

BLUE PALMETTO café

UPGRADE YOUR EXPERIENCE

Trade your bag of chips for a premium side:	3
Mozzarella Caprese Salad	
Loaded Potato Salad with eggs, cheese, and chives	
Dense Bean Salad	
Add avocado to any salad, sandwich, or wrap	3
Add cheese	1

GROWN

substitute sweet chili shrimp, chicken, or salmon (additional \$3) on any salad

Members receive a 10% discount

Chilled Salmon Salad	17
artisan greens, salmon, cucumbers, pickled red onions, bell peppers, feta, sunflower seeds, and mango pineapple vinaigrette	
Chicken Mediterranean Salad	16
artisan mixed greens, chicken breast, chickpeas, heirloom cherry tomatoes, cucumbers, hardboiled egg, Kalamata olives and feta cheese, and Italian herb dressing	
Chicken Blueberry Salad	15
a scoop of our homemade chicken salad on a bed of artisan mixed greens, blueberries, feta cheese, candied pecans, strawberries, and raspberry walnut vinaigrette	

Avocado Tuna Salad	15
a scoop of our homemade tuna salad on a bed of artisan mixed greens, tomatoes, cucumbers, avocado, roasted pumpkin seeds, and zinfandel vinaigrette	
Vegan Cobb Salad	12
artisan mixed greens, chick peas, cucumbers, pickled carrots, heirloom cherry tomatoes, bell peppers, avocado, and zinfandel vinaigrette	
Side Salad	4
artisan mixed greens, tomatoes, cucumbers, pickled carrots, served with your choice of dressing	

Dressing options: Honey Mustard, Italian Herb, Ranch, Raspberry Walnut Vinaigrette, Mango Pineapple Vinaigrette, Zinfandel Vinaigrette

HANDHELD

served with a bag of chips (gluten-free bread available)
* indicates selections for half sandwich, combination does not include chips

Salmon BLT	16
served on toasted sourdough, chilled citrus herb salmon, lemon herb mayo, bacon, artisan lettuce, and tomato	
Avocado BLT*	14
served on toasted sourdough, smashed avocado, lemon herb mayo, bacon, artisan lettuce, and tomato	
Chicken BLT	15
served on toasted sourdough, lemon herb mayo, bacon, chicken breast, artisan lettuce, and tomato	
Black Bean Veggie Burger	14
served on sourdough ciabatta with artisan lettuce, and tomato	
Chicken Salad Sandwich*	14
served on croissant with a scoop of our own homemade chicken salad, artisan lettuce, and tomato	

Fried Flounder Sandwich	15
served on sourdough ciabatta, fried flounder filet, artisan lettuce, tomato, and tartar sauce	
Turkey & Smoked Gouda Sandwich*	14
served on artisan multigrain with sliced all natural turkey, smoked gouda cheese, tangy mayo, artisan lettuce, and tomato	
Vegan Chickpea Salad Sandwich*	14
served on toasted panini bread with chickpeas, celery, red onion, mustard, vegan mayo, seasonings, lettuce, and tomato	
Half Sandwich & Side Salad	12
* indicates selections for half sandwich, combination does not include chips	
Fried Chicken Tenders	9
with your choice of barbecue, ranch, or honey mustard	
Hebrew National Hot Dog	9
1/4 pound all-beef hot dog	
Peanut Butter & Jelly Sandwich*	5

WRAPPED

served with a bag of chips (gluten-free bread available)

Thai Shrimp Wrap	15
served on spinach wrap with glazed sweet chili shrimp, rice noodles, artisan lettuce, pickled carrots, cucumbers, and fresh mint. Substitute chilled salmon (\$3 upgrade)	
Turkey Cranberry Wrap	14
served on spinach wrap with sliced all natural turkey, cranberry mayo, provolone cheese, sprouts, and tomato	

Buffalo Chicken Wrap	15
served on tomato basil wrap, tenders tossed in buffalo ranch, provolone cheese, artisan lettuce, and tomato	
Avocado Tuna Wrap	14
a scoop of our homemade tuna salad, tomato, and sprouts	

MELTED

served with a bag of chips (gluten-free bread available)

Ham & Gruyere Melt	15
served on panini bread, ham, gruyere cheese, arugula, and dijonaise	
Turkey Brie Melt	15
served on panini bread, all-natural smoked turkey, fig preserves, apples, Brie cheese, and arugula	

Margherita Melt	15
served on panini bread, fresh mozzarella, pesto, tomato, balsamic glaze, and arugula	
Roast Beef Sandwich	15
served on panini bread with roast beef (roasted in-house), chimichurri herb mayo, arugula, and tomato	
Classic Grilled Cheese*	6
cheddar cheese on sourdough, grilled to perfection	

FLATBREADS

Margherita	15
roasted tomato, pesto, mozzarella, and arugula. Flatbread is drizzled with balsamic glaze	
BBQ Chicken Flatbread	15
roasted chicken, cheddar jack cheese, pickled onions, and cilantro. Substitute salmon (\$3 upgrade)	
Pizza Flatbread	14
select classic cheese or pepperoni with cheese and sauce	

SIDES & SWEETS

9 oz. Mozzarella Caprese Salad	8	Monster Cookie	4
Loaded Potato Salad	5	baked fresh	
Dense Bean Salad	5	Gluten Free Brownie	4
Bag of Chips	3	Gluten Free Rice Krispy Treat	4
		Muffin	4
Hand Dipped Ice Cream (assorted flavors)			
Small	5	Large	9
Medium	6	Waffle Cone	1

BREAKFAST

breakfast served from 9 a.m. to 11 a.m.

Avocado Toast	7
slice of toasted sourdough, smashed avocado, everything seasoning with fresh fruit on the side	
Bagel	4
served with cream cheese Bagels: plain, asiago, blueberry, cinnamon raisin	
Breakfast Bagel Sandwich	7
fried egg, bacon, cheddar cheese	
Tower Breakfast	12
two pancakes, two eggs, two slices of bacon, and home fries	
Bok Breakfast Bowl	10
two eggs, two slices of bacon, roasted peppers and onions, shredded cheese, served over home fries	

BEVERAGES

*unlimited refills

Fountain Soda*	4	Iced Tea*	4
Florida's Natural Orange Juice	3	Green Tea*	4
Apple Juice	4	Ginger Beer Soda	5
Dasani	3	Locally Roasted Coffee*	4
Smart Water	4	Cold Brew Coffee	5
Powerade	4	Hot Chocolate	6
Homemade Lemonade	5		

WINE & BEER

Wine		Mimosa	7
glass	7	Beer	7
bottle	25		

KIDS MENU AVAILABLE

Please be aware that our food may come into contact with common allergens. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness