



LUNCH MENU

Express Lunch

Cup of Soup AND Small Salad OR 1/2 Sandwich \$13

Salad: Caesar or House topped with Chicken, Tuna or Shrimp Salad

Sandwich: Chicken, Tuna or Shrimp Salad, Choice of Bread

Soups & Appetizers

Soup du Jour Cup \$4.50 Bowl \$5.50

Lobster Bisque Cup \$5.00 Bowl \$6.50

Tomato Bruschetta ♥V+

Diced tomato, red onions, garlic basil, Kalamata olives, feta cheese, topped with balsamic reduction \$7.50

Add grilled diced Chicken \$3 Add grilled diced Shrimp \$4

Deconstructed Guacamole ♥GF V+

Hand-crafted guacamole, served with fresh blue corn tortilla chips \$8.50

Lettuce Wraps ♥ GF

Romaine heart, choice of jerk chicken, caramelized red onions; curried chicken salad with roasted red peppers; or tuna salad \$9.50

Signature Safety Harbor Crab Cakes

Two lump crab cakes, Harbor Bay remoulade, ginger slaw \$14

Tuna Tartare ♥

Avocado, fried wonton, cucumber, sour cream, citrus ponzu \$13

Mediterranean Tapas ♥V

Roasted garlic hummus, tzatziki, dolmades, house marinated olives, feta cheese, spanakopita, roasted peppers, pita \$13

Salads

Caesar Salad, Parmesan cheese with fresh herb croutons \$9

Add Chicken \$5 Add Shrimp \$6 Add Salmon \$6

Mozzarella Caprese ♥ V

Tomato, mozzarella cheese, basil, topped with balsamic reduction \$8

Spa Cobb

Iceberg lettuce, avocado, grape tomato, bacon, hard-boiled egg, blue cheese, grilled chicken, buttermilk ranch dressing \$12

Rustic Greek Salad ♥ V

Salad greens, tomato, cucumber, red onion, pepperoncini, feta, oregano, lemon juice \$10.50

Fruit & Blackened Chicken ♥ GF

Blackened chicken, fresh berries, baby greens, toasted sesame seeds, raspberry vinaigrette \$12

Harbor Mandarin Splash ♥ GF

Salmon, mixed greens & Romaine, Mandarin oranges, strawberries, shaved red onion, walnuts \$13.50

Grilled Octopus Salad ♥

Cucumber, tomato, red onion, pepperoncini, Kalamata olives, on a bed of mixed greens \$16



Sandwiches & More

All Sandwiches served with Terra Chips unless specified

Spa Club

Sliced turkey, ham, bacon, Swiss cheese, lettuce, tomato, mayonnaise, toasted white bread \$11

Chicken Sandwich

Grilled chicken breast, bacon, melted provolone, lettuce, tomato, red onion, Kaiser bun, French fries \$12

Signature Steak Burger

8 oz., Applewood smoked bacon, American cheese, lettuce, tomato, onion, brioche bun, French fries \$13.50

Make it vegetarian with our **Veggie Burger** \$11

Prime Dip

Beef prime rib on toasted 3-cheese asiago bread, au jus or creamy horseradish, French fries \$14.50

Blackened Grouper

Provolone, remoulade sauce, lettuce, tomato, French fries \$Market Price

Monte Cristo

Ham, turkey, Swiss cheese, French toast, topped with powdered sugar, red berry preserves \$12

Traditional Gyro

Gyro meat, shaved lettuce, tomatoes, red onions, pita bread, tzatziki sauce \$12

Ham or Turkey Caesar Salad Wrap

Topped with tomato bruschetta, French fries \$12

Hummus Avocado Wrap V+

Lettuce, tomato, red onion \$12

Corned Beef Reuben

Corned beef, sauerkraut, melted Swiss cheese, Thousand Island dressing, rye bread, French fries \$13

Turkey Rachel

Turkey, coleslaw, melted Swiss cheese, Thousand Island dressing, rye bread \$11

Grouper Reuben

Grilled grouper, sauerkraut, melted Swiss cheese, Thousand Island dressing, rye bread \$Market price

Quesadillas

Select One: Cheese (\$10), Chicken (\$12), Beef (\$14) or Shrimp (\$15)

Assorted cheeses, shredded lettuce, tomato, sour cream. Add salsa or guacamole \$4

Chicken Salad, Shrimp Salad or Tuna Salad ♥ ...Anyway you want it!

On a Mixed Green Salad, your Choice of Bread, On a Tomato Bowl, On a Wrap \$10

Can't decide? Sample Platter with all three on a bed of lettuce \$13

Sides & More \$4

French Fries Sweet Potato Fries Terra Chips♥ Coleslaw

Tortilla Chips & Guacamole Slice of Cheese Bacon Crispy Onions Broccoli♥GF V+

Asparagus♥ GF V+ Quinoa♥ GF V+ Brown Rice♥ GF V+ Basmati Rice GF V+ Roasted Sweet Potato GF V+

♥ Heart Healthy GF Gluten Free V Vegetarian V+ Vegan

Price does not include tax and gratuity. 21% gratuity will be added to all parties of six or more.

Consuming raw or uncooked meat, poultry, seafood, shellfish or eggs may increase the consumer's risk of food-borne illness.

We will provide for special dietary needs upon request. Not all ingredients are listed; inquire if you have food allergies.



Around the World Panini

on grilled focaccia bread with Terra Chips

Safety Harbor Chef Spanini ♥ Roasted turkey, ham, salami, tomato, fresh mozzarella, basil pesto \$12

Caprese Panini ♥V Tomato, mozzarella, basil pesto \$10

Italian Panini Prosciutto, salami, fresh mozzarella, tomato, mixed greens, basil pesto \$13

French Panini Ham and Swiss cheese, caramelized onion, honey Dijon \$11

Cuban Panini Ham, roast pork, salami, Swiss cheese, mayonnaise, yellow mustard, pickles \$13

Californian Caprese ♥ Grilled vegetables, green onion, tomato, fresh mozzarella, basil pesto \$11

Indian Panini Curried chicken salad, cranberries, spinach, candied pecans \$12

Luncheon Specialties

Crab Stuffed Portabella ♥

Spring mix, warm buttery Dijon sauce \$18

Salmon Athena ♥

Salmon filet, sautéed spinach, tomato, red onion, Greek orzo pasta, garlic, lemon, feta cheese \$14

Grecian Grouper

Pan-seared grouper, basmati rice, tomato, olive, lemon, feta tapenade \$Market price

Jumbo Shrimp Scampi

Linguini pasta, butter, lemon, garlic, white wine \$16

Linguini Garden Pasta Primavera GF V

Linguini pasta, asparagus, spinach, tomato, onion, squash, zucchini, garlic, lemon, olive oil, white wine \$13

Add Chicken \$5 Add Shrimp \$6

Grilled Chicken Kabobs ♥ GF V

Chicken, brown rice, tzatziki sauce \$14

French Signature Carved Steak Frites

Sauce au poivre, French fries \$18

Blackened Seared Chicken, ♥GF Double portion broccoli, almond, lemon \$14

Vegetable Stir Fry ♥ GF V+

Sautéed fresh seasonal vegetables, served over steamed brown rice \$12

Add Chicken \$5 Add Shrimp \$6

♥ Heart Healthy **GF/WGF** Gluten Free/Gluten Free Bread **V** Vegetarian **V+** Vegan

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