

# Palm Garden

## Beginnings

Homemade Soups .....	\$5
Made Fresh Daily Using Only Natural Ingredients	
Palm Garden Fried Calamari .....	\$10
Oregano Tomato Sauce, Garlic Lime Cilantro Remoulade	
Jumbo Lump Crab and Langoustine Cake .....	\$12
Pan Flashed Crab and Shrimp Cake, Lemon Lobster Sauce, Tomato Jam, Basil, Spinach	
Coconut Shrimp .....	\$14
Coconut Breaded Shrimp Served with Pineapple Mango Sauce, Asian Slaw	
Jack Daniel's Chicken Wings .....	\$9
Jamaican Jerk Spiced Chicken Wings Served with Ranch Dipping Sauce	
Key West Conch Fritters .....	\$10
Conch Fritters Battered and Fried Served with Lime Garlic Remoulade and Citrus Cocktail Sauce	

## Spa Cuisine

Spa Fruit Plate .....	\$12
Sliced Fresh Fruit and Berries, served with Mango Sorbet	
Grilled Lemon Pepper Organic Salmon .....	\$14
Lemon Pepper Seasoned Organic Salmon, Steamed Baby Vegetables, Roasted Pineapple Tarragon Vinaigrette	
Sesame Crusted Ahi Tuna .....	\$14
Sesame Crusted Seared Rare Tuna, Lime Ginger, Asian Slaw, Wasabi Mayo	
Greek Salad .....	\$12
Mixed Greens with Grilled Chicken, Diced Tomatoes, Cucumber, Red Onion, Peppers, Pepperoncini, Feta Cheese, Kalamata Olive, Roasted Garlic Vinaigrette	
Greek Salad with Island Spiced Grilled Shrimp or Blackened Mahi Mahi .....	\$15

## Salads

Tuscan Caesar Salad .....	\$10
Crisp Romaine Hearts with Cherry Tomatoes, Kalamata Olives, Parmesan Cheese and Homemade Croutons.	
Caesar Salad with Chicken .....	\$12
Caesar Salad w/ Island Spiced Grilled Shrimp, Blackened Mahi Mahi or Steak ....	\$15
BLT Steak Salad .....	\$15
Grilled Steak, Mixed Greens, Tomato, Onions, Applewood Bacon, Cucumber, Gorgonzola Cheese, Roasted Garlic Vinaigrette	
Cobb Salad .....	\$12
Chopped Mixed Greens with Grilled Chicken, Hard Boiled Eggs, Bacon, Red Onions, Cheddar Cheese, Corn, Black Olives, Tomatoes, Avocado and Cucumbers with Sweet Vidalia Onion Vinaigrette	
Cobb Salad with Island Spiced Grilled Shrimp, Blackened Mahi Mahi or Steak .....	\$15
Way Asian Salad .....	\$12
Mixed Greens, Mandarin Oranges, Water Chestnuts, Cashew Pieces, Carrot Sticks, Cherry Tomatoes, Grilled Chicken with Sesame Ginger Vinaigrette.	
Way Asian with Island Spiced Grilled Shrimp Skewer .....	\$15
Crab and Avocado Salad .....	\$16
Blue Crab Meat Salad, Lettuce, Cherry Tomato, Sliced Avocado, Applewood Bacon, Hard Boiled Eggs, House Herb Ranch Dressing	

Consuming raw or under cooked meat, poultry, seafood or egg may increase risk of food borne illness 11/09

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## Sandwiches

Soup and Half Sandwich .....	\$10
Soup of The Day and Half of a Turkey, Chicken Salad, or Tuna Salad Sandwich	
Salmon BLT Sandwich .....	\$13
Grilled Salmon, Romaine Lettuce, Tomato, Applewood Bacon, Dijon Mustard Sauce Served on Herb Focaccia Bun	
Mahi Mahi Sandwich .....	\$14
Grilled or Blackened Mahi Mahi, Lime Garlic Cilantro Remoulade, Served on Kaiser Roll	
Open Face Tuna Melt .....	\$11
Roasted Red Pepper, Grilled Asparagus, Provolone Cheese on Multi-Grain Ciabatta Bread	
Roasted Turkey Club .....	\$10
Sliced Oven Roasted Turkey, Lettuce, Tomato, Applewood Smoked Bacon on Whole Wheat Bread	
Italian Chicken Focaccia .....	\$11
Italian Marinated Grilled Chicken Breast, Spinach, Mozzarella Cheese, Roasted Tomatoes, Rosemary Pesto Mayo Served on Herb Focaccia Bun	
Jumbo Lump Crab Cake Sandwich .....	\$14
Seared Jumbo Lump Crab Cake with Lettuce, Tomato, Onion and Dijon Mustard Sauce, Kaiser Roll	
Grilled Black Pepper Dusted Steak Sandwich .....	\$14
Lightly Dusted Black Pepper Steak, Sautéed Onions, White Cheddar Cheese, Baby Arugula, Mixed Greens, Horseradish Herb Mayo, Multi-Grain Ciabatta	

