

● = NEW ITEM
 🌱 = VEGETARIAN

Breakfast

HARBORVIEW

BLACK ROCK

Lunch

mon - fri // 6a - 5p
 saturday // 6a - 4p
 sunday // 6a - 2p

SANDWICHES + WRAPS

- THE M.E.C.** 5
egg, cheese, choice of ham, sausage, or bacon, choice of bread
- THE B.E.A.C.H.** 6.5
bacon, egg, avocado, cheese, hot sauce, portuguese roll
- SON OF A BEACH** 6
sautéed kale, egg, cheese, avocado, hot sauce, red onion, english muffin
- THE KATHY** 🌱 4.5
egg + cheese, sautéed spinach, red onion, 12 grain toast
- THE CASSIDY** 7
portobello mushroom, egg, goat cheese arugula, cherry peppers, 12 grain toast
open face (extra egg, extra mushroom) +2.5
- **THE DAVE T** 6.5
sausage, egg, cheese, sautéed spinach, red onion, avocado, hot sauce, portuguese roll
- **THE LISBON** 7
chorizo, egg, homefries, manchego, sautéed kale, chipotle crema, portuguese roll
- THE HARBURRITO** 7
bacon, 2 eggs, cheddar, homefries, guacamole, organic salsa
- THE HEALTHY START** 6.5
2 egg whites, pepper turkey, spinach, hot sauce, roasted red peppers, spinach wrap
- THE B.B.Q.E.C.** 7.5
bbq pulled pork, egg + cheese, avocado, chipotle crema, potato bun
- AVOCADO TOAST** 🌱 6
12 grain toast, avocado smash, chia seeds, evoo, salt + red pepper // add an egg (2)

OMELETTES + PLATTERS

add toast to any omelette for .75

- THE PAISAN** 8.5
prosciutto, tomato, pesto, fresh mozzarella omelette
- THE VEGGIE** 🌱 8.5
onions, peppers, mushrooms, spinach, kale, tomato, choice of cheese, omelette
- THE IRISH** 8.5
homefries, bacon, cheddar, muenster, omelette
- **LA PURA VIDA** 9
roasted pork, black beans & rice, avocado, pico de gallo, white cheese, sunny egg, avocado-lime crema
- **OBRIGADO** 8.5
chorizo, kale, homefries, manchego, chipotle crema, omelette
- SCARPARIELLO** 8.5
italian sausage, onions, peppers, mushrooms, hot peppers, homefries, provolone, scromlette
- A.M. SPECIAL** 8
2 eggs your way, bacon, french toast or pancakes
- PANCAKES** 6.5
plain // add \$2 for banana + nutella // chocolate chip // strawberries + fresh cream // blueberry
- CLASSIC FRENCH TOAST** 6
golden french toast, 3 slices
- BELGIAN WAFFLE** 6.5
add fruit 2.5

