

## FRESHNESS IN A BOWL

<b>GARDEN SALAD</b> .....	7.95
LETTUCE, TOMATO, CUCUMBER, CARROTS, RED ONION	
<b>PICK ONE OVER GARDEN SALAD</b> .....	9.95
TUNA SALAD, CHICKEN SALAD, CURRY CHICKEN SALAD OR EGG SALAD	
<b>CAESAR SALAD</b> .....	7.75
GREENS, CROUTONS & PARMESAN CHEESE	
<b>CHICKEN CAESAR SALAD</b> .....	9.95
<b>GREEK SALAD</b> .....	9.95
LETTUCE, TOMATO, RED ONION, FETA, CUCUMBER & KALAMATA OLIVES	
<b>GYRO SALAD</b> .....	9.95
LETTUCE, TOMATO, RED ONION, FETA, GYRO MEAT & TZATZIKI	
<b>ASIAN SALAD</b> .....	9.95
LETTUCE, TOMATO, CARROTS, CUCUMBER, RED ONION, SUNFLOWER SEEDS, RAISINS & CRISPY ASIAN NOODLES	
<b>GREEN GARDEN</b> .....	11.75
LETTUCE, SPINACH, AVOCADO, RED ONIONS, PEAS, BROCCOLI, MUSHROOMS, CUCUMBERS, SUNFLOWER SEEDS, PARMESAN CHEESE, AND BOILED EGG WITH OLIVE OIL, SALT & PEPPER	
<b>COBB SALAD</b> .....	11.95
LETTUCE, TOMATO, CUCUMBER, CARROTS, RED ONION, CHEDDAR CHEESE, BACON, HAM, TURKEY, AND EGG	
<b>NICOISE SALAD</b> .....	10.25
TUNA SALAD, HOMEFRIES, LETTUCE, CUCUMBER, BROCCOLI, EDAMAME & BOILED EGG SERVED WITH HONEY MUSTARD VINAIGRETTE	

<b>DESIGN YOUR OWN SALAD</b> .....	11.95
add up to seven (7) ingredients:	
• carrots • cucumber • edamame • sliced mushrooms • broccoli	
• grilled red peppers • bell peppers • garbanzo beans • sliced celery	
• tomatoes • hard boiled eggs • walnuts • sunflower seeds • avocado	
• kalamata olives • sun-dried tomatoes • red onion • croutons • crispy bacon	
• raisins • sweet peas • cheddar cheese • feta cheese • parmesan cheese	
• fresh mozzarella • corn • black beans • quinoa • sundried tomato pesto	
• ham • chicken • turkey • tuna salad • asian noodles	

