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www.FoodForLifeSupreme.com

Food For Life Supreme

ADDITIONAL TOPPINGS
& TO GO ORDERS: 50¢ extra

Appetizers

Carrot Fries..... \$5.00

Carrot Cheddar Fries: Straight cut, battered carrot fries, cheddar cheese, scallion, jalapeno pepper, sour cream, nautical bacon chips\$7.00

Flamingo Rolls: Salmon fillet and feta cheese wrapped in spinach and encased in a crunchy eggroll served with citrus sauce \$8.00

Spring Rolls: Stir fried veggies and cabbage encased in a crunchy eggroll served with tiki sauce \$6.00

Soup

Creamy Bean Soup: Garden vegetables, white beans, blended to perfection and topped off with parsley and a roll \$4.50

Salads

Triniti Salad:

Fresh romaine lettuce, choice of 3 toppings. Small \$3.50; Large \$5.00

Sunset Salad: Mixed green salad, crispy Asian strips, sautéed sundried tomato, avocado, sharp cheddar cheese, diced tomato, batter fried salmon fillet spun in sweet citrus sauce \$13.00

Land and Sea Salad: Grilled fish of choice over a bed of romaine lettuce with choice of salad dressing
with Whiting..... \$9.00
with Salmon..... \$11.00

Taco Salad: A bed of romaine lettuce, refried beans, olives, cheddar cheese, tomatoes, sour cream, salsa and red onions..... \$9.00
(with Whiting instead of refried beans \$11.00)

Available Toppings: Carrots, boiled eggs, tomato, feta cheese, sundried tomato, olives, onions, cheddar cheese, croutons and currants

Salad Dressings: Thousand Island, Ranch, Blue Cheese, Twinnette, Harvest Moon

Sandwiches

(include one side and SUPREME drink for \$3.00)

Cuban Burger: Toasted SUPREME burger bun, moist and tender salmon fillet, pickles and banana peppers, garlic mayo and Swiss cheese, all pressed to tantalize and satisfy.....\$7.50

Sandwiches (cont'd)

East of the Mississippi: Sandwiched are two Whiting fillets, onion, Sun and Moon Sauce from the south and SUPREME sliced bread..... \$6.50

Wrap It Up: A warm tortilla wrap filled with fried or grilled Whiting, lettuce, tomato, onion, pineapple, Freedom and Moon Sauce\$7.50
Prepared with veggies \$6.00
Prepared with Salmon..... \$9.50

Bella Burger: Grilled portabella mushroom, marinated and accompanied with mozzarella cheese, lettuce, grilled onion, tomato on a SUPREME bun \$6.00

Entrees

(all entrees are served with a side Triniti Salad)

Citrus Fish: Heavenly-battered Whiting, stir-fried vegetables over a bed of sauteed Quinoa with a warm spread of citrus sauce and spring roll \$12.50

Crunch Combo: Fried or Calypso Whiting, chicken drumettes, Freedom Sauce, one side and sliced bread or a waffle \$14.50

House Special: Two-piece Whiting fillet, fried or grilled, two sides and a SUPREME roll \$12.50

Mignon: Salmon fillet seasoned with a Cajun cream sauce and broiled to perfection, with a choice of two sides \$14.50

Key West: Fried Whiting with carrot, peas and plantain in curry sauce with cinnamon sticks over a bed of sautéed Quinoa and roll \$12.50

Sides

(all sides \$3.00)

Quinoa	Mac & Cheese
Cabbage (sauteed)	Green Beans
Candied Carrots	Salad
Garlic Mashed Potatoes	

Drinks

SUPREME Tea	\$2.00
Green Tea	\$2.00
Alkaline H2O.....	\$1.00
Izzie (assorted flavors).....	\$2.50
Root Beer.....	\$2.50
Ginger Beer	\$2.50
Hot Tea (assorted flavors)	\$1.25
Bio-Coffee	\$2.00
Dandy Blend.....	\$1.75
Iced Dandy Blend.....	\$4.00
Orange Juice.....	\$2.00
Apple Juice	\$2.00

Desserts

Assorted desserts available
(ask server for prices)

Children's Menu

(all menu items come with one side)

Ocean Nuggets: A child's portion of crispy nuggets of golden-fried Whiting..... \$6.00

Melt Down: Cheese, sandwiched between two slices of buttery grilled bread \$4.00

Quesadilla: Flour tortilla with cheddar cheese and tomatoes..... \$6.00

Mini Crunch Combo: One side or a waffle, fried or Calypso Whiting, chicken drumettes, Freedom Sauce and sliced bread.....\$7.00

Ask your server about
our Family Size dining

Breakfast

(Served All Day)

Build-Your-Own-Omelette (3 eggs)
Choice of four toppings: Swiss cheese, cheddar cheese, feta cheese, mozzarella cheese, onion, olives, tomatoes, sundried tomatoes, aquatic sausage, nautical bacon, mushrooms (*extra toppings 50¢ each*)
Served with SUPREME Toast\$7.00

Full Moon:
Gold 'n round crispy waffle \$5.00
(with fruit and toppings \$6.00)

French Quarters:
Double sliced bread, battered in eggs and cinnamon, sprinkled with powdered sugar \$5.00

Breakfast Club:
Eggs any style, nautical bacon, lettuce, tomato, onion, Moon Sauce, cheese on SUPREME bread \$6.00

Breakfast Burrito:
Scrambled eggs, nautical bacon, aquatic sausage, potatoes, cheese, lettuce in a wrap with Moon Sauce.....\$7.00

Southern Style:
Two pieces of fried or grilled Whiting on a cloud of fluffy FFLS grits, served with SUPREME toast..... \$8.00
with Salmon..... \$10.00