SAVORY

SWEET

SIDES

STEEL CUT OATMEAL

6 / 1b

YOGURT BAR

9 / 1b

FRESH SQUEEZED ORANGE JUICE

3.5

BACON, HAM OR SAUSAGE

2.75

HOMEFRIES

3.5

ADD AN EGG

2

ADD 2 EGGS

3

GUACAMOLE / AVOCADO

2.5

GRILLED VEGGIES

3.5

SANDWICHES

- MICHELE'S ITALIAN** 8.5
ham, salami, hot cappi, pepperoni, provolone, l+t, onions, rstd red peppers, pepperoncini, evoo & vinegar, toasted grinder
- BTAT** 7.5
bacon, turkey, avocado, tomato, mayo, 12 grain toast
- MIKEY T** 8.5
chicken cutlet, tomato, arugula, fresh mozzarella, pesto mayo, grinder
- THE LUCY** 🌱 8.5
fried eggplant, arugula, roasted red peppers, fresh mozzarella, pesto mayo on grinder
- **THE MELANIE** 🌱 7.5
grilled portabello, hummus, carrots, arugula, kalamata olives, goat cheese, avocado, cucumber, toasted 12 grain
- ALEX'S VERMONT** 7.5
turkey, cheddar, red onion, green apple, bacon, cranberry mayo, 12 grain toast
- CALIFORNIA BLT** 6.5
b.l.t., avocado, lemon aioli on 12 grain toast // add chicken (2.5)
- COBB WRAP** 7.5
grilled chicken, bacon, avocado, romaine, tomato, gorgonzola cheese, avocado crema
try it buffalo style!
- VEGGIE WRAP** 🌱 7.5
greens, tomato, cucumber, red onion, avocado, red peppers, carrots, feta, hummus, wheat wrap
- ITALIAN VEGGIE WRAP** 🌱 8
fried eggplant, arugula, sun dried tomatoes, olives, artichokes, fresh mozzarella, balsamic vin, spinach wrap
try it on a toasted roll!
- TKO WRAP** 8
turkey, swiss, spinach, avocado, cucumber, tomato, red pepper aioli, hot sauce, wheat wrap
- OH, CASSIUS!** 7.5
chicken cutlet, bacon, romaine, parmesan, homemade caesar, wrap

MELTS

- RICK'S CUBAN** 8.5
ham, roasted pork, swiss cheese, pickles & mustard, pressed grinder
- REUBEN** 8
grilled rye, pastrami or turkey, swiss, sauerkraut, 1000 island
- THE PILGRIM** 7
grilled rye, muenster, turkey spinach & cranberry mayo
- THE ENRICO** 7
grilled 12 grain, fresh mozzarella prosciutto, pesto & tomato on 12 grain
- SGT. PEPPER** 7
grilled 12 grain, pepper turkey, pepper jack, bacon, tomato
- KOBAYASHI** 8
grilled rye, hot roast beef, melted swiss, arugula, tomato, wasabi mayo
- **THE BARBOURVIEW** 7
bbq pulled pork, savory slaw, pickles, chipotle crema, potato bun

CHEESESTEAKS

8.5

CHOOSE YOUR MEAT

hot roast beef // chicken // pulled pork

CHOOSE YOUR STYLE:

TRADITIONAL
onions + peppers, american + cheddar, mayo, grinder

- **CHIPOTLE**
pepper jack, avocado slices, onions + peppers, chipotle crema
- **THE SHROOM**
baby bella mushrooms, sautéed onions, gruyère, mayo

SALADS ON REVERSE →



GET ANY SALAD **CHOPPED** FOR \$1.50

THE CHIX 9
greens, tomato, carrots, red onion, peppers, chicken, bacon, avocado, creamy garlic dressing

THE CHEF 9
greens, tomato, carrots, red onion, peppers, roast beef, turkey, and american cheese, horseradish dressing

THE NEAPOLITAN 9.5
greens, prosciutto, artichoke hearts, roasted red peppers, croutons, fresh mozzarella, evoo, balsamic glaze

THE GORGONZOLA 8
greens, pears or apples (dependent on availability), candied walnut, gorgonzola, cranberry vinaigrette

THE COBB SALAD 10.5
greens, chicken, bacon, tomatoes, avocado, red onion, gorgonzola cheese, egg, croutons, balsamic vinaigrette
get it chopped +1.50

● **ROASTED BEET SALAD** 8.5
roasted beets, walnuts, arugula, goat cheese, cider vinaigrette

THE SPINACH SALAD 8
baby spinach, mushrooms, bacon, mandarin oranges, egg, croutons, buttermilk ranch

● **AUTUMN BOWL** 8
arugula, quinoa, roasted fall vegetables, dried cranberries, toasted pecans, hummus vinaigrette

THE GREEK 7.5
romaine, grape tomatoes, cucumber, kalamata olives, feta, red wine vinaigrette

THE MICHELE 8.5
arugula, kalamata olives, cucumbers, avocado, sun dried tomatoes, goat cheese, candied walnuts, citrus vinaigrette

THE SOPHIE 10.5
greens, mandarin oranges, avocado, walnuts, spicy chicken, bacon, creamy garlic dressing

KALE. CAESAR! 9
kale, shaved parmesan, avocado, homemade caesar, choice of grilled chicken or chicken cutlet

WE ARE OFTEN ASKED "HOW LONG HAS HARBORVIEW BEEN AROUND?"

