

# MENU

## Breakfast

### Full Breakfast

served until 11am

FRUIT		\$6.00
LOADED OATMEAL		\$6.00
FRENCH TOAST	\$2.75 one	\$4.55 two
PANCAKES	\$4.15 one	\$6.10 two
FLAVORED PANCAKES	\$5.10 one	\$7.50 two
GRANNY'S WAFFLE		\$6.10
½ BISCUITS & GRAVY	\$4.50	\$6.50 with egg
BISCUITS & GRAVY	\$5.95	\$7.95 with egg
SENIOR SPECIAL		\$8.50

Two eggs any style, bacon, toast, home fries, grits or oatmeal.

**HEALTHY START** \$11.50

7 grain bread, Egg white, avocado, greens, tomato, oatmeal & fruit.

**Bread Modifications - Additional Charges Will Apply.**

### Brunch

served until 11am

EGGS BENEDICTS	\$11.25
VEGETABLE BENEDICTS	\$11.25
CORNER BEEF BENEDICTS	\$11.25
COUNTRY BOY BENEDICTS	\$11.95
SALMON BENEDICTS ★	\$13.25

### Fresh Omelets

served until 11am

Served with side of bread, grits or homefries.

**GREEN EARTH** \$11.25

Onion, spinach, tomato, feta cheese.

**MEAT BLEND** \$11.25

Bacon, sausage, ham & cheddar cheese.

**SPICY CRAVINGS** \$11.50

Ham, onion, mushroom, peppers, spinach, tomato sauce, cheddar cheese.

**FARMER DELUXE** \$11.95

Mushrooms, peppers, bacon, spinach, home fries.

**LOADED COUNTRY** \$11.95

Ham, bacon, sausage, spinach, tomatoes, peppers, onions, mushrooms, cheddar cheese.

**DESIGN YOUR OWN** \$11.95

# WOOD N SPOON

*everything with every bite*



### Breakfast Sandwiches & Bagels

served until 11am

EGG & CHEESE ON A CROISSANT	\$3.75
BACON EGG & CHEESE	\$4.90
SAUSAGE EGG & CHEESE	\$4.90
HAM EGG & CHEESE	\$4.90
BAGEL WITH BUTTER	\$2.75
BAGEL WITH CREAM CHEESE	\$3.25
CREAM CHEESE HONEY & WALNUT	\$4.40
BREAKFAST BURRITO	\$8.00
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.

### Sides

PLAIN OATMEAL OR GRITS	\$3.00
BREAD	\$1.85
EGG	\$1.25
AVOCADO	\$1.00
MEAT	\$3.00
MATBUCHA AND CONDIMENTS	\$0.75
12 OZ MATBUCHA/ TUNA/ CHICKEN/ EGG SALAD	\$10.00

**PLATE SHARING \$3.00**

*Boxed Lunch  
or Catering*



📍 2015 9th street sw

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

**MONDAY - SATURDAY 7AM-3PM**



# MENU

## Lunch

### Sandwiches

<b>CURRY CHICKEN SALAD WRAP</b>	<b>\$9.50</b>
Greens, raisins, cucumber, tomatoes, red onion, sesame dressing.	
<b>CHICKEN SALAD</b>	<b>\$9.50</b>
Greens & tomato on 7 grain.	
<b>TUNA SALAD</b>	<b>\$9.50</b>
Greens and tomato on 7 grain.	
<b>SPICY TUNA</b>	<b>\$9.50</b>
Matbucha, lettuce, tomato, cucumber on ciabatta bread.	
<b>HONEY HAM &amp; SWISS</b>	<b>\$9.50</b>
Greens, tomato, mayo, spicy mustard on 7 grain.	
<b>TURKEY, CRANBERRY &amp; AIOLI</b>	<b>\$9.50</b>
Greens & tomato on ciabatta bread.	
<b>TURKEY AVOCADO &amp; PESTO</b>	<b>\$9.50</b>
Greens & tomato on ciabatta bread.	
<b>BLT with mayo on white bread</b>	<b>\$9.50</b>
Bacon, lettuce & tomato.	
<b>BLT-EA with mayo on white bread</b>	<b>\$9.95</b>
Bacon, lettuce, tomato, egg salad, avocado.	
<b>SOUTHWEST CHICKEN &amp; AVOCADO</b>	<b>\$9.95</b>
Greens, tomatoes, matbucha, onions, mozzarella on ciabatta bread.	
<b>BALSAMIC CHICKEN &amp; AVOCADO</b>	<b>\$9.95</b>
Greens and tomato on ciabatta bread.	
<b>GYRO</b>	<b>\$9.95</b>
Lamb or chicken served with greens, tomatoes, red onions, feta cheese, tzatziki & pita bread.	

### Pressed Sandwiches **\$9.95**

<b>CORNED BEEF OR TURKEY REUBEN</b>
Swiss cheese, sauerkraut, Russian dressing on rye.
<b>TUNA MELT</b>
Tomato & swiss cheese on ciabatta bread.
<b>LOADED GRILLED CHEESE</b>
Colby jack, cheddar & swiss on 7 grain.
<b>CHICKEN FLORENTINE</b>
Spinach, cream cheese, Swiss cheese on 7 grain.
<b>CHICKEN SALAD MELT</b>
Tomato, onion, bacon & Swiss on ciabatta bread

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*everything with every bite*



### Soups

<b>CUP</b>	<b>\$5.75</b>
<b>BOWL</b>	<b>\$6.50</b>

### Lunch Special

<b>SOUP &amp; 1/2 A SANDWICH</b>
CUP : \$10.25    BOWL : \$11.00
<b>SOUP &amp; SALAD</b>
Garden or Caesar salad.
CUP : \$12.95    BOWL : \$13.75

Salad Modifications - Additional Charges Will Apply.

### Vegetarian

<b>CAESAR SALAD WRAP</b>	<b>\$9.50</b>
Lettuce, croutons, parmesan, caesar dressing.	
<b>EGG SALAD WRAP</b>	<b>\$9.50</b>
Greens, red onion, cucumber, avocado.	
<b>HUMMUS WRAP</b>	<b>\$9.50</b>
Greens, roasted red peppers, cucumber, tomato, raisins, red onion, sesame dressing.	
<b>AVOCADO SANDWICH</b>	<b>\$9.50</b>
Greens, pesto, tomato, Swiss cheese on 7 grain.	
<b>BRUCHETTA</b>	<b>\$9.50</b>
Tomato, mozzarella, pesto, vinaigrette on ciabatta bread.	

### Salad

<b>CAESAR SALAD</b>	<b>\$7.75</b>
Green , croutons & parmesan cheese.	
<b>GREEK SALAD</b>	<b>\$9.95</b>
Lettuce, tomato, red onion, feta, cucumber & kalamata olives.	
<b>ASIAN SALAD</b>	<b>\$9.95</b>
Lettuce, tomato, carrots, cucumber, red onion, sunflower seeds, raisins & crispy asian noodles.	
<b>PICK ONE OVER GARDEN SALAD</b>	<b>\$11.75</b>
Tuna salad, chicken salad, curry chicken salad, egg salad, lamb.	
<b>COBB SALAD</b>	<b>\$12.25</b>
Turkey, Ham, Bacon, tomato, onion, cheddar cheese and boiled egg.	

### Salad Dressings:

Ranch, spicy ranch, blue cheese, balsamic, Russian, Asian, Greek, Italian, olive oil & vinegar.