

Smoothies

16 oz. / 24 oz

WATERMELON MOJITO COOLER: -\$11.00/\$13.00
Frozen Watermelon, Strawberries, Lime juice, Mint.

BREAKFAST SMOOTHIE: -\$11.00/\$13.00
Strawberry, Banana, Yogurt, Orange juice.

THE GREEN MACHINE: -\$11.00 / \$13.00
Juiced greens, Banana, and Protein powder.

THE RECOVERY: -\$12.00 / \$14.00
Give your body all it needs post workout!
Rehydrate - joint support - anti-inflammatory - rebuild
Juiced celery, Pineapple, Ginger + flax oil, dash tumeric,
blended with a Banana and add on Protein powder

WAKE UP WITH JEFF: -\$11 / \$13.00
Espresso, Frozen banana, Almond milk,
Protein powder & Cocoa.

THE ORROK: -\$11.00/ \$13.00
Strawberries, Blueberries, Almond milk, Peanut
butter, Whey protein.

THE STEIN: -\$11.00/ \$13.00
Banana, Almond milk, Peanut butter, Whey protein.

THE SHEMPY: -\$11.00/ \$13.00
Juiced greens, blended with frozen strawberries,
Banana, Whey protein powder and ice.

THE BERRY BEET BLAST: - \$11.00/\$13.00
Juiced Beets with Lime, mixed with frozen Blueberries,
Almond milk, Chia seeds and Honey.

TROPICAL CARROT MANGO: -\$11.00/\$13.00
Juiced Carrots, Orange and Ginger, mixed with frozen
Mango, Coconut water, Coconut flakes, Flax seeds,
Cayenne and Turmeric.

AVOCADO KALE PINEAPPLE: -\$11.00/\$13.00
Juiced Kale and Lemon, mixed with Avocado, frozen
Pineapple, Coconut water, Coconut flakes.

Create your own smoothie

16 oz \$8.00 / 24 oz \$10.00

CHOOSE YOUR FRUIT:

Strawberries, Blueberries, Mango
Pineapple, Banana, Watermelon.

CHOOSE YOUR MIX:

Milk, Apple Juice, Orange Juice.

Add on's: - \$2.00

Almond milk, Granola, Peanut Butter, Avocado,
Spinach, Oat milk, Coconut water
Flax oil, Coconut oil, CBD Tincture

Add on's: - \$1.00

Plant Protein, Whey protein, Ginger root,
Cocoa powder, MCT

SUPERFOODS: - \$1.00

Spirulina, Chia Seeds, Flax Seeds, Bee Pollen,
Wheat grass powder

THE CLEANSE

*Our Juice Cleanse is an opportunity to give your body a break
while supplying it with nutrient-rich hydration*

6-16 OZ JUICES PER DAY~ \$60 PER DAY~

- 1. WAKE UP GREEN** All organic: Kale, Spinach, Celery,
Cucumber, Green apple + Lemon
- 2. MORNING COLADA** All organic: Pineapple,
Cucumber, Mint, Coconut water, Spring water
- 3. GO GREEN LUNCH** All organic: Kale, Spinach, Celery,
Cucumber, Green apple + Lemon
- 4. LEMON-PEP** All organic: Lemon juice, natural spring
water, Cayenne pepper, Maple syrup
- 5. GREEN AGAIN** All organic: Kale, Spinach, Celery, Cu-
cumber, Green apple + Lemon
- 6. SWEET DREAMS EVENING JUICE**
All organic: Almond milk, Cinnamon, Vanilla, Maple syrup

Juice bar

at
Cups & Cakes

16 oz \$10.00 / 24 oz \$12.00

APPLE ZING: Carrots, Apple, Ginger Root, Lime
Boost: ENERGY, DIGESTION

BLOODY CUKE: Cucumbers, Apples, Beets
Boost: DIGESTION, DETOX

CLOUDY DAY: Grapefruits, Cucumbers, Celery,
Mint, Boost: HYDRATION, ENERGY

CARROT CRUNCH: Carrots, Celery, Ginger Root
Boost: IMMUNITY, DETOX

BEET BASIC: Beets, Carrots, Apple, Orange,
Celery, Ginger Root, Boost: DETOX, ENERGY

EVERYTHING GREEN: Kale, Spinach, Celery,
Cucumber, Green Apple, Lemon
Boost: ENERGY, HYDRATION, DETOX

CREAMY GREEN: Spinach, Parsley, Carrots,
Celery, Lime, Boost: DETOX, IMMUNITY

GREEN PINEY HIT: Spinach, Parsley, Pineapple,
Cucumber, Mint,
Boost: DIGESTION, DETOX

EYE OPENER: Kale, Spinach, Carrot, Grapefruit
Boost: DETOX, IMMUNITY

FLU FIGHTER: Oranges, Grapefruit, Lemon, Apple,
Ginger, Parsley,
Boost: IMMUNITY, CLEANSE

HAPPY FACE: Spinach, Apples, Carrots, Tomato,
Orange, Parsley, Boost: SKIN CLEANSER, DETOX

CELERY JUICE: - \$11.00/\$13.00

CUPS & CAKES

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

Serving Organic Fruits and Vegetables.
Phone ahead to place your juice or smoothie order
and we will have it ready for you!

