



SEBASTIANS

CAFÉ MENU



BRINGING *you* THE FRESHEST, FINEST FARE

www.sebastians.com



Signature SALADS

Famous Handcrafted Salad Bar

Build your favorite salad with the help of our expert salad chefs! Our one of a kind handcrafted salad station has an incredible selection of ingredients available each day. All of our ingredients are prepared fresh daily with our highest standards.

Fresh Greens

Mixed Greens
(Mix of Baby Lettuce)

Sebastians Blend
*(Romaine, Red Leaf,
Radicchio, Frisée)*

Romaine

Premium Toppings

Roasted Chicken Breast
Oven Roasted Salmon
White Albacore Tuna
Hard Boiled Egg
Oven Roasted Vegetables
Marinated Artichoke Hearts
Organic Tofu

Classic Salad Toppings

Roasted Butternut Squash
Chow Mein Noodles
Mandarin Oranges
Cucumbers
Mushrooms
Green Olives
Onions
Carrots

Kidney Beans
Broccoli Florets
Garbanzo Beans
Sunflower Seeds
Water Chestnuts
Croutons
Tomatoes
Pineapple
Black Beans

Black Olives
Beets
Pickles
Raisins
Craisins
Sprouts
Corn Salsa
Pepperoncini

Cheeses

Crumbled Blue, Parmesan, Mozzarella, Feta

Dressings

Balsamic Vinaigrette, Balsamic Vinegar & Olive Oil, Russian,
Sun-Dried Tomato Vinaigrette (*Fat-Free*), Sesame Vinaigrette,
Low Fat Italian, Blue Cheese, Caesar, Ranch

Handcrafted



Signature Express Combos

Half Salad (16oz.) *Pre-made express*
Choose a Garden, Caesar, or
Mixed Field Greens Salad

Small Soup *Self-serve express*
Choose from one of our daily
selections

Half Sandwich

Pre-made express

Choose from an assortment of our fresh
made café and signature sandwiches

Choose any two for a special price!

Famous Handcrafted Sandwiches Featuring Iggy's Breads of the World

Build your favorite sandwich! Choose from our incredible selection of the freshest ingredients. Have your sandwich toasted or pressed on the panini grill upon request!

Breads & Wraps

Sliced Sourdough
Rosemary Focaccia
Parmesan Cheese
Assorted Wraps
Sliced Brioche
Whole Wheat
French Roll
Multi-Grain
Light Rye
Sub Roll

Premium Toppings

Roasted Marinated Peppers
Marinated Artichokes
Eggplant Crisps
Balsamic Onions
Roasted Vegetables
Caramelized Onions
Sun-Dried Tomatoes

Protein

Roasted Turkey Breast
Roasted Chicken Breast
Classic Chicken Salad
Classic Tuna Salad
Tuna Salad (no mayo)
Roast Beef
Capicola
Mortadella
Genoa Salami
3 Slices of Bacon
Sliced Ham

Cheeses

American, Pepper Jack, Mozzarella, Provolone,
Feta, Cheddar, Swiss, Brie

Spreads

Roasted Garlic Sun-Dried Tomato Aioli
Black Olive Tapenade
Balsamic Vinaigrette
Horseradish Cream
Balsamic Vinegar
Honey Mustard
Dijon Mustard
Herbed Cheese
Mayonnaise
Blue Cheese
Guacamole
Hummus
Olive Oil

Handcrafted

Classic Toppings

Hot Pepper Relish
Green Peppers
Radish Sprouts
Banana Peppers
Cucumbers
Red Onion
Tomato
Lettuce
Spinach
Pickles
Basil

Signature SANDWICHES

Each Signature Sandwich is designed and handcrafted by our chefs using the freshest ingredients possible, creating unique combinations of memorable flavors.

The Roaster

Roasted Turkey Breast, Radish Sprouts, Roasted Peppers, and Caramelized Onions With Our Own Chef Made Herbed Cheese Spread on a Crispy on the Outside, Chewy on the Inside French Roll.

The Rustico

Roasted Chicken, Toasted Eggplant, Artichoke Hearts, Fresh Basil, and Our Own Roasted Garlic Sun-dried Tomato Aioli Piled High on a Hearty Light Rye Bread.

The SBLT

Smoked Bacon, Lettuce, Tomato and Our Own Chef Made Blue Cheese Spread on Rich and Flaky Brioche.

