

PLATED SALADS

* All our salads are tossed with love, neither the love or the dressing can be put on the side.

PANZANELLA Italian bread salad with heirloom tomatoes, fresh mozzarella and pesto vinaigrette. 12

ANTIPASTO SALAD with hot cappiocola ham, genoa salami, prosciutto, provolone, pepperoncinis, tomatoes, pickled onions, olives and balsamic vinaigrette dressing. 15

SPINACH SALAD with goat cheese croutons, grilled portabello mushrooms and dijon vinaigrette. 12

TIAJUANA CAESAR with roasted onions, grana padano cheese and homemade croutons. 9
add chicken. 13
add grilled skirt steak. 15
add grilled salmon. 15
add grilled shrimp. 16

GREEK SALAD with olives, feta, cucumbers and fresh vegetables. 13
add chicken. 16

SANTA FE TORTILLA SALAD with black bean salsa, avocados and baby greens topped with lime cilantro dressing. 12
add chicken. 14
add grilled skirt steak. 15
add lime cilantro shrimp. 16

PUERTO ESCONDIDO CRAB and artichoke tostada topped with red pepper cream served with a salad of baby greens and artichoke hearts. 17

CILANTRO LIME GRILLED SALMON on a bed of baby greens with red onions, black beans, corn and red peppers. 17

PLOUGHMAN'S LUNCH
daily cheese special served with rustic old world bread, sliced tomatoes, baby greens, stoneground mustard and chutney. 12

PLATES TO SHARE CHEESE TOURS

a selection of chef gretchen's favorite cheese tours.
ask your server for today's selection.
seasonal prices based on cheese selection.

SPREADS & DIPS

SUMMER GOAT CHEESE with warm baguette. 9

FIRE ROASTED BRUSCHETTA with crostinis. 10

CRAB, ARTICHOKE and BRIE dip
with crostinis. 11

HUMMUS with crostinis. 8
add vegetables. 3

GUACAMOLE and PICO DE GALLO with chips. 11

BLACK BEAN SALSA and TOMATILLO SALSA
with chips. 10

ROMESCO with crostinis. 9

PLEASE ASK FOR OUR
VEGETARIAN, VEGAN AND GLUTEN
FREE SPECIALS OF THE DAY

PLEASE HELP US TAKE CARE OF
YOU BY TELLING YOUR SERVER OF
ANY SPECIAL DIETARY NEEDS OR
ALLERGIES BEFORE ORDERING

Ingredients are provided by local farmers. Sometimes God
or they don't deliver. Please be understanding.

NO SUBSTITUTIONS OR CHANGES TO MENU ITEMS

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."



302.226.2226

56 BALTIMORE AVENUE
REHOBOTH BEACH, DE
MYHOBOS.COM

LUNCH MENU

OPEN 7 DAYS
OPEN YEAR ROUND

WE DELIVER
WE CATER

Gretchen Hanson, Executive Chef

WRAPS & SANDWICHES

PALM BEACH CURRY CHICKEN

curried chicken salad with raisins, sliced almonds, green apples, lettuce and tomato with mango mayo chutney on wheatberry bread. 10
as a salad. 13

SOUTHWEST BEACH BURRITO

grilled chicken, black bean salsa, avocado and cilantro cream with mixed baby greens on sourdough bread. 10
without chicken. 9

THE BLUE HILL

lobster and arugula salad roll with red pepper cream. 17

MAMA'S MEATLOAF

meatloaf, mozzarella, peppers, lettuce, tomatoes and mayo served warm in a wrap. 12

THE MEAT MARKET

smoked bacon, grilled steak, roasted onion, tomato, lettuce and artichokes in a wrap. 12

THAI ONE ON

gingerlicious chicken salad with avocados, cilantro and mixed baby greens served in a wrap. 10

THE BIG MIDWEST

roasted turkey with red pepper cream, romaine hearts and tomatoes served as a wrap. 10

CHESAPEAKE

classic shrimp salad with avocado, bacon, lettuce, tomatoes and mayo in a wrap. 12
as a salad. 16

SLOPPY JERSEY BOYS

turkey, roast beef, ham, homemade coleslaw and sliced cooper cheese on sourdough bread. 12

THE WEST BANK

classic hummus and fire-roasted vegetable couscous with artichoke hearts, tomatoes and baby greens served in a wrap. 9

THE HAPPY BUDDHA

our signature gingerlicious quinoa salad with lettuce, cilantro, avocado and tomatoes in a wrap. 10

TUNALICIOUS

classic tuna salad on bread of your choice. 8
add cheese. 9 as a salad 12

BIG EASY

pork, cajun mustard, arugula, tomatoes and pickles in a wrap. 11
vegan version. 9

GRILLED SANDWICHES

THE HAVANA

cuban pork sandwich with serrano ham, roasted pork, jarlsberg, pickled onions, pickles and stone ground mustard on sourdough. 12

THE ASSATEAGUE

crab and brie slathered baguette with arugula salad and red pepper cream. 16

THE NORMANDY

ham and brie with spinach and chutney grilled on sourdough. 10

THE HOT ITALIAN

capicola ham with prosciutto, salami, mozzarella, basil pesto, pickled onions and roasted red peppers on a ciabatta roll. 11

THE FLORENTINE

pan cacio smoked provolone with home-carved roast beef, artichoke hearts, tomatoes, onion and gardenaradijonnaise on wheatberry. 10

THE FARMERS' MARKET

roasted portabello mushrooms with spinach, roasted red peppers, brie and basil pesto on sourdough. 10
add roast beef 12

THE AMALFI

grilled summer vegetables with fresh mozzarella and pesto. 10

THE FRENCH KISS

summer goat cheese and arugula on sourdough bread. 9
add chicken. 11

REHOBOTH GIRLFRIEND

grilled eggplant, roasted red peppers, tapenade, arugula and pepper jack cheese served warm on sour dough. 10

MOMMYLICIOUS

classic grilled cheese on sourdough. 8

THE MANWICH

classic hamburger with side, choice of cheese & toppings. 10

VEGAN VEGGIE BURGER

edmage, oats & bean burger with red pepper and artichoke tapenade on a ciabatta. 12
Vegetarian Style - add your choice of cheese. 13
Chef Gretchen's Style - add grilled vegetables. 14

QUESADILLAS

crab with brie and grilled artichokes. 12

eggplant, sun-dried tomatoes and summer goat cheese. 12

chicken with spicy tomatillo salsa, pepper jack and avocados. 12

wild mushrooms, truffle cheese and truffle essence. 14

TAMALES

tamale of the day. (ask your server)

SOUP OF THE DAY

soup of the day. (ask your server)

Side of organic fries. 4

Sweet potato fries. 6

MINI MENU

for children 8 and under only

grilled cheese panini. 5

cheese quesadilla. 5

pbj panini. 5

organic chicken fingers and fries. 6

miniburger and fries. 6

minicheeseburger and fries. 7

HAPPY ENDINGS

Ask your server for our
special dessert and coffee selection