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While we haven't been able to establish the exact date, we're pretty certain Harborview existed as far back as the 19th century, specializing in Swedish fare to supply Black Rock's burgeoning Scandinavian population. For much of the latter part of the 20th Century, Harborview operated as a full scale grocery store and butcher shop. But by the 1990s, when our family bought our home in Black Rock, it had become at best, a rundown convenience store occupying only half of the once thriving market and encased with a chain link fence that served to further diminish the already degraded appearance.

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And so we took on two very significant challenges - raising a family that grew to include five children and reviving a business that was operating on life support, a shadow of its former self. Our first step was to take down the chain link fence and add full size windows to the front of the store and re-establish a friendly welcoming vibe. Little by little business began to return and with it we continued to make improvements. Eventually, we abandoned the grocery business entirely and became a breakfast and lunch establishment, with a heavy emphasis on baked goods made on the premises.

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Today, we are so grateful for the many that visit Harborview and continue to enjoy the relaxed atmosphere that has come to characterize our business. It is truly a reflection of the wonderful Black Rock neighborhood around us, and a testament to our belief that "if we built it, they would come."

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Over the years, we have been fortunate to win a number of accolades such as Best Breakfast, Best Lunch, Best Cookie in the state, and most recently, one of the **51 best coffee shops in America**. But the award we were most humbled by was when Fairfield County Weekly voted us, "Best Place to Dine Alone." For the past 26 years as owners of the Harborview, it has been so rewarding to watch the friendships and relationships that have been formed and cultivated here. It is with tremendous pride that we continue to try to improve on what has been a very long "labor of love" and on some days, "a labor of like"!

RICK + MICHELE

DRINK MENU

THE BASICS

most drinks 1 size // hot or iced +.50

LATTE	3.75	CORTADO	3.25
CAPPUCCINO	3.75	CHAI LATTE	4.25
AMERICANO	3.25	MATCHA LATTE	4
FLAT WHITE	3.75	THE TURMERIC	4
		turmeric spice blend (no espresso)	

SPECIALTY

most drinks 1 size // hot or iced +.50

THE TURKISH	4.5	SWEET SERENITY	4.5
espresso, cinnamon, cardamom, house-made vanilla		sweet potato purée, maple syrup, marshmallow whipped cream	
THE COOKIE BUTTER	4.75	THE FINNEGAN	4.5
harborview cookie butter, espresso, whipped cream, snickerdoodle sprinkle		vanilla chai spice, fig, brown sugar	
THE NUTELLA	4.5	THE MARKET MOCHA	4.5
nutella & espresso latte		peppermint, white & dark mocha, espresso	
THE PUMPKIN PIE	4.5	THE JOHN JOHN	4.75
spiced pumpkin pie filling, espresso		honey-habañero syrup, tahini, espresso	
HOT CHOCOLATE	3.5	THE MAPLE BACON	5
make it <i>market style</i> : whipped cream, cocoa powder, hershey drizzle, toasted marshmallows	+1.50	smokehouse maple-bacon syrup, espresso	

COLD DRINKS

small (16oz) + large (24oz +.75)

ICED COFFEE	2.5	COLD BREW	3.25
regular or cinnamon			
KOMBUCHA (10 oz. pour)	2.5	RISE NITRO COLD BREW	3.5
16 oz. pour	+1.5	10 oz. pour	

TEA & LEMONADE

small (16oz) + large (24 oz +.75)

ICED TEA	2.5	HARBOR PALMER	3.5
black, green, seasonal special		cucumber-green tea lemonade	
SANGRIA HIBISCUS	2.5	LEMONADE	3
herbal tea		1/2 + 1/2	2.75
APPLE CIDER	3.5	add lemonade to the tea of your choice	
hot or iced			
LONDON FOG	3.75	ST. BERRY'S BY THE SEA	4
earl grey tea, steamed milk, vanilla		blood orange lemonade, muddled blackberries	

HOUSE SYRUPS
(+.50)

mocha // housemade vanilla
salted caramel // butterscotch
hazelnut // tstd. marshmallow

HOUSE MILKS

whole // skim // half + half*
soy* // almond* // oat* (*add .50)