

# Blue Palmetto Cafe'

## GARDEN FRESH SALADS

Served with a roll

<b>Tropical Salad</b>	<b>\$8.75</b>
Mixed greens, strips of smoked turkey, apples, sweetened pecans, Mandarin oranges, strawberry, Gorgonzola cheese; Honey Lime dressing	
<b>Chef Salad</b>	<b>\$7.95</b>
Mixed greens, strips of smoked turkey, tomatoes, cucumbers, carrots, yellow, green and red peppers, Spanish olives, Swiss and cheddar cheese, real bacon bits, crispy corn strips; Lite Italian dressing	
<b>Vegetarian Chef Salad</b>	<b>\$6.95</b>
Mixed greens, tomatoes, cucumbers, carrots, yellow, green and red peppers, Spanish olives, Swiss and cheddar cheese, crispy corn strips; Zinfandel Vinaigrette	
<b>Greek Salad</b>	<b>\$5.75</b>
Mixed greens, tomatoes, cucumbers, yellow, green and red peppers, Greek olives, feta cheese; Greek dressing	
<b>Chicken Blueberry Salad</b>	<b>\$9.25</b>
A scoop of our own chicken salad on a bed of mixed greens, dried blueberries, feta cheese, sugared pecans, strawberry; Blueberry Pomegranate Vinaigrette	
<b>Tuna Cranberry Salad</b>	<b>\$7.50</b>
A scoop of our own tuna salad on a bed of mixed greens, tomatoes, cucumbers, dried cranberries, roasted pumpkin seeds; Raspberry Vinaigrette	
<b>Vegan Fruit Salad</b>	<b>\$7.95</b>
Mixed greens, grapes, strawberry, Mandarin oranges, dried cranberries, apples, dried blueberries, sugared pecans; Raspberry Walnut Vinaigrette	
<b>Side Salad</b> (Roll not included)	<b>\$2.25</b>
Mixed greens, tomatoes, cucumbers, carrots	

## SANDWICHES AND WRAPS

Served with lettuce, tomatoes and orange slice. Croissant is \$.50 extra  
Choices of bread include white, multi-grain, rye, croissant or wrap.

<b>Turkey &amp; Swiss Sandwich *</b>	<b>\$5.95</b>
Sliced smoked turkey breast with Swiss cheese	
<b>Chicken Salad Sandwich *</b>	<b>\$6.95</b>
A heaping scoop of our own chicken salad	
<b>Tuna Salad Sandwich *</b>	<b>\$5.25</b>
A heaping scoop of our own tuna salad	
<b>Cheese Sandwich-NOT Grilled *</b> Swiss or Cheddar	<b>\$2.50</b>
<b>Peanut Butter &amp; Jelly Sandwich *</b>	<b>\$3.75</b>
<b>Vegetarian Wrap</b>	<b>\$6.50</b>
Hummus, Swiss and cheddar cheese, lettuce, tomatoes, red peppers, cucumbers, carrots, Spanish olives; Chipotle Ranch dressing	
<b>Hot Dog</b> All-beef hot dog	<b>\$2.95</b>
<b>Kraut Dog</b> All-beef hot dog topped with sauerkraut	<b>\$3.25</b>
<b>Chili Dog</b> All-beef hot dog topped with beef chili	<b>\$3.75</b>
<b>Fried Grouper Fingers Sandwich</b>	<b>\$8.95</b>
Served on a wheat Kaiser roll with tartar or cocktail sauce	
<b>**Soup &amp; Half Sandwich</b>	<b>\$7.50</b>
8 oz. soup and half sandwich - selections are marked with ( * ) above **White, multi-grain, rye or croissant <b>ONLY</b>	

### Dressings

Blue Cheese, Chipotle Ranch, Greek, Honey Lime, Honey Mustard, Italian Lite, Olive Oil & Vinegar, Orange Sesame Ginger, Ranch,  
Vinaigrettes: Balsamic; Blueberry Pomegranate; Raspberry; Raspberry Walnut; Zinfandel

## SIDES

<b>Soup of the Day</b>	Small - 8 oz.	\$3.50
	Large - 16 oz.	\$4.95
<b>Gourmet Potato Chips</b>		\$1.50
<b>Fries</b> Beer battered and fried to a golden crisp		\$1.95
<b>Fries</b> Sweet Potato!		\$2.75
<b>Onion Rings</b> Beer battered and fried to a golden crisp		\$3.50
<b>Fried Chicken Fritters</b> With your choice of dressing		\$4.50
We Use Frying Oil with ZERO Grams of Trans Fat		

