

Breakfast TIME

Breakfast

served until 11am

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| 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 one \$6.10 two |
| ½ BISCUIT & GRAVY..... | \$4.50 \$6.50 with egg |
| BISCUITS & GRAVY..... | \$5.95 \$7.95 with egg |
| TRADITIONAL BREAKFAST..... | \$8.50 |

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

HEALTHY START..... \$11.75
7 grain bread, egg white, avocado, greens, tomatoes, oatmeal & fruit.

Bread Modifications - Additional Charges Will Apply.

Brunch

served daily until 11am

Comes with home fries.

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| EGGS BENEDICT..... | \$11.25 |
| BRUSCHETTA BENEDICT | \$11.25 |
| VEGETABLE BENEDICT (V) | \$11.50 |
| DRUNKEN BENEDICT..... | \$11.50 |
| GYRO BENEDICT | \$11.50 |
| COUNTRY BOY BENEDICT..... | \$11.95 |
| SALMON BENEDICT ★ | \$13.25 |

📍 2015 9th street sw

☎ 772.217.3132

🌐 www.woodnspoon.biz

Monday - Friday : 7am-3pm

Saturday : 7am-2pm

FRESH OMELETS

served until 11am

Comes with home fries, grits or oatmeal and a piece of toast.

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| GREEN EARTH..... | \$11.25 |
| Onions, spinach, tomatoes, feta cheese. | |
| MEAT BLEND..... | \$11.25 |
| Bacon, sausage, ham & cheddar cheese. | |
| SPICY CRAVINGS 🌶 | \$11.50 |
| Ham, onions, mushrooms, 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. | |
| EGG WHITE MANSION..... | \$11.95 |
| Onions, broccoli, honey ham and fresh mozzarella cheese . | |
| VEGETABLE OMELET (V) | \$11.95 |
| Tomatoes, mushrooms, spinach, onions, broccoli, peppers, and cheese. | |
| SPANISH OMELET 🌶 | \$12.25 |
| Chorizo, home fries, peppers, tomatoes, onions and cheese. | |
| GYRO OMELET | \$12.25 |
| Lamb meat, onions, peppers, tomatoes, feta, and tzatziki sauce. | |
| WESTERN OMELET..... | \$12.25 |
| Ham, mushrooms, bell pepper, onions & cheddar cheese. | |
| CHICKEN FAJITA..... | \$12.25 |
| Onions, peppers, tomatoes, chicken & cheese. | |
| DESIGN YOUR OWN..... | \$12.25 |
| Up to five ingredients. | |

Boxed Lunch
or Catering



Breakfast Sandwiches & Bagels

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| BAGEL WITH BUTTER..... | \$2.75 |
| BAGEL WITH CREAM CHEESE..... | \$3.25 |
| EGG & CHEESE ON A CROISSANT..... | \$3.75 |
| CREAM CHEESE HONEY & WALNUT..... | \$4.40 |
| BACON EGG & CHEESE..... | \$4.90 |
| HAM EGG & CHEESE..... | \$4.90 |
| SAUSAGE EGG & CHEESE..... | \$5.90 |
| LOADED BREAKFAST SANDWICH..... | \$7.00 |
| Spinach, onions and tomatoes w/ your choice of meat. | |
| OPEN FACE AVOCADO ON RYE | \$7.95 |
| Served with cucumber & hard boiled egg. | |
| BREAKFAST BURRITO..... | \$8.00 |
| HALL OF FAME..... | \$9.95 |
| Tuna salad & egg salad on everything bagel. | |
| SALMON DELUXE ★ | \$11.95 |
| Everything bagel, lavish cream cheese, salmon, capers, lettuce, tomatoes & onions. | |

★ 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.

Drinks & Sides

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| FRESH COFFEE OR TEA | \$3.00 |
| MILK or CHOCOLATE MILK..... | \$3.50 |
| APPLE JUICE * OJ * V8..... | \$3.50 |
| MATBUCHA AND CONDIMENTS..... | \$0.75 |
| A VOCADO..... | \$1.00 |
| EGG..... | \$1.25 |
| BREAD..... | \$1.85 |
| PLAIN OATMEAL..... | \$3.00 |
| MEAT..... | \$3.00 |
| 12 OZ MATBUCHA/ TUNA/ CHICKEN/ EGG SALAD..... | \$10.00 |

PLATE SHARING \$3.00

Lunch

TIME

Sandwiches Extravaganza

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| MEXICAN HONEY HAM & CHEESE WRAP  | \$9.60 |
| Sautéed onions, green peppers, boiled egg, tomatoes, avocado, spicy ranch. | |
| BUFFALO CHICKEN WRAP  | \$9.60 |
| Greens, celery, carrot & bleu cheese. | |
| CURRY CHICKEN SALAD WRAP | \$9.60 |
| Greens, raisins, cucumber, tomatoes, red onions, sesame dressing. | |
| CHICKEN SALAD | \$9.60 |
| Greens & tomatoes on 7 grain. | |
| TUNA SALAD | \$9.60 |
| Greens and tomatoes on 7 grain. | |
| SPICY TUNA  | \$9.60 |
| Matbucha, lettuce, tomatoes, cucumber on ciabatta bread. | |
| HONEY HAM & SWISS | \$9.60 |
| Greens, tomatoes, mayo, spicy mustard on 7 grain. | |
| TURKEY, CRANBERRY & AIOLI | \$9.60 |
| Greens & tomatoes on ciabatta bread. | |
| TURKEY AVOCADO & PESTO | \$9.60 |
| Greens & tomatoes on ciabatta bread. | |
| BLT with mayo on white bread | \$9.60 |
| Bacon, lettuce & tomatoes. | |
| CHICKEN CLUB | \$9.60 |
| Greens, tomatoes, bacon, avocado & mayo on ciabatta. | |
| BLT-EA with mayo on white bread | \$9.95 |
| Bacon, lettuce, tomatoes, egg salad, avocado. | |
| SOUTHWEST CHICKEN & AVOCADO  | \$9.95 |
| Greens, tomatoes, matbucha, onions, mozzarella on ciabatta bread. | |
| BALSAMIC CHICKEN & AVOCADO | \$9.95 |
| Greens and tomatoes on ciabatta bread. | |
| GYRO | \$9.95 |
| Lamb or chicken served with greens, tomatoes, red onions, feta cheese, tzatziki & pita bread. | |
| TRIPLE DECKER | \$9.95 |
| Lettuce, tomatoes, bacon, turkey, American cheese & mayo on white bread. | |
| MEDITERRANEAN CHICKEN WRAP | \$9.95 |
| Greens, tomatoes, kalamata olives, onions, feta & tzatziki sauce. | |

