

## EGGS AND OMELETTES

CRAFTY 3 EGG CONCOCTIONS PLATED TO PLEASE. SERVED WITH THE WITCH'S POTATOES AND HOMEMADE BISCUITS WITH STRAWBERRY BUTTER

SUBSTITUTIONS:  
FRESH FRUIT \$1.00  
MULTIGRAIN TOAST \$0.50  
GLUTEN FREE BREAD \$1.00  
EGG WHITES \$2.00

**3 EGGS ANY STYLE \$6.95**  
WITH BISCUITS AND POTATOES

**GULCH SCRAMBLE \$7.95**  
OUR HOMEMADE PORK SAUSAGE PATTY WITH RED ONION

**(NEW) AUNTIE YUM AUNTIE YUM \$9.95**  
WITH BACON, BRIE AND APPLE

**LITTLE BIT OF MAGIC \$9.95**  
WITH ORGANIC SPINACH AND FETA

**EMERALD CITY \$9.95**  
WITH FRESH MOZZARELLA, TOMATO AND PESTO

**HOCUS POCUS \$9.95**  
WITH ORGANIC SPINACH, OLIVES, ROASTED RED PEPPERS AND GOAT CHEESE

**VOODOO EGGS \$9.95**  
WITH SPINACH, AVOCADO AND PROVOLONE

**WICKED WITCH OF THE SHORE \$9.95**  
WITH PORK ROLL, PEPPERS, ONIONS AND PROVOLONE

## FROM THE GRIDDLE

**4-GRAIN BUTTERMILK PANCAKES \$7.95**  
TWO "CAKES" DUSTED WITH POWDERED SUGAR OATMEAL, WHEAT GRAIN, CORN MEAL, FLOUR

**WICKED GOOD FRENCH TOAST \$7.95**  
2 SLICES OF EXTRA THICK BREAD DUSTED WITH CINNAMON & POWDERED SUGAR

**(NEW) GLINDA THE GREEN WITCH \$9.95**  
AVOCADO TOAST TOPPED WITH ORGANIC SPINACH, 2 POACHED EGGS SERVED WITH SEASONAL FRUIT

**OUR FAMOUS EGGS BENE-WITCH \$9.95**  
GRIDDLED OLIVE BREAD TOPPED WITH OUR FAT-FREE LEMON ARTICHOKE SPREAD, ORGANIC ARUGULA AND 2 POACHED EGGS, SERVED WITH WITCH'S POTATOES

## BREAKFAST SIDES

**OUR FAMOUS THICK CUT BACON \$4.50**

**HOMEMADE PORK SAUSAGE PATTY \$3.50**

**L/F CHICKEN APPLE SAUSAGE LINKS \$3.50**

**L/F HAND SLICED TURKEY BACON \$3.50**

**BUTTERMILK BISCUITS  
W/STRAWBERRY BUTTER \$2.50**

**HOMEMADE MUFFINS OR SCONES \$3.00**

**GRIDDLED MULTIGRAIN OR GF BREAD \$2.00**

**WITCH'S POTATOES \$3.00**

**FRESH FRUIT \$5.95**

## CEREALS AND SAND-WITCHES

**WICKED GOOD GRANOLA \$8.95**  
TOPPED WITH YOGURT AND FRUIT

**IRISH OATMEAL \$6.95**  
HEARTY STEEL-CUT OATMEAL SPRINKLED WITH CINNAMON AND BERRIES, SERVED WITH BUTTERMILK BISCUITS AND STRAWBERRY BUTTER

**PORK ROLL, EGG AND CHEESE \$6.95**  
SERVED ON A HARD ROLL WITH OUR WITCH'S POTATOES

**BLT FRIED EGG WRAP \$6.95**  
MADE WITH OUR FAMOUS BACON, SERVED IN A WHOLE WHEAT WRAP WITH OUR WITCH'S POTATOES

## MAGIC POTION JUICE BAR

**JUICES** 12OZ 5.99 16OZ 6.99

- STRAIGHT UP ORANGE JUICE**  
ENERGY, VITAMINS A&C, IMMUNE SYSTEM
- TOMATO•CELERY•LEMON•GINGER•JALAPEÑO CUCUMBER**, HANGOVER
- APPLE•LEMON•GINGER**, DIGESTION, INFLAMMATION, BLOOD SUGAR CLEANSING
- SPINACH•KALE•CELERY•APPLE•LEMON•GINGER** CELIAC DISEASE, VITAMINS K&C, IRON, CLEANSING
- BEET•CARROT•CELERY•APPLE•LEMON•GINGER** LIVER CLEANSING, VITAMIN C, BETA CAROTENE
- APPLE•CARROT•ORANGE•GINGER** ENERGY, DIGESTION, INFLAMMATION
- APPLE•BEET•CARROT** VITAMIN B6, IRON, BETA CAROTENE
- APPLE•KALE•CUCUMBER•CELERY** HEADACHE, HYDRATION
- PARSLEY•CUCUMBER•LEMON•GINGER•APPLE, PINEAPPLE**, DETOX, HYDRATION, INFLAMMATION
- CUCUMBER•APPLE•ORANGE•SPINACH** ENERGY, HYDRATION, FIBER, VITAMIN A

