

# Breakfast & Lunch

# Coffee & more

**The Classic Breakfast Sandwich:** \$8.00 2 eggs  
choice of meat & cheese

**Basic Omelette:** \$10.00 includes choice of cheese

**Egg & Cheese:** \$7.00

**Choice of Bread:** croissant, english muffin, whole  
wheat wrap, multi grain roll, sourdough bread,  
gluten free english muffin

**Choice of cheese:** American, cheddar, gruyere,  
feta, brie

**Choice of meat:** bacon, turkey bacon, pork roll,  
ham

**Add ons:** Sautéed spinach, tomato, roasted  
peppers +\$2.00 / onions +\$1.00 / Avocado + \$2.75  
/ egg whites + \$2.00

**Frittata Square:** \$6.50 eggs, spinach, roasted  
pepper, feta cheese

**Lean & Green:** \$9.50 3 egg whites, fresh sautéed  
spinach, turkey bacon, on a whole wheat wrap

**Avocado Toast:** \$9.00 smashed avocado, on  
toasted multi grain roll with extra virgin olive oil,  
lemon juice & sea salt / Add on egg (fried or  
scrambled +2.00)

**Eggs Benedict:** \$10.50 2 poached eggs &  
hollandaise sauce, choice of ham, smoked salmon,  
sautéed spinach or pork roll

**Smoked Salmon Toast:** \$9.00 smoked salmon  
with cream cheese on a multi grain roll, capers,  
lemon / add on egg (fried or scrambled +2.00)

**Gourmet Grilled Cheese:** \$8.50 choice of  
American, cheddar, gruyere, brie / add on Bacon,  
ham, tomato + \$2.00

**The Nancy:** \$10.50 grilled cheese with brie, ham &  
honey mustard

**The Patrice:** \$10.50 grilled cheese with cheddar,  
apple & balsamic fig

**The Jodi:** \$8.50 Classic tuna salad / solid white  
tuna with celery and mayonnaise / tuna melt  
\$10.50

**BLT:** \$8.50 Bacon, Lettuce, tomato

**Banana Nut Toast:** \$6.50 multi grain toast with  
choice of peanut butter or almond butter, sliced  
banana drizzled with honey

**Chicken Salad:** \$9.50 all white meat chicken breast  
with celery & mayonnaise

**Chicken Caesar Wrap:** \$11.00 chicken breast, crisp  
romaine lettuce, parmigiana, caesar dressing

## Serving Jersey Shore Coffee Roasters

**Fresh Brewed Self Serve Coffee:** Large \$4.50,  
Small \$3.50 Twin Lights Fog Buster, Jersey Shore  
Decaf, Amistad Organic Breakfast Blend, Hazelnut,  
Seasonal Flavors

**Harney Tea:** Large \$4.50, Small \$3.50 English  
Breakfast, Cinnamon Spice, Earl Grey, Chamomile,  
Mint Verbena

**Choose from whole or non fat milk / non dairy  
milk +\$1.00 oat, almond, soy or coconut**

**Cappuccino or Latte:** large (3 shots) \$5.50 small  
(2 shots) \$4.50 / Iced latte large \$6.50 / small \$5.50

**Flavored Lattes:** large (3 shots) \$6.50 small (2  
shots) \$5.50 vanilla / pumpkin spice, caramel,  
mocha, Mexican mocha, peppermint

**Iced flavored lattes:** large \$6.50 / small \$5.50

**Chai Latte:** large \$5.50 small \$4.50 / Iced Chai:  
large \$6.50 small \$5.50

**Iced Matcha Latte:** large \$7.00 small \$6.00

**Matcha Latte:** large \$6.00 small \$5.00

**Single Espresso:** \$3.50 Double Espresso \$4.50

**Americano:** Double Shot \$4.50 Triple Shot \$5.50

**Frozen Hot Chocolate:** large \$6.50 small \$5.50

**Hot & Healthy:** 22 oz. \$8.00 juiced lemon, parsley,  
ginger root, honey, apple cider vinegar & hot water

**Hot Morning Tonic:** 12 oz. \$8.00 lemon, ginger  
root, turmeric root, cayenne, black pepper & hot  
water

## CUPS & CAKES

122 E River Rd. Rumson / 732 - 842 - 8080  
cupsandcakesrumson.com

## Smoothies Sizes: 16 oz. / 24 oz.

## All Organic Greens

**Avocado Kale Pineapple:** \$13.00 / \$15.00 Juiced kale, lemon, mixed with avocado, frozen pineapple, coconut water & coconut flakes

