$2 OFF ANY PURCHASE of $10 or more

$5 OFF ANY PURCHASE of $20 or more

The 3rd Wave Cafe & Crêpes
525 Riverside Ave. • Lyndhurst • 201-528-8163
With this coupon. Cannot be combined with other offers or specials. Offer expires 3-6-15.

FRESH SQUEEZED JUICES & VEGETABLE JUICES

Take-Out Small (16oz.)	$4.50
Take-Out Large (20oz.)	$5.50
In-House	$5.50

HOUSE BLENDS

Galapagos (Spinach, Pineapple)
Green Meadow (Apple, Kiwi, Cucumber)
Sunrise (Orange, Carrot)
Sour Twist (Lemon, Lime, Mint, Brown Sugar)
Alti Elixer (Spinach, Carrots, Orange, Lime)

Choose one of our signature house blends or create your own mix!

JUICE OPTIONS:

Banana
Blueberry
Grapefruit
Green Apple
Kiwi
Lemon
Lime
Mango
Orange
Pineapple
Raspberry
Strawberry

VEGETABLE OPTIONS:

Carrot
Cucumber
Spinach

There is a two item minimum per person for table service on parties of three or more.

18% gratuity is added to parties of five or more.

The FDA advises consuming raw or undercooked meats, poultry, seafood or eggs increases your risk of foodborne illness.

Prices subject to change without notice.

HOT DRINKS

EXOTIC BLEND COFFEES

	Small (12oz.)	Large (16oz.)
Pumpkin Spice (*Seasonal)	$2.00	$2.75
Chocolate Cinnamon Hazelnut	$2.00	$2.75
Chocolate Raspberry	$2.00	$2.75
French Vanilla	$2.00	$2.75
Hazelnut	$2.00	$2.75
Wow! Chocolate Coconut Caramel	$2.00	$2.75

SINGLE BREW ORGANIC COFFEE

Full City Organic	$2.50	$2.95
House Mexican Altura	$2.50	$2.95
Kenua AA Organic	$2.50	$2.95
Hawaiian Kona Organic	$5.00	$7.00
100% Decaffeinated	$1.85	$2.85
Espresso (100% Organic)		
Regular or Decaffeinated	$2.00	$2.85
Hot Chocolate	$2.99	$3.99
Cappuccino		
Regular	$2.75	$3.49

COLD DRINKS

	Small (12oz.)	Large (16oz.)
Iced Coffee	ICE any blend for just .50 additional	
Cappuccino Freddo (Iced)	$2.99	$3.99
Greek Frappe	$3.99	$4.50

LATTE (Available Hot or Cold)

Regular	$2.75	$3.75
Mocha	$2.75	$3.75
Vanilla	$2.75	$3.75

ICED TEA (Freshly Brewed, Unsweetened)

Ask about our flavor of the day!	$2.50	$3.00

TEA – 100% ORGANIC

(Available Hot or Iced)

	Small (12oz.)	Large (16oz.)
Black Tea	$2.00	$2.50
Chamomile	$2.00	$2.50
Berry Medley	$2.99	$3.99
Bombay Chai	$2.99	$3.99
Japan Green	$2.99	$3.99

Love our coffees?
Ask which blends are available to take home!

ORGANIC COFFEE & ORGANIC TEA

FROM THE REFRIGERATOR

Coke				$1.49
Diet Coke				$1.49
Red Bull				$2.10
Spring Water	16 oz.	$1.00	50 oz.	$2.50
Gatorade	20 oz.	$1.75	32 oz.	$2.75
Coconut Water	6.95 oz.			$2.75
Pellegrino Regular				$2.50
Pellegrino Lemon				$2.75
Pellegrino Orange				$2.75

THE 3RD WAVE CAFE & CRÊPES

The eye-catching crêpes at **The 3rd Wave Cafe & Crêpes** are veritable works of food art. The chefs stuff the flaky crêpe dough with such savory fillings as grilled Atlantic salmon, steak, and lemon-pepper grilled chicken, and then top the creations with dots of cheese and fresh herbs. All the beef and poultry that go into the crêpes are antibiotic-free, and none of their gustatory delights contain preservatives, additives or black magic.

The shop also hits dulcet notes with dessert crêpes, pastries, and confections. They pack those crêpes full of sweet fillings, such as fresh fruit, before crowning them with more fresh fruit and drizzling Nutella on top. The menu's other international flavors take shape in the form of buttery croissants, gelato, and tartlets, which pair well with organic coffee and tea.

The 3rd Wave Cafe & Crêpes Curbside Pickup
525 Riverside Avenue at Kings Court
Lyndhurst, New Jersey 07071
(201) 528-8163
Hours of Operation:
Monday-Friday 8:00am-10:00pm
Saturday 9:00am-10:00pm
Sunday 9:00am-6:00pm
www.the3rdwavecafecrepes.com

HEALTHY, SAVORY & SWEET CRÊPES, PANINI, WRAPS & SALADS

THE 3RD WAVE CAFE & CRÊPES

100% ORGANIC CRÊPES

Ask about our 100% organic whole wheat flour and gluten-free items!

The 3rd Wave Cafe & Crêpes Curbside Pickup
525 Riverside Avenue at Kings Court
Lyndhurst, New Jersey 07071
(201) 528-8163
Hours of Operation:
Monday-Friday 8:00am-10:00pm
Saturday 9:00am-10:00pm
Sunday 9:00am-6:00pm
www.the3rdwavecafecrepes.com

DAILY SPECIAL!