**SMOOTHIES** 16 OZ 5.99

- MANGO•BANANA•COCONUT MILK•PINEAPPLE JUICE**
- BANANA•PEANUTS•CHOCOLATE SOY MILK**
- BLUEBERRY•STRAWBERRY•BANANA•PINEAPPLE JUICE**
- COFFEE•BANANA•CINNAMON•VANILLA SOY MILK**
- APPLE JUICE•STRAWBERRY•BLUEBERRY RASPBERRY**
- BANANA•STRAWBERRY•ALMOND MILK**
- BANANA•MANGO•ALMOND MILK**
- KALE•PINEAPPLE JUICE•BANANA•COCONUT MILK**
- STRAWBERRY•RASPBERRY•ORANGE•APPLE JUICE**
- MANGO•STRAWBERRY•ORANGE JUICE**

**SHOTS**

- WHEATGRASS** • 1 OZ \$2.50 • 2 OZ \$4.75
- NONI•GOJI•ACAI•MANGOSTEEN** • 2 OZ \$2.50
- OUR INFAMOUS WITCHDOCTOR** • 2 OZ \$2.50

**ADD:** SPIRULINA FLAX OIL PEANUTS CHIA SEEDS  
FLAX SEEDS ALMOND BUTTER CASHEW BUTTER  
PEANUT BUTTER ALMONDS .75 CENTS

PROTEIN POWDER \$1.50 A SCOOP  
VANILLA CHOCOLATE NATURAL

**ROOK COLD BREW NEW ORLEANS \$1.50**

# MY KITCHEN WITCH

732-229-3033

29 BEACH ROAD • MONMOUTH BEACH, NJ 07750

## SAND-WITCHES

CHOOSE A ROLL, WHOLE WHEAT **VEGAN** WRAP, OR GRIDDLED MULTIGRAIN TOAST  
ADD A SIDE SALAD OR SERVE OVER GREENS

### **BROOMSTICK HILDA SALAD \$ 10.95**

SHREDDED WHITE MEAT CHICKEN BLENDED WITH RED GRAPES, APPLES, RAISINS AND OUR LOW-FAT HERB DRESSING

### **TUSCAN TUNA SALAD \$ 10.95**

A TASTY BLEND OF TUNA, CAPERS, RED ONIONS AND THE TINIEST BIT OF MAYO

### **OUR SIGNATURE EGG SALAD \$ 10.95**

CHOPPED W/CHIVES AND TOASTED SESAME SEEDS WITH LOW-FAT MAYO

### **GRILLED VEGETABLES \$ 10.95**

TOSSED WITH OLIVE OIL AND GRILLED TO PERFECTION WITH SUNDRIED TOMATO PESTO AND FRESH MOZZARELLA

### **ROASTED TURKEY \$ 10.95**

TOPPED WITH OUR FAMOUS BACON, GOAT CHEESE AND OUR VERY OWN RASPBERRY DRESSING

### **GRILLED CHICKEN \$ 10.95**

WITH SLICED APPLE, BRIE, OUR FAMOUS BACON AND OUR HOMEMADE RASPBERRY DRESSING

### **(NEW) VEGAN VEGETABLE BEAN BURGER \$ 10.95**

BLACK BEANS, BROCCOLI, CARROTS, RED PEPPERS, CORN, ONIONS, TOPPED WITH ROASTED RED PEPPERS AND **VEGAN** TAHINI DRESSING - **GLUTEN FREE**

### **FRIED EGGPLANT AND MOZZARELLA \$ 10.95**

BREADED WITH CORNMEAL, TOPPED WITH FRESH MOZZARELLA, PESTO AND ROASTED RED PEPPERS  
**GLUTEN FREE**

### **MERLIN'S GRILLED CHEESE \$ 10.95**

GRIDDLED TEXAS TOAST WITH PROVOLONE CHEESE, ORGANIC SPINACH, GRAPE TOMATOES, AVOCADO AND OUR FAMOUS BACON.  
LEGEND-DAIRY

### **TABITHA'S GRILLED CHEESE \$ 6.95**

AMERICAN CHEESE ON GRIDDLED TEXAS TOAST, SERVED WITH WITCH'S POTATOES. PERFECT FOR WITCHES AND WIZARDS IN TRAINING!