**EXTRA DRESSING: 30¢ EXTRA AVOCADO: 1.00**

### SALAD DRESSINGS:

RANCH, SPICY RANCH, BLUE CHEESE, BALSAMIC, RUSSIAN, ASIAN, GREEK, CAESAR, ITALIAN, OLIVE OIL, VINEGAR

## VEGETARIAN & WRAPS

<b>CAESAR SALAD WRAP</b> .....	7.70	<b>ADD CHICKEN</b> .....	9.10
GREENS, CROUTONS, PARMESAN CHEESE & CAESAR DRESSING			
<b>ROASTED RED PEPPERS &amp; AVOCADO WRAP</b> .....	9.10		
GREENS, TOMATO, FETA CHEESE & VINAIGRETTE			
<b>EGG SALAD WRAP</b> .....	9.10		
GREENS, RED ONION, CUCUMBER & AVOCADO			
<b>HUMMUS WRAP</b> .....	9.10		
ROASTED RED PEPPERS, CUCUMBER, TOMATO, RAISINS, RED ONION, WITH GREENS & SESAME DRESSING			
<b>ASIAN TASTE BUDS WRAP</b> .....	9.10	<b>ADD CHICKEN</b> .....	10.95
GREENS, CARROTS, CUCUMBER, RED ONION, TOMATOES, RAISINS, CRUNCHY NOODLES, SUNFLOWER SEEDS & SESAME DRESSING			
<b>NICOISE WRAP</b> .....	9.10		
TUNA SALAD, GREENS, CUCUMBERS, ROASTED RED PEPPERS, TOMATOES & HONEY MUSTARD VINAIGRETTE			
<b>CURRY CHICKEN SALAD WRAP</b> .....	9.10		
GREENS, RAISINS, CUCUMBER, TOMATOES, RED ONION & SESAME DRESSING			
<b>MEXICAN HONEY HAM &amp; CHEESE WRAP</b> .....	9.10		
SAUTEED ONIONS, GREEN PEPPERS, BOILED EGG, TOMATOES, AVOCADO, SPICY RANCH & COLBY JACK CHEESE			
<b>BUFFALO CHICKEN WRAP</b> .....	9.10		
GREENS, CELERY, SHREDDED CARROT, BLEU CHEESE OR RANCH DRESSING			
<b>MEDITERRANEAN CHICKEN WRAP</b> .....	9.10		
GREENS, TOMATOES, KALAMATA OLIVES, ONIONS, FETA & TZATZIKI SAUCE			

## EXTRAVAGANZA

<b>BLT</b> .....	9.50
BACON, LETTUCE, TOMATO WITH MAYO ON WHITE BREAD	
<b>HONEY HAM &amp; SWISS</b> .....	9.50
GREENS, TOMATO, MAYO & SPICY MUSTARD ON 7 GRAIN	
<b>WOOD N SPOON CLASSIC CHICKEN SALAD</b> .....	9.50
GREENS AND TOMATO ON 7 GRAIN	
<b>WOOD N SPOON EGG SALAD</b> .....	9.50
GREENS, CUCUMBER, & TOMATO ON CIABATTA	
<b>WOOD N SPOON TUNA SALAD</b> .....	9.50
GREENS & TOMATO ON 7 GRAIN	
<b>WOOD N SPOON SPICY TUNA SANDWICH</b> .....	9.50
MATBUCHA, LETTUCE, TOMATO & CUCUMBER ON CIABATTA	
<b>TURKEY, AVOCADO AND PESTO</b> .....	9.50
GREENS AND TOMATO ON CIABATTA	
<b>BALSAMIC CHICKEN &amp; AVOCADO</b> .....	9.50
GREENS AND TOMATO ON CIABATTA	
<b>TURKEY WITH CRANBERRY AND AIOLI</b> .....	9.50
GREENS AND TOMATO ON CIABATTA	
<b>TOMATO, MOZZARELLA, AND BASIL PESTO</b> .....	9.50
WITH VINAIGRETTE ON CIABATTA	
<b>AVOCADO SANDWICH</b> .....	9.50
GREENS, BASIL PESTO, SWISS CHEESE AND TOMATO ON 7 GRAIN	
<b>CHICKEN CAESAR SALAD SANDWICH</b> .....	9.50
GREENS, PARMESAN CHEESE, AND CAESAR DRESSING ON CIABATTA	
<b>CHICKEN WITH SUN-DRIED TOMATO PESTO</b> .....	9.50
GREENS, TOMATO & MOZZARELLA ON CIABATTA	
<b>CHICKEN CLUB</b> .....	9.50
GREENS, TOMATO, BACON, AVOCADO & MAYO ON CIABATTA	
<b>TRIPLE DECKER</b> .....	9.95
LETTUCE, TOMATO, BACON, TURKEY, AMERICAN CHEESE & MAYO ON WHITE BREAD	
<b>LOADED ROAST BEEF</b> .....	9.95
TOPPED WITH LETTUCE, TOMATO, MOZZARELLA, ROASTED RED PEPPERS & BALSAMIC VINEGAR ON CIABATTA	
<b>HALL OF FAME</b> .....	9.95
LETTUCE, TOMATO, CUCUMBER, TUNA & EGG SALAD ON CIABATTA	
<b>GREEK LAMB OR CHICKEN GYRO</b> .....	9.95
GREENS, TOMATO, RED ONION, FETA CHEESE & TZATZIKI SAUCE ON PITA BREAD	
<b>MEDITERRANEAN LAMB OR CHICKEN SHAWARMA</b> .....	9.95
HUMMUS, TOMATO, RED ONION, GREENS & TZATZIKI SAUCE ON PITA BREAD	
<b>SOUTHWEST CHICKEN &amp; AVOCADO</b> .....	9.95
GREENS, TOMATOES, MATBUCHA, ONION, & MOZZARELLA ON CIABATTA	
<b>BEEF or CHICKEN PHILLY</b> .....	9.95
SAUTEED ONIONS, MUSHROOMS, GREEN PEPPERS, MAYO & SWISS CHEESE	
<b>BLTEA</b> .....	9.95
BACON, LETTUCE, TOMATO, EGG SALAD, AVOCADO & MAYO ON WHITE BREAD	
<b>WOOD N SPOON CRAFTED TUNA MELT</b> .....	9.95
TOMATOES AND SWISS CHEESE ON CIABATTA	
<b>WOOD N SPOON CRAFTED CHICKEN SALAD MELT with BACON</b> .....	9.95
- TOMATOES, ONION, SWISS CHEESE ON CIABATTA	
<b>FRENCH DIP MELT</b> .....	9.95
ROAST BEEF, SWISS CHEESE & AU JUS ON CIABATTA	
<b>CHICKEN FLORENTINE MELT</b> .....	9.95
SPINACH, CREAM CHEESE, SWISS CHEESE ON 7 GRAIN	
<b>TRIPLE HAM MELT</b> .....	9.95
MOZZARELLA, COLBY JACK, AND SWISS ON CIABATTA	
<b>THE REUBEN MELT</b> .....	9.95
CORNED BEEF OR TURKEY, SWISS, SAUERKRAUT & RUSSIAN DRESSING ON RYE	
<b>PASTRAMI MELT</b> .....	9.95
MAYO, MUSTARD, ONION & SWISS ON RYE	
<b>LOADED GRILLED CHEESE</b> .....	9.95
COLBY JACK, SWISS AND CHEDDAR CHEESE ON 7 GRAIN BREAD	
<b>CHICKEN CORDON BLUE</b> .....	9.95
HAM, CHICKEN, SWISS CHEESE & MUSTARD ON CIABATTA	