Breakfast Crêpes only $7.95!*
*Served daily from open to 12 noon

Your Choice Of:
Eggs or egg whites, turkey bacon or ham, 2 vegetables, 1 choice of cheese served with a small house coffee* & fresh fruit
(*Organic Mexican Altura blend)

SAVORY CRÊPES

Made with 100% whole wheat flour and only the freshest ingredients

The Daily – Ham, cucumbers, muenster cheese, onions, low fat mayo	$8.99
CrepeOlogy – Turkey, corn, plum tomatoes, red onions, avocado, smoked gouda cheese, low fat mayo and honey mustard	$8.99
Fill Me Up – Steak, plum tomatoes, feta cheese, green peppers, oregano, lemon and Greek olive oil	$12.99
So Light – Grilled chicken with lemon pepper, goat cheese, plum tomatoes and low fat mayo	$8.99
The Max – Grilled Atlantic fillet salmon, bleu cheese, asparagus, lemon, oregano and basil	$13.99
A La Greek – Baby spinach, plum tomatoes, green peppers, Greek olives, red onions, capers, feta cheese, olive oil, salt, black pepper and vinegar	$9.99

HOT STUFFED PASTRIES – $3.95

SPINACH PIE • CHEESE PIE

Here at 3rd Wave we believe in giving back to the community! All produce is locally grown; we support our local farmers!

DO IT YOUR WAY – $8.99

CRÊPES, PANINI OR WRAPS

Your choice of white bread or 100% whole wheat with all panini

MEATS (Choose One)

Low Salt Ham · Low Salt Turkey
Turkey Bacon · Grilled Chicken
Steak (Add $3.00)
Salmon (Add $4.00)

CHEESES (Choose One)

Goat · Feta · Smoked Gouda
Bleu (Gorgonzola) · Swiss
Muenster · Yellow American

VEGETABLES (Choose Up To Two)

Green Peppers · Asparagus
Red Onions · Plum Tomatoes
Cucumbers · Greek Olives
Avocado · Corn · Baby Spinach

DRESSINGS (Choose One)

Low Fat Mayo · Honey Mustard
Lemon Olive Oil · Greek Olive Oil
Greek Honey · Greek Dressing

*Spice Up Any Of Your Combinations With Fresh Basil, Oregano Or Mint

SOUPS

Cup	$2.99
Bowl	$3.99

SALADS

House Salad – Baby spinach, corn, cucumbers, red onions, green peppers, plum tomatoes & your choice of balsamic vinaigrette or lemon olive oil	$5.99
Greek Salad – Baby spinach, cucumbers, plum tomatoes, Greek kalamata olives, grape leaves, capers, red vinegar, olive oil, salt, pepper, fresh oregano	$7.99
Avocado Salad – Avocado, cucumbers, green peppers, plum tomatoes, Greek kalamata olives, vinegar, Greek olive oil, salt & pepper	$8.99

ADD-ONS:

Grilled Chicken	$2.00
Steak	$3.00
Salmon	$4.00

SWEETS & TREATS

MUFFINS

Red Velvet	$1.95
Cranberry Orange	$1.95
Blueberry	$1.95
Healthy Harvest	$2.15

CROISSANTS

Plain	$2.00
Chocolate	$2.00

GREEK YOGURT

Strawberry Yogurt Parfait	$4.50
Imported Greek Yogurt	$3.99

*Add your choice of one fresh fruit to any parfait for no additional charge

SWEET CRÊPES

Made with unbleached flour and only the freshest ingredients
*Add a scoop of Gelato on the side $2.00

Honey I'm Nuts – Greek honey, baked nuts, cinnamon, raisins	$7.99
Basic – Banana, strawberries, Nutella, white powdered sugar	$7.99
Exotic – Blueberries, raspberries, kiwi, raspberry sauce	$7.99
Biscolate – Oreo cookie, dark chocolate, caramel, whipped cream	$6.99
Heaven – Mango, orange, strawberries, Nutella, mango sauce	$7.99
The Lemone – Brown sugar, lemon juice, cinnamon	$6.99

Like it EXTRA sweet?

Garnish your sweet crêpe with these sweet extras!

Greek Honey
Dark Chocolate Syrup
Whipped Cream
Mango Sauce
Raspberry Sauce
Walnuts (Add $0.30)
Nutella (Add $0.30)

GELATO & GELATO SHAKES

All flavors available in **CONE, CUP or SHAKE**

2 Scoops	$4.25
3 Scoops	$5.50
Small Take-Out Shake	$3.50
Large & In-House Shake	$6.00

CHOCOLATE
COOKIES & CREAM
DULCE DE LECHE
PISTACHIO
STRAWBERRY
VANILLA BEAN

Don't see anything you like?
Ask about our seasonal varieties!

KIDS' MEALS

Kid's Crêpe – Nutella and powdered sugar	$4.99
Kid's Panini – American cheese and chicken	$4.99
Kid's Juices – 8oz cup	$2.99

There is a two item minimum per person for table service on parties of three or more.

18% gratuity is added to parties of five or more.

The FDA advises consuming raw or undercooked meats, poultry, seafood or eggs increases your risk of foodborne illness.

Prices subject to change without notice.

$2 OFF ANY PURCHASE of $10 or more

$5 OFF ANY PURCHASE of $20 or more

The 3rd Wave Cafe & Crêpes
525 Riverside Ave. • Lyndhurst • 201-528-8163
With this coupon. Cannot be combined with other offers or specials. Offer expires 3-6-15.