

Pelican's Nest Lunch Menu

SOUP

Gazpacho	Cup	\$3.95	Bowl	\$4.95
Soup of the Day	Cup	\$3.95	Bowl	\$4.95
Southwest Chili	Cup	\$4.50	Bowl	\$5.50

served with melted cheese, onion and tortilla strips

SALADS & SUCH

Gyro Salad

traditional Greek salad topped with hot slices of gyro and Tzatziki served with pita bread \$10.95

Light Couple

scoop of chicken or tuna salad, cottage cheese and fruit served with banana nut bread \$ 9.95

Fruit Fiesta

assortment of fresh seasonal fruit complemented with banana bread, yogurt dip and choice of sorbet or cottage cheese \$12.95

Seafood Louis

blend of lobster, crab and shrimp on a bed of shredded Iceberg lettuce with tomato, cucumber and hard-boiled egg, and finished with Louis dressing \$13.95
Lite size portion \$ 8.95

Luncheon Cobb Salad

grilled chicken, tomatoes, cucumber, bacon, black olives, hard-boiled egg, bleu cheese and avocado with garden greens \$ 8.95

Chopped BLT Salad

crispy fried chicken tenders, spring greens, tomato, cucumber, bacon and shredded cheese with choice of dressing \$11.95
Lite size portion \$ 7.95

Very Berry Chicken Salad

fresh spinach and mixed greens tossed with pecans, strawberries, carrots, goat cheese and raspberry vinaigrette topped with grilled chicken \$13.25
Lite size portion \$ 8.95

Soup and Salad

A cup of our soup of the day and a Nest salad or side Caesar \$ 7.95

DELI BOARD

all deli board items (excluding Panther Combo) served with choice of fruit, french fries, kettle chips or deli side of the day.

Deli Sandwich

choose from honey ham, roasted turkey breast, corned beef, tuna, chicken or egg salad on your choice of bread \$ 8.95

Half Deli Sandwich

choose from selections above \$ 6.95

Popcorn Shrimp Caesar Wrap

shredded romaine, shaved parmesan and crispy tortilla strips wrapped in a multi-grain tortilla with fried popcorn shrimp and creamy Caesar dressing \$11.95

Panther Combo

a half sandwich served with a cup of soup \$ 8.95

Country Club

triple-decker ham, turkey, lettuce, tomato, bacon, American and Swiss cheese with avocado on your choice of toast \$ 9.50

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HOT OFF THE GRILL

all hot off the grill items (excluding quesadilla, lo-carb and omelet) served with choice of fruit, steamed vegetables, rice, french fries, kettle chips or deli side of the day

Reuben

hot corned beef piled high on grilled rye with Swiss cheese, sauerkraut and Thousand Island Dressing \$ 9.75

Gyro Pita

blend of grilled lamb and beef wrapped in a warm pita with lettuce, tomato, onion and Tzatziki sauce \$ 9.95

Grilled Chicken Quesadilla

diced grilled chicken, green chilies, onions, jack and cheddar cheeses, folded in a jalapeño tortilla, served with salsa, sour cream and guacamole \$10.25

Grilled Chicken Taco

two soft tacos filled with char-grilled chicken breast, cheddar and jack cheese, onions and green chilies served with lettuce, salsa and sour cream \$ 8.95
Lite size portion \$ 6.50

Lo-Carb Plate

char-grilled angus beef patty or chicken breast served with sliced ripe tomatoes, cottage cheese and steamed vegetables or fruit \$ 9.95

Grilled Chicken Pita

char-grilled chicken breast, Tzatziki sauce, lettuce, tomato and onion on a warm pita wrap \$ 9.50

Hole in One

turkey, bacon and Swiss on grilled rye with BBQ sauce, chipotle mayo and coleslaw. ~ The Chef's personal favorite~ \$ 9.50

Grouper Sandwich

your choice of fried, grilled or blackened served on a grilled Kaiser roll with tartar sauce \$13.95

All Beef Quarter Pound Hot Dog

served with choice of chili, cheese, onions or sauerkraut on a toasted roll \$ 6.95

1/2 Pound Angus Burger

char-grilled to order; build your own with choice of mushrooms, grilled onions, bacon, bleu, American or Swiss cheese \$ 9.95
(.25 per each additional item)

Catch of the Day

broiled, blackened or fried \$13.95

Three Egg Omelet

build your own with choice of ham, cheese, peppers, bacon, onions, or mushrooms served with toast and fruit \$ 7.95

Grilled Veggie Melt

grilled zucchini, mushrooms, onions, pesto aioli, roasted peppers and tomato with melted provolone on grilled multi-grain bread \$ 7.95

Side Orders

onion rings, french fries, kettle chips, seasonal fruit, coleslaw, steamed vegetables, cottage cheese or deli side of the day \$1.95

New Menu Items are boxed



Indicates Heart Healthy Item