



OPEN DAILY - KITCHEN CLOSSES AT 2PM - SWEETPEASCT.COM

PAO DE QUEIJO COMBOS!!

A SWEET PEA'S ORIGINAL!!!

PAO DE QUEIJO HAS BECOME A POPULAR TREAT HERE AT SWEET PEA'S! ORIGINALLY FROM BRAZIL, THESE BAKED CHEESE BREADS ARE MADE WITH YUCCA FLOUR (WHICH MAKES THEM GLUTEN-FREE!) AND THREE TYPES OF CHEESE TO GIVE THEM EXTRA FLAVOR.

ENJOY OUR FRESH IN HOUSE BAKED PAO DE QUEIJO FOR BREAKFAST, LUNCH OR A SNACK!



2 SAVORY FOR \$9.25

2 SAVORY & 1 SWEET FOR \$10.75

3 SAVORY FOR \$13.00

3 SWEET FOR \$9.50

3 SAVORY & 2 SWEET \$15.75

THE SAVORY

★ B.E.C.

Scrambled eggs, bacon, cheese

NEW CARNITAS

Roasted pork and red cabbage coleslaw

MONACO

Ricotta, spinach, walnuts & roasted tomatoes

BIG BEN

Roast beef, arugula, onion confit, peppercorn mayo

TAJ MAHAL

Curry chicken, lettuce, almonds

THE SIMPLE

Ham & cheese

★ COMPLETE

Scrambled eggs, salmon, bacon, cheddar, spinach

★ SP'S CHOICE

Scrambled eggs, avocado, spinach, red peppers, cheddar

BL&T

Bacon, lettuce, tomato

ROMA

Mozzarella, spinach, roasted tomato, zucchini

NEW ITALIAN

Prosciutto, mozzarella, arugula, balsamic vinegar

★ VEGGIE

Scrambled eggs, cheddar, red peppers, Spinach

NORWEGIAN DIVE

Smoked salmon, cream cheese, scallions

THE WEEKEND

Turkey, smashed avocado, spinach, hollandaise sauce

NEW AVO

Smashed avocado, aged cheddar

A-ROI

Sriracha Chicken, scallions, lettuce

THE SWEET

NUTELLA

FARMERS JAM

DULCE DE LECHE



BREAKFAST

EGGS BENEDICT

Homemade croissant, ham, hollandaise sauce, greens **13.25**

*Salmon Benedict + 3.00

AVOCADO TOAST

Smoked Scottish salmon, whole wheat toast, fried egg, asparagus & smashed avocado **15.75**

TRIPLE STACK PANCAKES

Fresh fruit, powdered sugar and your choice of plain, blueberry or chocolate chip pancakes **9.75**

*gluten-free + 2.00

OMELETTE

Scallions, tomatoes, mushrooms & greens **11.00**

*Egg whites +2.00

SCRAMBLED!

Scrambled eggs mixed w/ chopped bacon & swiss, whole wheat toast **10.25**

"veggie option" spinach, peppers & cheddar cheese

FRENCH TOAST

Sweet Pea's famous homemade cinnamon roll's served w/ fresh fruit, bacon, maple syrup **13.25**

HAM, EGG & CHEESE CROISSANT

Homemade croissant, ham, fried egg, cheddar, greens & SP's delicious cream sauce **10.25**

NEW UNIQUE

Two Pao de Queijos topped with two poached eggs, bacon, asparagus, greens & SP's cream sauce **13.25**

OLD FARMER'S BREAKFAST

An Old Greenwich favorite! Two fried eggs, bacon, your choice of plain, blueberry or chocolate chip pancakes **12.75**

*gluten-free + 2.00

CONSUMPTION OF RAW OR UNCOOKED MEAT, SEAFOOD, EGGS OR POULTRY MAY BE HAZARDOUS TO YOUR HEALTH. PLEASE ALERT OUR STAFF OR MANAGER OF ANY ALLERGIES

THE BOWLS

ACAÏ BOWLS & MANGO BOWLS

HAVE OUR ORIGINAL ACAÏ BOWL OR TRY OUR NEW MANGO BOWL WITH YOUR CHOICE OF TOPPINGS

DARK CHOCOLATE

ALMONDS

GRANOLA

YOGURT **9.50**

FRESH FRUIT



HOMEMADE YOGURT & FRUIT BOWLS

HOMEMADE GRANOLA W/ GREEK YOGURT

Oats, apricots, almonds, sunflower seeds, golden raisins, maple syrup & fresh fruit **8.75**

FRUIT BOWL

Assortment of mixed fruits **8.75**

*Small cup \$4.00

AVOCADO BOWLS

"AVOCAT"

Avocado, poached egg, garbanzo beans, parsley, scallions, roasted almonds, tomatoes, pão de queijo

11.25

"MORNING"

Avocado, spinach, pine nuts, tomatoes, zucchini, parsley, quinoa, poached egg, pão de queijo

11.25

"BACOUN"

Avocado, bacon, red onions, corn, fried egg, tomatoes, asparagus, pão de queijo

11.25

"SI RACHA"

Avocado, sriracha chicken, tomatoes, asparagus, scallions, pão de queijo

11.75

QUINOA BOWLS

OUR QUINOA BOWLS COME WITH ROASTED RED PEPPERS, CELERY, TOMATOES, PARSLEY

"MAINE"

Lobster salad, greens, scallions, pão de queijo

18.00

"INDIA"

Curry chicken salad, almonds, spinach, pão de queijo

12.25

"ITALY"

Burrata, parmesan, arugula, pão de queijo

13.00

SALADS & SANDWICHES

CALIFORNIA SALAD

Cauliflower, avocado, quinoa, walnuts, green apples, ricotta, tomatoes, greens

14.25

GRAND PALAIS SALAD

Citrus marinated chicken, red peppers, garbanzo beans, corn, asparagus, fennel, croutons, tomatoes, greens

15.25

SWEET PEAS SALAD

Avocado, feta, peas, garbanzo beans, quinoa, strawberries, croutons, tomatoes, greens

14.75

CURRY CHICKEN SALAD

Homemade curry chicken, spinach, almonds, raisins, croutons, tomatoes, greens

14.75

VENICE BEACH SALAD

Spinach, roasted tomatoes, zucchini, Brussels sprouts, avocado, mozzarella, basil, croutons

14.75

NEW BURRATA SALAD

Burrata, green apples, spinach, tomatoes, arugula, pine nuts, croutons, honey balsamic

13.75

COUNTRY SALAD

Poached eggs, bacon, red onions, parsley, croutons, tomatoes, greens

13.25

ADD CITRUS MARINATED CHICKEN +4.25 SMOKED SALMON +4.25 LOBSTER +8.00

MOZZARELLA, BASIL & TOMATO
PANINI

Served with mixed green salad

11.00



ROASTED VEGGIE PANINI

Served with mixed greens

10.25

TURKEY CLUB

Turkey, bacon, lettuce, tomato, celery & our divine mustard mayo on your choice of bread

13.25

HAM & CHEESE PANINI

Served with mixed green salad

11.25

NEW

LOBSTER CRO

Yes! Fresh lobster sandwich with celery and pickled onions on our delicious homemade croissant served with chips

18.00