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| ROASTED RED PEPPERS & AVOCADO WRAP (V) | \$9.60 |
| Greens, tomatoes, Feta & vinaigrette. | |
| FLORENTINE MELT (V) | \$9.60 |
| Spinach, cream cheese, Swiss cheese on 7 grain | |
| CAESAR SALAD WRAP (V) | \$9.60 |
| Lettuce, croutons, parmesan, caesar dressing. | |
| EGG SALAD WRAP (V) | \$9.60 |
| Greens, red onions, cucumber, avocado. | |
| HUMMUS WRAP (V) | \$9.60 |
| Greens, roasted red peppers, cucumber, tomatoes, raisins, red onions, sesame dressing. | |
| AVOCADO SANDWICH (V) | \$9.60 |
| Greens, pesto, tomatoes, Swiss cheese on 7 grain. | |
| BRUSCHETTA SANDWICH (V) | \$9.60 |
| Sundried tomato pesto, mozz, Vinaigrette on ciabatta. | |

Lunch Special

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| SOUP & 1/2 A SANDWICH | |
| | CUP : \$10.95 BOWL : \$11.95 |
| SOUP & SALAD (Garden or Caesar salad.) | |
| | CUP : \$13.25 BOWL : \$14.00 |
| SALAD & 1/2 SANDWICH | \$12.25 |
| ANY WHOLE SANDWICH & CHIPS | \$12.25 |

Salad Modifications - Additional Charges Will Apply.

Pressed Sandwiches & Panini

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| CORNED BEEF OR TURKEY REUBEN | \$9.95 |
| Swiss cheese, sauerkraut, Russian dressing on rye. | |
| TUNA MELT | \$9.95 |
| Tomatoes & Swiss cheese on ciabatta bread. | |
| CHICKEN FLORENTINE | \$9.95 |
| Spinach, cream cheese, Swiss cheese on 7 grain. | |
| CHICKEN SALAD MELT | \$9.95 |
| Tomatoes, onions, bacon & Swiss cheese on ciabatta bread. | |
| FRENCH DIP MELT | \$9.95 |
| Roast beef, Swiss cheese, Au jus on ciabatta. | |
| TRIPLE HAM MELT | \$9.95 |
| Mozzarella, colby jack and Swiss cheese on ciabatta. | |
| LOADED GRILLED CHEESE (V) | \$9.95 |
| Colby jack, cheddar and Swiss cheese on 7 grain. | |
| CUBAN SANDWICH | \$9.95 |
| PASTRAMI MELT | \$11.25 |
| Mayo, mustard, onions & Swiss cheese on rye bread. | |



Soups

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| CUP | \$5.75 |
| BOWL | \$6.50 |
| QUART | \$11.95 |

Fresh Salad

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| CAESAR SALAD | \$7.95 |
| Greens, croutons & parmesan cheese. WITH CHICKEN..... \$10.95 | |
| GREEK SALAD | \$9.95 |
| Lettuce, tomatoes, red onions, feta, cucumber & kalamata olives. | |
| ASIAN SALAD | \$9.95 |
| Lettuce, tomatoes, carrots, cucumber, red onions, sunflower seeds, raisins & crispy asian noodles. | |
| PICK ONE OVER GARDEN SALAD | \$11.75 |
| Tuna salad/chicken salad/ curry chicken salad/ egg salad. | |
| GREEN GARDEN | \$12.95 |
| Hard boiled egg, spinach, avocado, red onions, broccoli, mushrooms, cucumber, sunflower seeds, olive oil, s/p. | |
| NICOISE SALAD | \$12.95 |
| Tuna salad, home fries, spinach, cucumber, broccoli, egg salad with honey mustard vinaigrette. | |
| COBB SALAD | \$12.95 |
| Turkey, ham, bacon, lettuce, tomatoes, onion, cheese and boiled egg. | |
| GYRO SALAD | \$12.95 |
| Served with pita, lettuce, lamb meat, tomatoes, red onions, Feta, and tzatziki sauce. | |

Salad Dressings:

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

Drinks & Sides

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|---|---------------------------|
| FRESHLY BREWED ICED TEA | |
| IN HOUSE LEMONADE | |
| WATER BOTTLE/ PERRIER/ SOFT DRINKS | |
| APPLE JUICE * OJ *V8 | |
| ICE CREAM | \$4.00 Small \$5.00 Large |
| 2 COOKIES | \$1.75 \$2.30 GF |
| MUFFIN OR BROWNIE | \$3.30 \$3.75 GF |
| AVOCADO | \$1.00 |
| EGG | \$1.25 |
| BREAD | \$1.85 |
| MEAT | \$3.00 |
| 12 OZ MATBUCHA/ TUNA/ CHICKEN/ EGG SALAD | \$10.00 |

PLATE SHARING \$3.00