



PASTRIES

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| Muffins | |
| Blueberry, Cranberry, Banana or Bran | \$3.00 |
| Sticky Bun | \$3.00 |
| Cinnamon Roll | \$3.00 |
| Danish | |
| Blueberry, Cherry, Apple or Cream Cheese | \$3.00 |
| Biscotti | \$5.00 |
| Croissant | \$2.00 |
| Turnovers | \$3.00 |
| Scones | \$3.00 |
| Bagels | \$2.00 |

ICE CREAM

Flavors: Coffee, Strawberry, Peach Yogurt, Chocolate, Vanilla, Mint Chocolate Chip, Butter Pecan

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|--------------|--------|---------------|--------|
| 1 Scoop..... | \$3.00 | 2 Scoops..... | \$4.00 |
| Pint..... | \$5.50 | Quart..... | \$7.75 |

WAFFLE CONE

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|----------------|--------|-----------------|--------|
| One Scoop..... | \$4.00 | Two Scoops..... | \$4.75 |
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MILKSHAKE

\$3.75

BEVERAGES

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| Seasonal Healthy Smoothies: Made with locally sourced fruits and vegetables | \$6.00 |
| Large Coffee: Choose from regular, decaf, special brew or cold brew | \$2.00 |
| Tea: Choose from regular, decaf or green tea | \$2.00 |



ALSO VISIT SHELL POINT'S
OTHER DINING VENUES

PALM GRILL
BREEZEWAY CAFÉ
THE CRYSTAL
BLEND

MENU



14990 Shell Point Boulevard
Fort Myers, FL 33908
Phone: (239) 454-2286

Open Monday - Thursday 7 a.m. to 2 p.m.
Friday, Saturday and Sunday - 7 a.m. to 7 p.m.



BREAKFAST

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| Sand Dollar Pancakes: Two made-to-order pancakes served with butter and syrup | \$5.00 |
| Belgium Waffle: One large Belgian waffle, served with butter and syrup | \$5.00 |
| French Toast: Two slices of toasted challah bread served with powdered sugar and syrup | \$6.00 |
| Hot Cereal: Old-fashioned oatmeal served with raisins, brown sugar and milk | \$3.50 |

OMELETS AND EGGS

All omelets and eggs are served with home fries.

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| Egg Combo: Two eggs your way, served with choice of bacon, ham or sausage and your choice of toast | \$8.00 |
| Periwinkle Everything Omelet: Three-egg omelet, served with ham, tomatoes, onions, peppers, mushrooms and choice of bread and cheese | \$8.50 |
| Veggie Omelet: Three-egg omelet, served with tomatoes, onions, peppers, mushrooms, spinach with choice of bread and cheese | \$8.00 |
| Cheese Omelet: Three-egg omelet, served with choice of bread and cheese | \$7.25 |

BREAKFAST SANDWICHES

Eggs cooked your way

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| Choice of bread: Wheat, white, rye or English muffin | |
| Choice of cheese: Swiss, cheddar, American or provolone | |
| Choice of meat: Bacon, ham or sausage | \$7.00 |



GRAB AND GO

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| Garden Salad: Artisan lettuce, onion, tomato, carrots, cauliflower, broccoli and a hardboiled egg | \$6.50 |
| Salad of the Day | \$8.00 |
| Cameo Cobb Salad: Iceberg lettuce with bacon, cherry tomato, blue cheese and hardboiled egg | \$8.00 |
| Chef Salad: Iceberg lettuce with ham, turkey, Swiss and cheddar cheeses, hardboiled egg and cherry tomatoes | \$9.00 |
| Add grilled chicken to any salad | \$4.00 |
| Sandwich of the Day | \$6.00 |



DELI LUNCH SANDWICHES

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

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| Turban Turkey Sandwich | \$8.00 |
| Roast Beef Sandwich | \$8.50 |
| Corned Beef Sandwich | \$8.50 |
| Smoked Ham Sandwich | \$8.00 |
| Liverwurst Sandwich | \$7.50 |
| Tuna Salad Sandwich | \$7.50 |
| Chicken Salad Sandwich | \$7.50 |
| Egg Salad Sandwich | \$7.50 |
| Classic Club with a Twist: Choice of ham or turkey, served with bacon, lettuce, tomato and Swiss cheese | \$8.00 |
| Half Sandwich Special Served with soup or fruit and a small drink | \$8.00 |
| Scoop of Your Favorite Salad A choice of tuna, chicken, or egg salad on a bed of fresh spring mix. | \$6.00 |



FROM THE GRILL

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

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| LifeQuest Chicken Wrap: Sautéed chicken breast, served with lettuce, tomato, onion, peppers and mayo wrapped in a tortilla | \$8.00 |
| Island Hamburger: Custom Angus burger on a brioche bun served with lettuce, tomato, onion and pickle Add cheese.....\$1 Add bacon.....\$2 | \$10.00 |
| Hotdog: All-beef hotdog on a toasted bun | \$6.00 |
| Patty Melt: Custom Angus burger on grilled rye bread, served with Thousand Island dressing, grilled onions and Swiss cheese | \$10.00 |
| Chicken Breast Sandwich: Grilled, marinated chicken breast, served on brioche bun with lettuce, tomato, onion and pickle | \$8.00 |
| Harbor Court Fish Sandwich: Fish of the day cooked your way and served on a brioche bun with lettuce, tomato, onion and pickle | \$8.00 |
| Reuben: Rye bread, corned beef, sauerkraut, Thousand Island dressing and Swiss cheese | \$9.00 |
| Tuna Melt: White albacore tuna, served on grilled rye bread with Swiss cheese | \$8.00 |
| Chicken Tenders: Four chicken tenders | \$8.00 |
| BLT: Choice of bread, served with bacon, lettuce, tomato and mayo | \$8.00 |

BREAKFAST SIDES

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|------------------|--------|----------------|---------|
| Home Fries | \$2.00 | Toast..... | \$ 1.00 |
| Bacon | \$3.00 | Extra Egg..... | \$2.00 |
| Sausage | \$3.00 | | |

SIDES

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|-------------------|--------|-------------|--------|
| French Fries..... | \$2.00 | Fruit | \$1.50 |
| Onion Rings | \$3.00 | Chips | \$1.00 |
| Coleslaw | \$1.00 | | |

LifeQuest Nutrition Parameters: 700 calories or less, 26 grams of fat or less, 8 grams of saturated fat or less, and 750 milligrams of sodium or less. Based on a 2,000 daily calorie diet and a selection of fresh fruit as a side choice.