

# Garden and Grill

A selection of fresh greens, housemade salads, and fresh fruits, featuring selections accompanied by assorted toppings and dressings, Chef's selection of housemade soup or chili, and Chef prepared grill items to top your salad or enjoy in one of our low-carb wraps.

Chicken Breast, Atlantic Salmon, Fresh Catch of the Day  
Grilled Marinated Vegetables, All Natural Lean Beef Burgers, Hot Dogs

16-

## Soup and Salad Bar ONLY

13-

### Healthy Indulgences

**Chilled Gazpacho** ✓ cup 4.50- / bowl 5.50-  
cilantro, tomato, cucumber,  
olive oil ☒ *Gluten-free available*

**Turkey Chili** ☒ cup 5- / bowl 6-  
cumin, paprika scented white bean chii,  
gluten-free corn muffin

**Veggie Burger** ✓ 10-  
healthful legumes, gathered mushrooms,  
fresh herbs, sweet Napa cabbage, onions,  
spicy sprouts, baked sweet potato coins,  
sweet red curry vinaigrette ☒ *Gluten-free available*

**Roast Vegetable Wrap** \$10  
Pesto glazed roasted eggplant, squash,  
red onion, pepper, feta, tapenade, spinach,  
whole wheat wrap

**Farm Fresh Egg Omelette** 11-  
with your choice of turkey bacon, turkey sausage,  
chicken, bell pepper, onion, tomato, black olives,  
mushrooms, baby spinach, Cheddar cheese,  
fresh fruit, whole wheat toast (*egg whites and  
EggBeaters available*) ☒ *Gluten-free available*

**Smoked Turkey and Avocado Club** \$10  
Shaved turkey, guacamole, tomato, Romaine,  
Havarti, whole wheat bread, chipotle aioli

### Sides

**Side of Fruit** 5-

**French Fries** 4-

### Freshies

4- each

#### Revitalizer

carrot, apple, parsley, ginger

#### Wheat Grass

#### Cu-pine Smash

cucumber, cilantro, pineapple

### All Natural Smoothies

5- each

*Ask about our supplemental enhancements* 2- each

#### Blushing Nutty Monkey

banana, almond milk, coconut, strawberries

#### Island Blast

mango, banana, pineapple juice

#### Berry Bliss

Strawberries, blueberries, acai, and apple juice

### Juices and Beverages

**Freshly Squeezed Juices** small 3- / large 5-  
Florida orange, grapefruit

**Açaí Spritz** 5-  
açai berry juice, pomegranate juice, fresh orange,  
mint, sparkling water

### Sweets

**Key Lime Whoopee Pie** 6-  
Key lime mousse, Graham macarons, raspberries

**Whole Strawberries** 6-  
lavender honey yogurt, dark chocolate nibs

**Whole Grain Chocolate Chip  
Cookie Plate** 5-

**Gluten-free Chocolate Pound Cake** 6-  
chocolate pound cake,  
pepper spiced local berry compote,  
almond milk crema

☒ *Gluten-free* ✓ *Vegetarian*

**Prices subject to 20% service charge  
and appropriate sales taxes.**

#### Consumer Advisory:

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