## That's a Wrap

Chicken Caesar Wrap .....	\$10
Herb Marinated Chicken Breast, Romaine Hearts, Parmesan Cheese, Caesar Dressing Wrapped in a Herb Garlic Tortilla	
Crab and Avocado Wrap .....	\$14
Blue Crab Mear Salad, Sliced Avocado, Lettuce, Tomato, Lime Garlic Cilantro Remoulade Wrapped in Sundried Tomato Tortilla	
Buffalo Chicken Wrap .....	\$11
Fried Chicken Fingers Tossed with Mild Wing Sauce, Crumbled Blue Cheese, Lettuce, Tomato, Romaine Lettuce, Blue Cheese Dressing, Sundried Tomato Tortilla	
Blackened Mahi Mahi Wrap .....	\$14
Blackened Mahi Mahi, Lettuce, Tomato, Lime Garlic Cilantro Remoulade, Sundried Tomato Wrap	
Clubhouse Wrap .....	\$11
Roasted Turkey, Ham, Swiss Cheese, Applewood Bacon, Lettuce, Tomato, Herb Mayo, Garlic Herb Wrap	
Tropical Chicken Salad Wrap .....	\$11
Chicken Salad with Pineapple, Candied Pecans, Red Grapes, Lettuce, Tomato, Cilantro Mayo, Garlic Herb Wrap	

## Burger Corner

Char Broiled 8 Ounce Prime Beef Burger .....	\$11
Bistro Jack Daniel's Prime Beef Burger .....	\$12
Char Broiled Prime Beef Burger, Jack Daniel's Sauce, Topped with White Cheddar, Black and Tan Onion Rings	
Southwest Burger .....	\$12
Char Broiled Prime Beef Burger, Jalapeño Jack Cheese, Sautéed Onions, BBQ Sauce	
Veggie Burger .....	\$10
Served with Avocado, Grilled Portabello on Herb Focaccia Bun	
Chicken Cobb Burger .....	\$11
Chicken Burger with Gorgonzola Cheese, Applewood Bacon, Avocado, Tomato, Romaine Lettuce, Honey Mustard Vinaigrette on Herb Focaccia Bun	
Add Your Choice of the Following .....	\$1 per item
Applewood Bacon, Sautéed Onions, Blue Cheese, Cheddar, Smoked Gouda, Jalapeño Jack, American, Swiss, Provolone	

All Sandwiches, Burgers and Wraps Served with French Fries and Pickle 11/09



## PALM GARDEN

### FRESH JUICES

Orange, Pink Grapefruit, Apple, Tomato, Vegetable, Pineapple or Cranberry

### FRESH FRUITS

Whole Fruits, Honeydew Melon, Cantaloupe, Watermelon and Stewed Prunes

### YOGURTS AND MILK'S

Assorted Fruit Flavors and Plain Yogurts. Whole, Skim Milk, also available Plain Soy Milk

### CEREAL

Hot Oatmeal and Assorted Cold Cereals

### FROM THE OVEN

Fresh Baked Muffins, Croissants, Bagels and Assorted Pastries


### CHARCUTERIE AND CHEESES

Assorted Cold Cuts and Slices Cheeses



### EGGS COOKED YOUR WAY

Omelets and Country Style Eggs



### HOT CAKES

Pancakes made to Order with your Choice of Maple or Sugar Free Syrup

### HOT MEATS

Smoked Apple Wood Bacon, Country Sausage and Corned Beef Hash

Breakfast Potatoes and Grits

**ADULTS \$15.95**

**CHILDREN \$5.95(12 AND UNDER)**

## THE CONTINENTAL

### JUICE (CHOICE OF ONE)

Fresh Juice, Orange, Pink Grapefruit, Apple, Tomato, Vegetable, Pineapple or Cranberry

### BREAKFAST BASKET

Croissant, Muffin and Danish

Choice of Coffee or Tea

**\$ 9.00**

\*Please Note: The Continental Menu is Served