




## Omelets and Eggs

**Egg Combo:** Two eggs your way, served with choice of bacon, ham or sausage and your choice of bread • \$8

**Periwinkle Everything Omelet:** Three-egg omelet, served with ham, tomatoes, onions, peppers, mushrooms and choice of bread and cheese • \$8.5

**Veggie Omelet:** Three-egg omelet, served with tomatoes, onions, peppers, mushrooms, spinach with choice of bread and cheese • \$8.5 

**Cheese Omelet:** Three-egg omelet, served with choice bread and cheese • \$8

**Build Your Own Omelet:** Three-egg omelet with your choice of toppings • \$8.5

*Toppings: Onions, peppers, mushrooms, tomato, spinach, ham, bacon, cheese*

### Daily Breakfast Special

*Includes coffee or juice • \$10*

## BYO Breakfast Sandwich

*Eggs Cooked Your Way*

**Choice of bread:** Wheat, white, rye or English muffin

**Choice of cheese:** Swiss, Cheddar, American or Provolone

**Choice of meat:** Bacon, ham or sausage • \$8

**Monte Cristo:** French toast, turkey, ham, Swiss cheese, strawberry jam, powdered sugar • \$10

**Breakfast Sides:** Home fries \$2 • Bacon \$3  
Sausage \$3 • Toast \$1 • Extra Egg \$2

## Breakfast

**Sand Dollar Pancakes:** Two made-to-order pancakes served with butter and syrup • \$5

**French Toast:** Two slices of toasted challah bread served with powdered sugar and syrup • \$6

**Oatmeal:** Old-fashioned oatmeal served with raisins, brown sugar and milk • \$6

## Deli Lunch Sandwiches

*All sandwiches come with lettuce, tomato and onion. Served with choice of side: French fries, fresh fruit, coleslaw or chips*

**Turban Turkey • \$8**

**Corned Beef • 8.5**

**Smoked Ham • \$8**

**Liverwurst • \$7.5**

**Tuna Salad • \$7.5**

**Chicken Salad • \$7.5**

**BLT:** Choice of bread, served with bacon, lettuce, tomato and mayo • \$8

**Classic Club with a Twist:** Choice of ham or turkey, served with bacon, lettuce, tomato and swiss cheese • \$8

**Turkey Cranberry Wrap:** Turkey, cranberry sauce, lettuce, tomato Swiss cheese, spinach wrap • \$9

**Half Sandwich Special:** Served with soup or fruit and small drink • \$8

**Sandwich Sides:** French fries \$2 • Onion rings \$3  
Coleslaw \$1 • Fruit \$1.5 • Chips \$1

**Soup of the day • \$3/cup • \$4/pint**

 Indicates LifeQuest Nutritional Option  GF Indicates Gluten Free Option  V Indicates Vegetarian Option

Consuming undercooked meats, seafood and eggs may increase the risk for food borne illnesses.



## Grab and Go

**Garden Salad:** Artisan lettuce, onion, tomato, carrots, cauliflower, broccoli and a hardboiled egg • \$6.5 

**Cameo Cobb Salad:** Iceberg lettuce with bacon, cherry tomato, blue cheese and hardboiled egg • \$8

**Chef Salad:** Iceberg lettuce with ham, burkey, Swiss and cheddar cheeses, hardboiled egg and cherry tomatoes • \$9

**Cowboy Bean Salad:** Romaine, tomatoes, onions, peppers, black beans, chickpeas, shredded cheese, bacon • \$9


**Salad of the Day** • \$8

Add to any salad: grilled chicken \$4 • fish \$5 • steak \$6

**Sandwich of the Day** • \$6

## Entrees

Served with choice of French fries, chips, coleslaw, onion rings or fresh fruit


**LifeQuest Chicken Wrap:** Sautéed chicken breast, served with lettuce, tomato, onion, peppers and mayo wrapped in a tortilla • \$8 


**Island Hamburger:** Custom Angus burger on a brioche bun served with lettuce, tomato, onion and pickle • \$10

Add cheese.....\$1 Add bacon.....\$2

**Hotdog:** All-beef hotdog on a toasted bun • \$6

**Patty Melt:** Custom Angus burger on grilled rye bread, served with Thousand Island dressing, grilled onions and Swiss cheese • \$10

**Chicken Breast Sandwich:** Grilled, marinated chicken breast, served on brioche bun with lettuce, tomato, onion and pickle • \$8 

**Harbor Court Fish Sandwich:** Fish of the day cooked your way and served on a brioche bun with lettuce, tomato, onion and pickle • \$8 

**Reuben:** Rye bread, corned beef, sauerkraut, Thousand Island dressing and Swiss cheese • \$9

**Tuna Melt:** White albacore tuna, served on grilled rye bread with Swiss cheese • \$8

**Chicken Tenders:** Four chicken tenders • \$8

**Skirt Steak with daily sides** • \$15

**Steak Wrap:** Skirt steak, cherry tomatoes, onions, lettuce, spinach wrap • \$12

**Cheese Quesadilla:** Shredded cheese, onions, peppers • \$8

With Chicken \$10 • With Steak \$12

**Island Veggie Bowl:** Zucchini, yellow squash, chickpeas, black beans, onions, peppers, spinach, grape tomatoes, mushrooms • \$8

With Chicken \$10 • With Steak \$12

**Daily Lunch and Dinner Specials include coffee or juice • \$12**



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