Angus Burger 13.5Black Bean Burger (V,GF) 10.5*Serv on Brioche Bun with Lettuce, Tomato, Onion & Side*Just the Sandwich…no sideGrilled Cheese 6.5 BLT 8.5PB&J 4.5 Sliced house roasted chicken, lettuce, tomato, mayo, Choice of bread 8 |

Combos

Cup and a Half

Half Sandwich - Chicken Salad, Cali Chicken or Turkey or BLT – Served with a Cup of Chowder or Small Side Salad 10

Beverages

Hot Drinks

Hot Jim’s Organic Coffee – regular or decaf 2/3

Breakfast and Lunch

served all day

Dine in or Take Out

Order On-Line www.marthascapecod.com

Espresso or Americano 4

Hot Cappuccino, Latte or Chai Tea Latte 4/5

Caffé Mocha 5.75

Add a Flavor Shot +.75

Whole, Skim or Almond Milk (+.50) available

Hot Chocolate 3

Cold Drinks

Jim’s Iced Coffee 2/3

House Made Iced Tea or Lemonade 2/3

Bottled Beverages in our cooler.

Martha’s is committed to making the world a better place. We serve local and/or organic when practicable; we make all our dressings in house; we compost and recycle, and want to work with you to reduce food and packaging waste.

Winter Hours

Friday-Wednesday 10-2

281 Main Street Falmouth, MA

774.763.2066

Cash payment is preferred

*Menu and prices are subject to change*

*depending on market conditions. 5/22/20*

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