The Seaport

Our Own Chef Created Blend of White Albacore Tuna, Capers, Bermuda Onion, Olive Oil and Fresh Lemon on a Crispy on the Outside, Chewy on the Inside French Roll.

The San Italiano

Genoa Salami, Mortadella, Capicola, and Provolone With Roasted Peppers and Our Own Chef Made Olive Tapenade on Rosemary Focaccia Bread.

The Vegetarian Mediterranean

Vine-Ripened Tomatoes, Cucumbers, Sweet Peppers, Eggplant, Our Own Chef Made Hummus, and Feta on Parmesan Cheese Bread.

The Devonshire

Lean Roast Beef, Vermont Cheddar Cheese, Tomatoes, Spinach, and Balsamic Onions With Our Own Chef Made Horseradish Cream Spread on Tangy Sourdough Bread.

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Our kitchen uses the freshest, finest regional and seasonal ingredients available to create and serve a variety of American and International fare.

About Our Café Menu **Bringing You the Freshest, Finest Fare.**

We're a locally owned breakfast, and lunch destination in Boston and Cambridge, Massachusetts. For Breakfast we offer a coffee & espresso bar, New York style bagels, breakfast sandwiches and omelets made with all-natural eggs, specialty crêpes, baked goods, fresh fruits and parfaits. For lunch our famous signature handcrafted salads and sandwiches are our specialty. We also serve slow roasted rotisserie chicken dishes, mouth watering hot entrées, homemade soups, and at some locations made to order pasta and noodle bowls. We offer plenty of healthy options including vegetarian, vegan, and gluten-free upon request. We utilize local and organic products whenever possible with a focus on healthier foods with zero trans fat.

Catering & Special Events

We Cater to Your Imagination.

Sebastians' exceptional catering team is available to cater your next business meeting or social event. Our catering menu is available for online ordering and we'll deliver to you or you may pick up at one of our 5 locations. If you are planning a large event or gala, please contact our catering team for assistance.

Order online: www.sebastians.com and choose your location to get started.

Call in Orders: 888-563-8334 or Fax Orders to: 888-810-2261



Save the Children®

Sebastians is passionate about helping children and families. Together with our customers we donate a portion of sales to the Save the Children charity organization. Save the Children is the leading independent organization creating lasting change in the lives of children in need in the United States and around the world.

For more info visit: www.savethechildren.org

Before placing your order, please inform your server if a person in your party has a food allergy.

Fresh Fruit

Whole fresh fruits including red delicious apples, bananas, pears, and oranges are available daily. We also feature fruit salad including cantelope, honeydew melon, golden pineapples, seedless grapes and seasonal berries.

Fresh Fruit & Yogurt Parfaits

Our parfaits are made fresh daily and feature your choice of Yoplait® Plain or Low Fat Vanilla Yogurt. Each creation includes crunchy granola and seasonal berries.

Hot & Cold Cereals

Heart healthy hot oatmeal is available daily, as well as individual boxes of assorted cereals with a variety of toppings including granola, brown sugar, raisins, and honey.

Bakery

Our delicious authentic European baked goods and pastries are light, not too rich and made from top quality ingredients. A large assortment of fresh baked breads, pastries, muffins, scones, croissants and cookies are available daily and go perfect with our fresh brewed coffees and teas.

Coffee & Espresso Bar

Featuring fresh brewed New England Coffee®

Available Hot or Iced with Choice of Cream, Skim Milk, Half & Half, and Sweeteners.

Breakfast Blend, Decaf Breakfast Blend, Colombian Supremo Dark Roast, Hazelnut, and Coffee Flavor of the Season. Add a **TURBO** espresso or **FLAVOR** shot!

Espresso Bar & Specialty Coffee

Traditional Espresso, Espresso Americana, Espresso Machiato

Cappuccino, Caffè Latte, Caffè Mocha, Caffè Caramel, Caffè au Lait, Iced Coffee

Specialty Tea & Hot Chocolate

Tea, Iced Tea, Chai Latte, Chai Chocolate, Hot Chocolate, Hot Caramel

Hot Breakfast *Made fresh each morning*

Hearty Breakfast Sandwiches

Our hot breakfast sandwiches are made with fresh cracked all-natural eggs each morning. Choose from our daily specials or choose to add cheese, thick cut bacon, all-natural sausage or smoked ham on a variety of fresh baked breads, bagels, English muffins, wraps or croissants.

Signature Bagel Panini

Egg and cheese with choice of bacon, sausage, or ham on choice of fresh toasted bagel.