### **MINI WITCH \$ 10.95**

MINI SAND-WITCH & SOUP OF YOUR CHOICE  
SOUP SERVED WITH HOMEMADE BUTTERMILK BISCUITS AND OUR STRAWBERRY BUTTER

## STRAIGHT FROM THE WITCH'S CAULDRON

### **CHARMING CHICKEN AND STARS \$ 4.95**

PREPARE TO BE BEWITCHED

### **CHARGE OF THE GODDESS \$ 4.95**

SOUP OF THE DAY LISTED ON THE SPECIALS BOARD

## EMERALD CITY EXTRAS

### **CHIPS AND GUAC \$ 6.95**

SERVED WITH HOMEMADE GUACAMOLE AND SALSA PICANTE

### **SABRINA QUESADILLA \$ 10.95**

DAILY DIVINATIONS. SERVED WITH GUACAMOLE, SOUR CREAM AND SALSA PICANTE

### **FOLLOW US ON INSTAGRAM**



## SIGNATURE SALADS

SERVED W/ MULTIGRAIN ROLLS  
ADD GRILLED CHICKEN, EGG SALAD, TUNA, HILDA CHICKEN SALAD (+4.00), SHRIMP OR VEGGIE BURGER (+5.00)

### **(NEW) OFF TO SEE THE CAESAR \$ 13.95**

CRISP GREENS TOSSED WITH WICKED GOOD CAESAR DRESSING, TOPPED WITH ROASTED RED PEPPERS, PISTACHIOS AND SHREDDED PARMESAN

### **(NEW) RUBY RED WATERMELON \$ 13.95**

WATERMELON, BLUEBERRIES, FETA, PISTACHIOS OVER ARUGULA W/LEMON DRESSING

### **WITCH SALAD \$ 13.95**

JUMBO SHRIMP AND LUMP CRAB OVER CRISP GREENS TOPPED WITH JULIENNED ORGANIC CARROTS, ZUCCHINI, TOMATOES, SESAME SEEDS AND OUR FAT-FREE SOY GINGER DRESSING

### **WARLOCK SALAD \$ 13.95**

ORGANIC BABY ARUGULA TOPPED WITH HARD BOILED EGG WHITES, TURKEY BACON, CHICKPEAS, AVOCADO, GRAPE TOMATOES AND OUR LOW-FAT GREEN GODDESS DRESSING

### **ORGANIC OZ \$ 13.95**

RAW KALE TOSSED WITH LEMON, CARROTS, BEETS, CABBAGE, ZUCCHINI, AVOCADO, PUMPKIN SEEDS, SUNFLOWER SEEDS AND OUR **VEGAN** TAHINI DRESSING  
**VEGAN AND GLUTEN FREE**

### **CAULDRON SALAD \$ 13.95**

CRISP GREENS TOPPED WITH BLUEBERRIES, STRAWBERRIES, FETA, PISTACHIOS - SERVED WITH OUR LOW-FAT POPPYSEED DRESSING

### **KILLER TORNADO SALAD \$ 13.95**

OUR SIGNATURE FALAFEL STUFFED WITH GOAT CHEESE SERVED OVER CRISP GREENS, CARROTS, ZUCCHINI, OLIVES, CHICK PEAS, ROASTED RED PEPPERS, AND OUR FAMOUSLY DELICIOUS LOW-FAT TZATZIKI SAUCE  
**GLUTEN FREE**

## BEVERAGES

**BOTTOMLESS COFFEE:** REG, DECAF, HAZELNUT \$ 2

**BOTTOMLESS TEA:** REG, DECAF, GREEN, HERBAL \$ 2

**JUICE:** ORANGE, CRANBERRY, PINEAPPLE, GRAPEFRUIT OR TOMATO \$ 2/SM \$ 3/LG

**MILK OR ORGANIC CHOCOLATE MILK \$ 2**

**HOT CHOCOLATE \$ 2**

**HOMEMADE UNSWEETENED ICED TEA \$ 2**

**OZMOPOLITAN:** FRESH STRAWBERRY LEMONADE \$ 3

**SODA:** COKE, DIET COKE, SPRITE, DIET SPRITE, GINGERALE, DIET GINGERALE \$ 2

**BOTTLED WATER OR SELTZER \$ 2**

**ROSE'S TURMERIC ICED TEA \$ 5**

INFLAMMATION, DIGESTION, CLARITY, ENERGY, DEPRESSION

**HOT WATER \$ 1**

**LIKE US ON FACEBOOK**



SHARING CHARGE \$ 2.00

SURCHARGE TAKE OUT ORDERS OVER \$ 50.00

ADD 20% GRATUITY FOR PARTIES 6 OR MORE