

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	\$4.50	\$6.10
½ BISCUITS & GRAVY	\$5.95	\$6.50 with egg
BISCUITS & GRAVY		\$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.

*Boxed Lunch
or Catering*

☎ 772.217.3132



📍 97 Royal Palm Pointe

☎ 772.925.1662

🌐 www.woodnspoon.biz

Monday - Friday 9AM - 2PM



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	\$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

MENU

Lunch

Sandwiches

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

Pressed Sandwiches \$9.95

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

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Soups

CUP	\$5.75
BOWL	\$6.50

Lunch Special

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

Salad Modifications - Additional Charges Will Apply.

Vegetarian

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

Salad

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