# WOOD N SPOON

Hours: Monday - Saturday 7am-3pm

2015 9th Street SW (Oslo Rd.)  
SW Corner of 20th Avenue & Oslo Road  
Vero Beach, Florida

772.217.3132



Dine-In • Take Out  
Catering Available

[www.woodnspoon.biz](http://www.woodnspoon.biz)

## Saturday Brunch Specials

SATURDAY BRUNCH SPECIALS ARE SERVED  
WITH HOME FRIES AND A BEVERAGE

<b>EGGS BENEDICT</b> .....	11.25
<b>EGGS FLORENTINE BENEDICT</b> .....	11.25
<b>CREAMY MUSHROOM BENEDICT</b> .....	11.25
<b>VEGETABLE BENEDICT</b> .....	11.25
<b>BRUSCHETTA &amp; FRESH MOZZARELLA BENEDICT</b> .....	11.25
<b>BLT BENEDICT</b> .....	11.25
<b>THE IRISH CORNED BEEF DRUNKEN BENEDICT</b> .....	11.25
<b>GYRO BENEDICT</b> .....	11.25
<b>COUNTRY BOY BENEDICT</b> .....	11.95
<b>PHILLY BENEDICT</b> .....	11.95
<b>SALMON BENEDICT</b> .....	13.25

## LUNCH SPECIALS

<b>ANY WHOLE SANDWICH AND CHIPS</b> .....	11.25
<b>ANY WHOLE SANDWICH AND A DRINK</b> .....	11.50
<b>MEDIUM SOUP, 1/2 SANDWICH &amp; DRINK OR CHIPS</b> .....	12.60
<b>LARGE SOUP, 1/2 SANDWICH &amp; DRINK OR CHIPS</b> .....	13.50
<b>SALAD, 1/2 SANDWICH &amp; DRINK OR CHIPS</b> .....	14.25
<b>MEDIUM SOUP, SALAD &amp; DRINK OR CHIPS</b> .....	14.60
<b>LARGE SOUP, SALAD &amp; DRINK OR CHIPS</b> .....	15.40



