

~ Beverage Bar - 3 ~

Organic Hot Coffee Bar

Organic Hot Tea Bar

Organic Iced Tea Bar

Organic Iced Coffee

Cold Brew Coffee

Infused Water of the Day

Free Refills
(while in cafe only)

~ Bottled Beverage ~

Juices	3
Protein Drinks	5
Water Bottle	2
Coconut Water	3
Lemonade	3
Coke Cooler	2
Iced Teas	3
Milk	2
Chocolate Milk	3

~ Healthy Smoothies ~

“Savvy Tea” Matcha Green Tea Smoothie -	16 oz. 8
“Savvy Tea” Spiced Chai Tea Smoothie -	16 oz. 8
Sunshine Smoothie - mango, pineapple, banana	16 oz. 6
Strawberry Banana Twist Smoothie -	16 oz. 6
Blues Clue Smoothie - blueberry, strawberry, banana	16 oz. 6
Chunky Monkey Smoothie - banana, chocolate drizzle	16 oz. 6
Add Protein to any smoothie -	add 3

All smoothies are made with unsweetened almond milk



Visit our other location
The Tea Kettle Restaurant
1395 Boston Post Road
Old Saybrook, CT
www.theteakettlerestaurant.com
chefdavid@theteakettlerestaurant.com



GOURMET CAFÉ

At the Westbrook Outlets



Call ahead to order to go or stay

860•399•8325

314 Flat Rock Place, Unit E130

Westbrook, CT 06498

teakettlegourmetcafe.com

chefdavid@teakettlegourmetcafe.com

FREE Wi-Fi



~ Salads ~

- Garlic Shrimp Spinach Salad** - grilled garlic shrimp, baby spinach, feta cheese, tomato, red onion, strawberries with apple honey vinaigrette **15**
- Tuna Salad Plate** - organic mixed baby green garden salad topped with tuna salad, coleslaw, with zesty ranch dressing **12**
- Chicken Caesar** - grilled chicken, romaine lettuce, croutons, parmesan cheese, with house made caesar dressing **12**
- Spinach Salad** - baby spinach, candied walnuts, applewood smoked bacon, fresh blueberries, red onion with maple vinaigrette **12**
- Garlic Chicken Spinach Salad** - grilled garlic chicken, baby spinach, feta cheese, tomato, red onion, strawberries with apple honey vinaigrette **13**
- The Kettle Cobb Salad** - organic mixed greens, grilled chicken, boiled egg, bleu cheese, avocado, applewood smoked bacon, with zesty ranch dressing **13**
- Chef's Salad** - sliced turkey, ham, boiled egg on organic mixed baby greens with zesty ranch dressing **13**
- Paleo Salad** - grilled chicken, strawberries, blueberries, applewood smoked bacon, avocado, hard boiled egg over organic mixed baby greens with olive oil and balsamic vinegar **15**

~ Grab and Go ~

- Local Bagels** -
wheat, habanero, bacon, cheddar,
plain, everything, french toast
with butter **3**
with cream cheese **4**
- Local Donuts**
assorted **3**
- Paleo Muffins**
assorted **5**
- Coffee Cake** **3**
- Muffins**
assorted **3**
- Cinnamon Buns** **5**
- Roll and Butter** **2**

Fresh Baked Sweets

- Jumbo Chocolate Chip Cookies **3**
- Jumbo Double Chocolate Chip
Brownies **3**
- Paleo Brownies **6**
- Paleo Cookies **5**

Breakfast Bowls

- Fruit Salad **5**
- Fresh Berries **7**
- Yogurt Berry **7**
- Yogurt Parfait **8**

~ Wraps ~

- Spice it up Beef Wrap** - sliced roast beef, jalapeño, lettuce, tomato, red onion, cheddar cheese, chipotle mayo **14**
- Turkey Avocado Bacon Ranch Wrap** - lettuce, tomato **13**
- Double Bacon BLT Chicken Wrap** - grilled garlic chicken, applewood smoked bacon, lettuce, tomato, mayo **14**
- Black Forest Wrap** - sliced roast beef, lettuce, tomato, coleslaw, swiss cheese, thousand island dressing **14**
- The Kettle Veggie Wrap** - baby spinach, sliced cucumber, tomato, red onion, avocado, balsamic vinaigrette **12**
- Chicken Caesar Wrap** - grilled garlic chicken, romaine lettuce, parmesan cheese, house made caesar dressing **13**
- Garlic Shrimp Wrap** - grilled garlic shrimp, baby spinach, avocado, tomato, zesty ranch dressing **15**
- Big Texas BBQ Turkey Wrap** - sliced turkey, barbecue sauce, jalapeño, smoked applewood bacon, cheddar cheese, coleslaw, lettuce, tomato **14**

{ Wrap choice: spinach, wheat, sun dried tomato or plain. }
Gluten free wrap add 4

~ Panini's ~

- Roast Beef Delight** - sliced roast beef, melted swiss cheese, thousand island dressing, coleslaw **14**
- California Turkey Panini** - sliced turkey, melted cheddar cheese, zesty ranch dressing, sliced avocado, sliced tomato **13**
- Grilled Chicken Panini** - grilled chicken, melted cheddar cheese, sliced tomato, chipotle mayo **13**
- Veggie Cheesy Panini** - melted mozzarella cheese, sliced avocado, sliced tomato, baby spinach, sliced red onion **13**
- Garlic Shrimp Taco Panini** - grilled garlic shrimp, melted cheddar cheese, coleslaw, red onion, red peppers, baby spinach, chipotle mayo **15**

Bread Choice:

Organic white sprouted or organic multi-grain sprouted seeded

All wraps and panini's served with house made kettle chips, coleslaw and pickle