

Food For Life Supreme

ADDITIONAL TOPPINGS & TO GO ORDERS: 50¢ extra



Carrot Fries.....\$5.00

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

Soup

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



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 whiting	
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)



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



(all entrees are served with a side Triniti Salad)

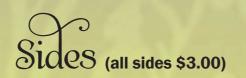
Citrus Fish: Heavenly-battered Whiting, stir-fried vegetables over a bed of sauteed Quinoa with a warm spread of citrus sauce and spring roll\$12.50

Crunch Combo: Fried or Calypso Whiting, chicken drummettes, 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



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



(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

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





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:

French Quarters:

Double sliced bread, battered in eggs

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

Garlic Mashed Potatoes



SUPREME Tea	\$2.00
Green Tea	\$2.00
Alkaline H20	\$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

and cinnamon, sprinkled with powdered sugar \$5.00

Breakfast Club:

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	

Prices are subject to change without prior notice · Wireless internet access available An 18% GRATUITY WILL BE ADDED TO PARTIES OF FIVE OR MORE