**Berry Beet Blast:** \$13.00 / \$15.00 Juiced beets with lime, blended with frozen blueberries, almond milk, chia seeds & honey

**Tropical Carrot Mango:** \$13.00 / \$15.00 Juiced carrots, orange, ginger root, turmeric root, blended with frozen mango, coconut water, coconut flakes, flax seeds & cayenne

**Breakfast Smoothie:** \$12.00 / \$14.00 Frozen banana & strawberries blended with yogurt & orange juice

**The Green Machine:** \$13.00 / \$15.00 Juiced greens blended with frozen banana & protein powder

**The Recovery:** \$13.00 / \$15.00 Juiced celery, pineapple, ginger root, turmeric root, blended with frozen banana, flax oil

**Wake Up With Jeff:** \$13.00 / \$15.00 Espresso, frozen banana, almond milk, protein powder, cocoa powder

**The Orrok:** \$12.00 / \$14.00 Strawberries, blueberries, almond milk, whey protein, peanut butter

**The Stein:** \$12.00 / \$14.00 Frozen banana, peanut butter, almond milk, whey protein

**The Shempy:** \$12.00 / \$14.00 Juiced greens, blended with frozen strawberries, bananas & whey protein

**Matcha Superfood Smoothie:** \$13.00 / \$15.00 banana, matcha, avocado, lemon juice, spirulina, agave

**Berry Blue Superfood Smoothie:** 16 oz. \$13.00 24 oz. \$15.00 Acai, blueberries, raspberries, lime juice, E3 Live (Blue Majik), Hemp seeds, agave, spring water

**Watermelon Mojito Cooler:** \$12.00 / \$14.00 frozen watermelon, strawberries blended with lime juice, coconut water, mint and agave

**Creamy Green:** \$12.50 / \$14.00 spinach, parsley, carrot, celery, lime

**Eye Opener:** \$12.50 / \$14.00 kale, spinach, carrot, grapefruit

**Immunity Juice Shot:** \$8.00 lemon, ginger root, turmeric root, cayenne & black pepper

**Acai Bowl:** \$13.00 organic acai berries (unsweetened) blended with frozen banana. Includes 3 toppings berries, Nutella, granola, peanut butter, coconut flakes & chocolate chips

### Create Your Own Smoothie 16 oz \$10.00 / 24 oz \$12.00

Choose from strawberries, blueberries, Acai, banana, mango, pineapple, watermelon  
Mix with; milk, water, apple juice, orange juice

**Add on:** +\$2.00 for almond milk, oat milk, coconut water, coconut milk, peanut butter, almond butter, spinach, avocado, flax oil, coconut oil, CBD, collagen

**Add on:** +\$1.00 whey protein, plant protein, ginger root, turmeric root, spirulina, chia seeds, flax seeds, wheat grass powder, cacao powder

**Juice bar**  
at  
Cups&Cakes

## All Organic Greens Grab and Go Cold Press Bottles Available

**Everything Green:** kale, spinach, celery, cucumber, green apple, lemon - 16 oz \$12.50 / 24 oz \$14.00

**Beet Basic:** beet, carrot, apple, celery, orange, ginger - 16 oz \$12.50 / 24 oz \$14.00

**Flu Fighter:** orange, grapefruit, lemon, apple, parsley, ginger - 16 oz \$12.50 / 24 oz \$14.00

**Mr. Brightside:** carrot, apple, orange, ginger, lemon - 16 oz \$12.50 / 24 oz \$14.00

**Turmeric Lemonade:** lemon, turmeric, ginger, filtered water, agave - 16 oz \$9.50 / 24 oz \$12.00

**Apple Zing:** carrot, apple, ginger, lime - 16 oz \$12.50 / 24 oz \$14.00

**Chlorophyll Crunch:** celery, parsley, lemon, green apple, ginger - 16 oz \$12.50 / 24 oz \$14.00

**The Alkalizer:** dandelion, kale, swiss chard, romaine, cucumber, lemon, ginger - 16 oz \$12.50 / 24 oz \$14.00

**Green Piney Hit:** spinach, parsley, pineapple, cucumber, mint - 16 oz \$12.50 / 24 oz \$14.00

**Bloody Cuke:** cucumber, apple, beet - 16 oz \$12.50 / 24 oz \$14.00

**Cloudy Day:** grapefruit, cucumber, celery, mint - 16 oz \$12.50 / 24 oz \$14.00

**Just Celery:** 16 oz \$15.50 / 24 oz. \$17.00