## BEVERAGES

<b>Fountain Sodas</b>		\$1.96
Coke, Diet Coke, Coke Zero, Sprite, Fanta Orange		
<b>IBC Root Beer</b>		\$2.25
<b>Arizona Green Tea</b>		\$2.50
<b>Raspberry Lemonade</b> Small or Large		\$1.75 - \$2.25
<b>Orange Juice</b> Small or Large		\$1.75 - \$2.25
<b>Coffee</b> Organic, Shade-grown (Flavored syrups available)		\$1.96
<b>Hot Tea</b> Caffeine or Herbal Organic, Fair Trade		\$1.96
<b>Iced Coffee</b> Try it with whipped cream!		\$2.50
<b>Iced Tea</b> Unsweetened (Sugar syrup available)		\$1.96
<b>Milk 2%</b> 12 ounce		\$1.60
<b>Chai</b> Sweet & spicy tea, hot or cold		\$2.50
<b>Hot Chocolate</b>		\$1.96
<b>Bottled Water</b> 16.9 oz. Earth-Friendly		\$1.96
<b>Water Cup</b>		\$ .25

## BREAKFAST

<b>Muffins</b> Assorted flavors		\$2.95
<b>Croissant</b> Grape, Strawberry or Mixed Fruit Jelly		\$3.70
<b>Fresh Fruit Bowl</b>		\$2.75
Fresh cantaloupe, honeydew melon, grapes and strawberry		
<b>Biscotti</b> Chocolate chips, pistachio nuts and		\$1.95
<b>Bagel &amp; Cream Cheese</b>		
Plain or Everything Bagel with Cream Cheese or Jelly		
		\$2.75

## DESSERTS

<b>Ice Cream - Single Cone or Dish</b>	5 oz. Edy's	\$1.95
<b>Ice Cream - Double Cone or Dish</b>	10 oz. Edy's	\$3.50
<b>Ice Cream - Kid's Cone or Dish</b>	2.5 oz. Edy's	\$ .95
<b>Cookies</b> Baked fresh at the Café		\$ .95
<b>Brownies</b> Semi-sweet with chocolate chunks		\$2.10
<b>Pie</b> Boxed, Assorted		\$2.95
<b>Ice Cream Float</b> Your choice of soda and ice cream flavor		\$3.25
<b>Assorted Ice Cream Bars and Popsicles</b>		

## WINE & BEER

<b>Wine - Glass</b>		\$3.75
<b>Wine - Bottle</b>		\$14.95
<b>Beer</b>		\$2.80
<b>Beer - Specialty</b>		\$3.75

# BOXED LUNCH OR DINNER

Call ahead to preorder your meals

## **Tropical Salad**

Mixed greens, strips of smoked turkey, apples, mandarin oranges, sweetened pecans, gorgonzola cheese and strawberries, served with honey lime dressing, a roll, fresh-baked cookie and beverage.

**\$10.95**

## **Turkey & Swiss Sandwich**

A generous serving of deli-sliced smoked turkey with Swiss cheese, lettuce and tomato on multi-grain bread, served with fresh mixed fruit, fresh-baked cookie and beverage.

**\$10.95**

## **Tuna Cranberry Salad**

Mixed greens, a heaping scoop of our own homemade tuna salad, tomatoes, cucumbers, dried cranberries and roasted pumpkin seeds, served with raspberry vinaigrette dressing, a roll, fresh-baked cookie and beverage.

**\$8.95**

## **Vegetarian Wrap with Hummus**

Swiss and cheddar cheese, lettuce, tomatoes, cucumbers, green and red peppers, carrots, hummus, green olives in a tomato-basil wrap, served with Chipotle Ranch dressing, fresh mixed fruit, fresh-baked cookie and beverage.

**\$8.95**

## **Chicken Blueberry Salad**

A scoop of our own homemade chicken salad on mixed greens, with dried blueberries, feta cheese, sugared pecans and strawberries; served with Blueberry Pomegranate Vinaigrette, a roll, fresh-baked cookie

**\$10.95**

## **Chicken Salad Croissant**

A heaping serving of our own homemade chicken salad with lettuce and tomato on a croissant, served with fresh mixed fruit, fresh-baked cookie and beverage.

**\$10.95**

## **Greek Salad**

Mixed greens, tomatoes, cucumbers, green & red peppers, Greek olives, Feta cheese and Greek dressing, served with a roll, fresh-baked cookie and beverage.

**\$8.95**

## **Tuna Salad Sandwich**

A heaping serving of our own homemade tuna salad with lettuce and tomato on multi-grain bread, served with fresh mixed fruit, fresh-baked cookie and beverage.

**\$8.95**

**863.676.1355**

[cafe@boktower.org](mailto:cafe@boktower.org)

[www.boktowergardens.org](http://www.boktowergardens.org)

*Customized menus are available.*

*Prices and menu selections are subject to change.*

*Add 7% tax to prices.*

**Bok Tower Gardens, 1151 Tower Blvd., Lake Wales FL 33853**