

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

Tuna Lotus

chilled Ahi tuna tossed with Mirin, scallions and sesame seeds on a salad of shredded greens and sesame-ginger dressing served in a crispy rice bowl with Asian aioli and pickled ginger

\$13.95

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, tomato, hard-boiled egg and cucumber 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

Barbequed Chicken Ranch Salad

garden greens, avocado, tomato, roasted corn and black beans tossed with barbeque ranch dressing then topped with barbequed chicken breast and crispy onion fries

\$11.95

Lite size portion

\$ 6.95

Shrimp Chop

grilled baby Gulf shrimp on a salad of garden greens, shredded carrot, tomato, applewood bacon and hard-boiled egg tossed with a tomato basil, bleu cheese dressing topped with crispy tortilla strips

\$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

Turkey Kimchee Flat Bread

thin sliced turkey breast, spicy kimchee, Swiss cheese and mayo wrapped in soft flat bread.....excellent!

\$ 8.95

Country Club

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

\$ 9.50

Junior Club

smaller version of our country club sandwich; cut in half

\$ 8.95

Panther Combo

a half sandwich served with a cup of soup

\$ 8.95

Pelican's Nest Lunch Menu

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

Pesto Chicken Flat Bread

grilled breast of chicken, roasted peppers, onions and pesto aioli wrapped in grilled flat bread \$ 9.50

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

BBS

Our soup of the day or chili in a toasted bread bowl \$ 5.95
with Nest salad \$ 8.95

Beef, Bacon and Mushroom Melt

grilled roast beef, onions, mushrooms, cheddar and jack cheese on warm flat bread with chipotle ranch for dipping \$ 9.75
Lite size portion \$ 6.75

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 bacon, mushrooms, grilled onions, bleu, Swiss or American cheese (.25 per each additional item) \$ 9.95

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



Indicates Heart Healthy Items

New Features are boxed