<b>MEDIUM (CUP)</b> .....	5.75
<b>LARGE (BOWL)</b> .....	6.50
<b>QUART</b> .....	11.95

# BREAKFAST

Served until 11am

FRUIT BOWL.....	6.00
FRENCH TOAST.....ONE: 2.75 TWO: 4.55	
THE BOSS'S PANCAKES .....ONE: 4.15 TWO: 6.10	
SPECIALTY PANCAKES ..... ONE: 5.50 TWO: 7.50 BLUEBERRY, CHOC CHIP, PUMPKIN, WALNUT OR STRAWBERRY	
GRANNY KAY'S WAFFLE .....	6.10
SENIOR SPECIAL .....	7.95
INCLUDES: TWO EGGS ANY STYLE, BACON, TOAST, GRITS OR HOMEFRIES COFFEE: 2.75 FRESH OJ: 3.30	
½ ORDER BISCUITS & GRAVY SERVED WITH A BEVERAGE ... WITH 2 EGGS: 6.50	4.25
BISCUITS & GRAVY SERVED WITH A BEVERAGE .....	6.00
WITH 2 EGGS: 7.95	
CONTINENTAL BREAKFAST SERVED WITH A BEVERAGE .....	9.25
TWO EGGS ANY STYLE, CHOICE OF MEAT, TOAST, HOMEFRIES, GRITS OR OATMEAL (CHOOSE 2 STARCH)	
HEALTHY START - SERVED WITH A BEVERAGE .....	10.50
TOASTED 7 GRAIN BREAD, EGG WHITE, AVOCADO, GREENS, TOMATO, OATMEAL & FRUIT	

**Kids Menu Available**

*All Day Breakfast Platter*

TWO EGGS ANY STYLE, CHOICE OF MEAT, TOAST, TOMATO, CUCUMBER & A BEVERAGE .....	9.75
---	------

**GF Available on Most Items**

*Extras*

SIDE-GRITS, HOMEFRIES, OATMEAL.....	2.25
EXTRA BREAD OR BISCUITS .....	1.75
SMALL SIDE OF FRUIT .....	3.00
EXTRA EGG - PER EGG .....	1.00
EXTRA AVOCADO .....	.75
EXTRA MEAT.....	2.00
EXTRA MATBUCHA .....	.50
16 OZ. MATBUCHA .....	10.00
EXTRA CONDIMENTS.....	.50

# FRESH OMELETS

Served until 11am

Served with homefries, grits or oatmeal, toast and a beverage. Wood n Spoon only uses REAL Eggs!

DESIGN YOUR OWN .....	11.25
UP TO FIVE (5) INGREDIENTS	
GREEN EARTH.....	11.25
ONION, SPINACH, TOMATO, FETA CHEESE	
SPICY CRAVINGS .....	11.25
HAM, ONION, MUSHROOMS, PEPPERS, SPINACH, TOMATO SAUCE & CHEDDAR CHEESE	
MEAT BLEND.....	11.25
BACON, SAUSAGE, HAM & CHEDDAR CHEESE	
FARMER DELUXE .....	11.25
MUSHROOMS, PEPPERS, BACON, SPINACH, HOMEFRIES	
SPANISH OMELET .....	11.25
CHORIZO, POTATO, PEPPERS, TOMATOES, ONION, AND COLBY JACK CHEESE	
EGG WHITE MANSION.....	11.25
ONIONS, BROCCOLI, HONEY HAM AND COLBY JACK CHEESE	
VEGETABLE OMELET.....	11.25
TOMATO, MUSHROOMS, SPINACH, ONIONS, BROCCOLI, PEPPERS AND COLBY JACK CHEESE	
PHILLY OMELET.....	11.25
SAUTEED ONIONS, PEPPERS, MUSHROOMS, BEEF & SWISS CHEESE	
GYRO OMELET .....	11.50
GYRO MEAT, ONIONS, PEPPERS, TOMATO, FETA AND TZATZIKI SAUCE	
LOADED COUNTRY .....	11.95
HAM, BACON, SAUSAGE, SPINACH, TOMATOES, PEPPERS, ONIONS, MUSHROOMS, SWISS & AMERICAN CHEESES	
WESTERN OMELET.....	11.95
HAM, MUSHROOM, BELL PEPPER, ONION & CHEDDAR CHEESE	
CHICKEN CORDON BLUE .....	11.95
HAM, CHICKEN & SWISS CHEESE	
CHICKEN FAJITA .....	11.95
ONION, PEPPERS, TOMATOES, CHICKEN & COLBY JACK CHEESE	
CHICKEN FLORENTINE .....	11.95
CHICKEN, CREAM CHEESE & SPINACH	

