

BURGERS

All Burgers are on a Whole Wheat Bun and served with our Famous Cole Slaw
No Hormones or Antibiotics / NO MSG

Incred-i-Burger 6.95
All Natural Beef, lettuce, onion, pickle, mayo & ketchup on a whole wheat bun.

Kahuna Tuna Burger 7.95
Wild Yellow Fin Tuna mixed with Pecans, Grilled and served with a Mandarin Teriyaki glaze on a whole wheat bun.

Wild Salmon Burger 7.25
Wild Alaskan Salmon Burger with Chipotle Mayo, Lettuce & Tomato.

Teriyaki Turkey Burger 6.45
All Natural Turkey, grilled served with grilled pineapples, mayo, lettuce, and tomato on a whole wheat bun.

Black Bean Fiesta Burger 6.45
A Party in your mouth! Our own blend of Organic Corn Meal and Organic Black Beans with Salsa, Sour Cream, Guacamole, Lettuce, and Tomato.

Combo Your Meal .45
Add Cheddar, Swiss or Provolone

Smoothie Combo 1.99
Get a Fountain Drink or Water + Any Side
Add a Smoothie + Any Side

Soup Combo 2.99
Add a Cup of Soup + A Fountain Drink
Add a Cup of Soup + A Fountain Drink

SIDES

Sweet Potato OR Natural Fries 1.99
Cole Slaw or Potato Salad 1.99
Small Side Salad 1.99
Fruit Salad 1.99

KIDS ZONE

ALWAYS FRESH

All selections include chips or fruit & fountain drink
All Natural Hot Dog 4.99
Nitrate and Nitrite free!

Cheese Panini 4.99
Sandwich /
MON-FRI 10AM-8PM / SAT 11AM-8AM

SLIDERS!

Roasted Pork Slider with chipotle mayo .99
Meatloaf Slider Organic Marinara, provolone, mayo 1.25

MON-FRI 10AM-8PM / SAT 11AM-8AM

600 34th Street North 727-328-9453

Fresh Go

WRAPS

All Selections are served with our Famous Cole Slaw!

Spicy Monterey Chicken
All Natural Roasted Chicken, Peppers, Onions & Cheese served with our Chipotle Sauce

Asian Chicken
Grilled All Natural Chicken Breast, Sauted Veggies, Rice, & our Mandarin-Orange Ginger Sauce

Vegetarian
Fresh Sauted Mushrooms, Squash, Gourmet Peppers, and Onions served with lettuce, tomato & Thai Chili Sauce

Chicken Club
All Natural Chicken, Bacon, Cheese, Lettuce, Tomato & Dijon-Mayo

Crispy Chicken Club
All Natural Chicken Tenders, Bacon, Cheese, Lettuce, Tomato, & Dijon-Mayo

Mediterranean Chicken Wrap
Grilled Chicken, Feta, Olives, Lettuce, Tomato, Artichoke, Tzatziki

Mahi Wrap
Wild Mahi sautéed with lime & garlic, chipotle, lettuce, & tomato

Sautéed Shrimp Wrap
Wild Sautéed Shrimp with Chipotle Mayo, Lettuce and Tomato

SANDWICHES/PANINI/WRAP
Choice of Bread: Wrap, Sourdough, Multi-Grain, White

Bar-B-Q Pork
Roasted Pork smothered in Bar-B-Q and our Homemade Cole Slaw.

Pulled Pork
Roasted Pork, Caramelized Onions, Cheese and Chipotle Mayo.

Cranberry Pecan Chicken Salad
All Natural Chicken, Cranberries and Pecans, Lettuce, & Tomato.

Italian Style Meatloaf Panini
Hot & Toasty with Organic Marinara & Cheese.

Ham & Cheese
All Natural Ham with Swiss, Lettuce, Tomato and Mayo.

Turkey & Cheese
All Natural Turkey, Cheese, Lettuce, Tomato and Dijon-Mayo.

BLT
Hickory Bacon, Lettuce, and Tomato with Mayo.
Cuban
Pork, Ham, Swiss Cheese, Pickle, Mustard - Hot Pressed

MON-FRI 10AM-8PM / SAT 11AM-8AM

MON-FRI 10AM-8PM / SAT 11AM-8AM

SALADS / SOUPS

Ranch, Raspberry Vinaigrette, Caesar,
Oil & Vinegar

Garden

Romaine, Tomato, Cucumber, Onion, Cheese

Greek

Romaine, Tomato, Cucumber, Onion, Feta, Olives, Peppers

Family Size Garden

Romaine, Tomato, Cucumber, Onion, Cheese

Cranberry Pecan Chicken Salad

Fresh Romaine with Bacon, Onion, Cheese, Tomato and Cucumber

Crispy Chicken

Antibiotic Free Chicken Tenders on Fresh Romaine, Bacon, Onion, Cheese, and Tomato

Asian Chicken Salad

Grilled Asian Chicken Breast, Romaine, Onion, Cheese, Cucumber, Tomato

Grilled Chicken Caesar

Grilled Natural Chicken Breast, Romaine, Cheese

Sautéed Shrimp

Wild Shrimp, Romaine, Cucumber, Onion, Tomato, Cheese

I Burger Salad

All Natural Beef, Romaine, Tomato, cucumber, onion, pickle, & cheese

Salmon Burger Salad

Wild Salmon Burger, Romaine, tomato, cucumber, onion, Cheese

Soups of the Day

Bowl 3.99
Cup 2.50

Soup + Garden Salad

Get a 1/2 Gallon of our Great Soups to Go! 12.99
Soup + 1/2 Sandwich
Small \$1.39 Med \$1.59 Lg \$1.89

DRINKS and SMOOTHIES

Refreshing!

Pepsi Fountain (Free Refill) on Fountain Drinks

a 1/2 Gallon 1 Gallon 1/4 Gallon 1/2 Gallon

Brewed Green Iced Tea \$1.69

Coffee Small \$2.99

SMOOTHIES

ALL NATURAL & DELICIOUS

Add Protein or Organic Flax only .50

Choice of Flavors

SM \$3.69



Menu



**THANK YOU FOR GIVING US THE
OPPORTUNITY TO SERVE YOU!**