



feed the body

nourish the soul

tuna salad wrap

whole wheat tortilla, tomato and lettuce
11.95

blackened mahi soft taco

rojo sauce, pico de gallo, lettuce and fresh lime
16.95

bucket of peel and eat florida gulf shrimp

one pound with lemons
and cocktail sauce
17.95

island shrimp salad

avocado, tomato, cucumber,
crisp lettuce, almonds and creamy
tropical dressing
15.95

crispy hot wings

tossed with hot sauce,
blue cheese and celery
12.95

big cheeseburger

lettuce, tomato and onion,
swiss, american or cheddar cheese
14.95

tropical fruit salad

yogurt citrus dressing
14.95

cuban sandwich

hot pressed cuban bread, sliced pork, ham,
swiss cheese, dijon mustard and pickles
14.95

seared rare spicy ahi tuna

mango, crisp wonton, avocado
and soy vinaigrette
16.95

asian chicken cashew salad

seasonal greens, udon noodles,
mandarin oranges and asian dressing
14.95

buffalo chicken wrap

flour tortilla, lettuce, tomatoes
and ranch dressing
13.95

cheese steak sandwich

caramelized onions and
provolone cheese
14.95

grilled chicken quesadilla

guacamole, sour cream, onions
and pico de gallo
15.95

shrimp or chicken caesar

fresh croutons and parmesan
chicken 14.95
shrimp 15.95

kosher hot dog

all-beef hot dog, cole slaw, relish and onions
9.95

club wrap

turkey, bacon, swiss cheese
and avocado
13.95

grilled chicken sandwich

whole wheat bun, avocado mayo,
lettuce and tomato
14.95

chips & salsa

tortilla chips, spicy salsa,
guacamole and sour cream
9.95

nachos grande

spicy beef, guacamole and
cheddar cheese
13.95

basket of fries & onion rings

half basket 5.95
full basket 9.95



 healthy heart options are moderate in fat, sodium and calories.

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