*Treats*

ICE CREAM .....	SMALL: 3.75   LARGE: 4.95
COOKIE.....	1.75   GF: 2.30
MUFFIN OR BROWNIE .....	3.30   GF: 3.75
CHIPS .....	1.95

*Drinks*

FRESHLY BREWED ICED TEA ...SMALL: 2.75   LARGE: 3.30	
SOFT DRINKS .....	SMALL: 2.75   LARGE: 3.30
COFFEE or HOT CHOCOLATE.....	2.75
MILK or CHOCOLATE MILK.....	3.25
CRANBERRY JUICE • OJ.....	3.30
V-8.....	3.50
WATER BOTTLE.....	1.10

# BAGELS

Served all Day

BAGEL CHOICES: PLAIN • EVERYTHING  
CINNAMON RAISIN • ASIAGO  
BLUEBERRY • GLUTEN FREE

PLAIN BAGEL.....	1.60
BAGEL WITH:	
BUTTER .....	2.60
BUTTER & HONEY.....	2.75
LAVISH CREAM CHEESE .....	3.25
PEANUT BUTTER OR NUTELLA SPREAD .....	3.80
PEANUT BUTTER AND JELLY.....	3.95
RED ONION CREAM CHEESE.....	3.90
SUN DRIED TOMATO CREAM CHEESE.....	4.40
VEGETABLE CREAM CHEESE .....	4.40
HONEY & WALNUT CREAM CHEESE.....	4.40
KALAMATA OLIVE CREAM CHEESE .....	4.40
★ LOX CREAM CHEESE .....	5.95
★ LOFTY SALMON DELUXE .....	11.95
EVERYTHING BAGEL, LAVISH CREAM CHEESE, SALMON, CAPERS, LETTUCE, TOMATO & ONION	

★ **Consumer Advisory** - Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

# ALL DAY BREAKFAST SANDWICHES

YOUR CHOICE OF BREAD: CROISSANT, BAGEL, WHITE, RYE,  
ENGLISH MUFFIN, CIABATTA, 7 GRAIN OR GLUTEN FREE

PLAIN CROISSANT & FRUIT .....	3.95
EGG & CHEESE.....	3.75
HAM, EGG & CHEESE .....	4.90
BACON, EGG & CHEESE .....	4.90
SAUSAGE, EGG & CHEESE .....	4.90
LOADED BREAKFAST SANDWICH.....	6.15
SPINACH, ONION AND TOMATO WITH YOUR CHOICE OF MEAT	
SHAKSHUKA MEDITERRANEAN OVER HARD .....	11.50
OVER HARD EGGS COOKED WITH ONION, PEPPERS & CRAFTED SPICY TOMATO SAUCE. SERVED w/7-GRAIN BREAD & TZATZIKI SAUCE	
OPEN-FACE AVOCADO & HARD BOILED EGG .....	6.15
SERVED WITH CUCUMBER OVER TWO SLICES OF TOASTED RYE BREAD	
BREAKFAST BURRITO .....	7.75
SPINACH, ONION, TOMATO, AMERICAN CHEESE, AND HOMEFRIES - YOUR CHOICE OF MEAT	