Signature Breakfast Wrap

Egg and cheese wrapped with choice of bacon, sausage or ham.

Individual Breakfast Quiche

Assorted varieties made fresh daily.

Signature Healthy Egg Sandwich

All-natural egg, turkey sausage, Vermont cheddar cheese on a toasted whole wheat English muffin.

Signature Breakfast Croissant

Egg and cheese on a croissant with choice of bacon, sausage or ham.

Sebastians Omelet Bar

Available on Friday mornings.

Authentic New York Style Bagels

Baked fresh daily made with the best ingredients.

Bagels and Choice of Cream Cheese Spreads

Plain, whole wheat, sesame, cinnamon & raisin, vegetable, asiago

Baker's Dozen: 13 Assorted Bagels

Dozen & Half: 18 Assorted Bagels

Half Dozen: 6 Assorted Bagels

Spreads Featuring Philadelphia® Cream Cheese

Regular, Low-Fat, Vegetable

Crêpes *Available at selected locations*

Our hand made French style crêpes are available for breakfast and lunch.

Choose from our sweet or savoury selections or create your own.

Savoury Breakfast Crêpes *Served until 10:30am*

Add fresh cracked all-natural eggs with your choice of cheese with bacon, sausage, ham or daily special.

Lunch Crêpes *Served 10:30am to close*

Sautéed Button Mushroom & Swiss

Ratatouille Provencal

Broccoli & Cheddar

Turkey & Cheddar Cheese

Chicken Cordon Bleu

Virginia Style Ham with Brie & Dijon

Sweet All Day Crêpes *Served all day*

‡ Sweet Banana & Brown Sugar

‡ Nutella (*Hazelnut & Chocolate Spread*) with Bananas or Strawberries

‡ Sugared Caramelized Cinnamon Apples

‡ Lingonberry

Entrées

Our chefs create daily entrée specials featuring American and International cuisine with a focus on healthier seasonal and regional foods.

Several favorites:

- ‡ Chicken Pot Pie
- ‡ Roasted Salmon with Herbs
- ‡ Homemade Meatloaf
- ‡ Baked Haddock
- ‡ Roasted Herb Crusted Pork Loin
- ‡ Classic Mexican Enchiladas
- ‡ Chicken Piccata
- ‡ Marinated Barbecue Steak Tips

Signature Rotisserie Station

Chef created rotisserie specials offer a half chicken that is juicy, self-basted and slow roasted to lock in flavor. Served daily with two side dishes.

Several favorite marinades:

- ‡ Fresh Herbs & Spices
- ‡ Roasted Garlic & Sun-Dried Tomato
- ‡ Barbecue
- ‡ Lemon Pepper
- ‡ Cajun
- ‡ Moroccan Spiced

Panini Sandwiches

Try one of our chef created daily panini specials pressed hot on our panini grill. Panini are served with a side dish. Favorites include any of our Signature Sandwiches, pastrami & swiss, tuna and cheese melt, and buffalo chicken.

Soup, Chili, and Chowders *Served with oyster crackers*

Our home made soups, chili, and chowders, are made fresh daily and are available in small and large sizes.

Several favorites:

- ‡ Homemade Chicken Noodle
- ‡ New England Clam Chowder
- ‡ Vegetarian Lentil
- ‡ Beef Chili
- ‡ Garden Minestrone
- ‡ Chicken Tortilla
- ‡ Buffalo Chicken
- ‡ Pasta Fagioli

Pasta Bowls *Available at selected locations*

Our unique Build Your Favorite Pasta Bowl station is full of authentic Italian pastas, toppings such as wheat penne, farfalle, mushrooms, meatballs, sweet Italian sausage, and sauces including bolognese and pomodoro with basil.

Choose a daily special or build your favorite!

Rice & Noodle Bowls *Available at selected locations*

Choose from Soba Noodles, Lo Mein Noodles or Jasmine Rice and top with our House Vegetable or Aromatic Blend Mix, shiitake mushrooms, and a variety of meats including ginger beef, chili-lime shrimp and organic tofu. Sauces include lemon grass broth, spicy Thai coconut curry, sweet Japanese curry and ginger soy.

Choose a daily special or build your favorite!

Grab & Go *Made fresh daily*

For those on the go, an array of freshly made pre-packaged salads, sandwiches, wraps, side dishes, and desserts are available every day. A wide range of traditional and gourmet chips, snacks, and sweets complete our offerings.