



# PASTRIES

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

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

# WAFFLE CONE

One Scoop.....	\$4.00	Two Scoops.....	\$4.75
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# MILKSHAKE

\$3.75

# BEVERAGES

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

THE CRYSTAL  
PALM GRILL  
BLEND  
VUE  
BREEZEWAY CAFÉ

DIN-388-24

# MENU



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

Open Wednesday 7 a.m. to 2 p.m.  
Thursday through Sunday - 7 a.m. to 7 p.m.  
Closed Monday - Tuesday





BREAKFAST

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

OMELETS AND EGGS

All omelets and eggs are served with home fries.

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

BREAKFAST SANDWICHES

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	\$7.00



GRAB AND GO

<b>Garden Salad:</b> Artisan lettuce, onion, tomato, carrots, cauliflower, broccoli and a hardboiled egg	\$6.50
<b>Salad of the Day</b>	\$8.00
<b>Cameo Cobb Salad:</b> Iceberg lettuce with bacon, cherry tomato, blue cheese and hardboiled egg	\$8.00
<b>Chef Salad:</b> 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

<b>Turban Turkey Sandwich</b>	\$8.00
<b>Roast Beef Sandwich</b>	\$8.50
<b>Corned Beef Sandwich</b>	\$8.50
<b>Smoked Ham Sandwich</b>	\$8.00
<b>Liverwurst Sandwich</b>	\$7.50
<b>Tuna Salad Sandwich</b>	\$7.50
<b>Chicken Salad Sandwich</b>	\$7.50
<b>Egg Salad Sandwich</b>	\$7.50
<b>Classic Club with a Twist:</b> Choice of ham or turkey, served with bacon, lettuce, tomato and Swiss cheese	\$8.00
<b>Half Sandwich Special</b> Served with soup or fruit and a small drink	\$8.00
<b>Scoop of Your Favorite Salad</b> 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

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

BREAKFAST SIDES

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

SIDES

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.