CUPS & CAKES

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

Coffee & more

Serving Jersey Shore Coffee Roasters

COFFEE: - \$2.50/\$3.00/\$3.50

TEA: - \$2.50/\$3.00

ESPRESSO: - \$2.50/double \$3.25

CAPPUCCINO/LATTE/CHAI LATTE: -\$4.00/\$5.00

MOCHA, MEXICAN MOCHA

VANILLA, CARAMEL, PUMPKIN LATTE: -\$4.50/\$5.50

HOT & HEALTHY: -16oz. \$6.00

Juiced parsley, Lemon, Ginger
with Honey, Apple Cider vinegar, hot water

ICED COFFEE/TEA: - \$3.75 **COLD BREW:** - \$5:00

ICED LATTE, CHAI, MATCHA: - \$5.00

ICED MOCHA: - \$5.50

FROZEN HOT CHOCOLATE: - \$5.50

FINE HEALTH KOMBUCHA: - \$6.00

Breakfast & more

SCONES: -\$4.25

Cranberry orange, Mixed berry, Blueberry,
Strawberry, Peach, Chocolate chip, Raisin,
Lemon ginger, Maple oatmeal, Ham & cheddar,
Broccoli cheddar.

MUFFINS: -\$4.25

Morning glory, Blueberry, Corn, Chocolate
chip, Banana nut crunch, Lemon poppy, Pumpkin,

VEGAN MUFFIN: - \$5.00

GLUTEN FREE MUFFINS & SCONES: -\$ 5.00

CROISSANT: -\$3.75 **ALMOND** - \$4.00

BUDS PROTEIN BAR -\$4.25

ENERGY BAR: -\$4.25

OATMEAL: -\$5.00

CRUMB CAKE - \$6/\$15 tray

BABY CAKES: - \$2.50 for anytime!

Breakfast & Lunch

BREAKFAST ALL DAY

Build your own:

Breakfast sandwich starting at - \$5.00

Omelette - \$8.50

(egg whites + \$1.50)

CHOICE OF BREAD

Croissant
English muffin
Whole wheat wrap
Multi grain bread
Sourdough bread
GF english muffin

CHOICE OF CHEESE

American
Cheddar
Gruyere
Feta
Brie

CHOICE OF MEAT

Bacon
Turkey bacon
Ham
Pork roll

ADD ON:

Avocado,
Tomato, Spinach,
Roasted peppers
& Onion +\$2.00

EGG & CHEESE - \$5.00

THE CLASSIC - Bacon, egg and cheese - \$7.00

LEAN & GREEN - 3 egg whites, fresh spinach and
turkey bacon on a whole wheat wrap - \$8.50

AVOCADO TOAST - Multi-grain toast with smashed
avocado, extra virgin olive oil, lemon, salt & pepper.
- \$6.50 add a fried egg - \$2.00

SMOKED SALMON TOAST - Multi grain toast with
cream cheese and capers - \$8.50

THE KITCHEN SINK - eggs, cheddar, ham,
peppers, onions on a whole wheat wrap - \$8.50

GOURMET GRILLED CHEESE - American,
cheddar, gruyere, brie on sour dough bread - \$7.50
add bacon, ham, tomato, avocado, apple \$2.00

"THE NANCY" - Brie, ham & honey mustard - \$9.50

"THE PATRICE" - Cheddar, apple,
balsamic & fig - \$8.50

"THE JODI" - Tuna salad \$8.50 or tuna melt - \$9.50

BACON LETTUCE & TOMATO - \$7.50

BANANA NUT TOAST - Multi grain bread, peanut
or almond butter, banana & honey - \$6.50

Salads, Soups & more

PATTY'S POWER SALAD: - \$12.00

Kale, Quinoa, Manchego Cheese, Pumpkin Seeds,
Dried Cranberries, with Citrus vinaigrette.

SPINACH SALAD: - \$12.00

Spinach, roasted Peppers, Cheddar Cheese,
Cucumber, Balsamic vinaigrette.

ACAI BOWL: - \$11.00 *includes 3 toppings*

Organic Acai berries (unsweetened) blended with
frozen Banana or Pineapple. add toppings of Nutella,
Peanut butter, Granola, Coconut flakes, fresh Berries,
Bananas, Chocolate chips.

YOGURT PARFAIT: - \$6.50

Yogurt, Fruit, Granola.

QUICHE: - \$5.00 /\$25.00 *whole*

Lorraine, Broccoli cheddar,
Mushroom gruyere, Tomato basil.

FRITTATA: - \$5.00/\$30 *tray*

Spinach, Roasted pepper & Feta (gluten free)

SOUPS: - Pint \$6.00/Quart \$11.00

Italian Wedding, Lentil, Vegetable quinoa,
White Chicken Chili, Butternut squash,
and Tomato.

BREAKFAST / LUNCH CATERING AVAILABLE

*Our catered breakfast includes a wide variety on our
menu based on your request. We provide assorted pastry
platters in mini size or regular size to suit your needs and
number of guests. Quiche, fritatta, fresh fruit, yogurt
and coffee available.*

Catering platters are great for parties, meetings, etc...

BOX OF COFFEE: - \$27.50

w/cups, cream, sugar serves 10

Please Call ahead: 732-842-8080