

Soups & Salads

Homemade Soup of the Day

\$4

Woodlands Palm Salad **GF**

Baby greens, hearts of cabbage palm, heirloom grape tomatoes, candied walnuts, bleu cheese crumbles and balsamic vinaigrette

Small **\$7** Large **\$9**

Caesar Salad

Hearts of romaine, housemade dressing, whole wheat croutons and shaved Parmigiano-Reggiano

Small **\$7** Large **\$9**

Grilled Asparagus Salad **GF**

Arugula, topped with grilled asparagus, heirloom grape tomatoes, goat cheese crumbles, black mission figs and roasted garlic herb vinaigrette

\$9

Black and Blue Salad

Chargrilled, blackened petite filet mignon, served over baby greens, romaine, red onions, matchstick carrots, cucumbers and heirloom tomatoes, tossed in a gorgonzola vinaigrette, sprinkled with gorgonzola crumbles

\$16

Goat Cheese Salad **GF**

Baby greens tossed in a raspberry vinaigrette, fresh strawberries and roasted almonds, topped with warm herb-crusted goat cheese

Small **\$8** Large **\$10**

Asian Salmon Salad **GF**

Chargrilled sesame seed crusted Scottish salmon, served on an Asian slaw of lettuce, cabbage, bell peppers, carrots, and red onions, tossed in a peanut vinaigrette, drizzled with teriyaki and wasabi cream, pickled ginger

\$14

Summer Salad **GF**

Mixed baby greens and romaine tossed with a Green Goddess dressing, with heirloom grape tomatoes, matchstick carrots, mandarin oranges, sliced apples and roasted sunflower seeds

\$7

Add to any salad

Grilled or Blackened Chicken **\$4** Shrimp **\$6** Salmon **\$8** Petite Filet **\$10** 



Sandwiches

All American Burger

Grilled half-pound burger served on a Kaiser roll with iceberg lettuce, vine-ripened tomatoes and red onions

\$10

Add smoked bacon **\$2**

Add American, Swiss, cheddar, or pepper Jack cheese **\$1**

Salmon BLT

Grilled salmon, served on a Kaiser roll with smoked bacon, baby greens, vine-ripened tomatoes and a smoked paprika remoulade sauce

\$12

Open Face Vegetable Sandwich

Grilled flatbread, topped with grilled zucchini, yellow squash, fire roasted red peppers, sautéed mushrooms and spinach, smothered with Havarti cheese and balsamic glaze, served with an arugula salad

\$11

Chef's Fresh Seafood Sandwich

\$12

Corned Beef or Turkey Reuben

Thinly sliced corned beef or turkey, Swiss cheese and sauerkraut, served on grilled rye with Thousand Island dressing

\$11

Woodlands Chicken Club

Grilled, boneless and skinless chicken breast, served on toasted whole wheat with smoked bacon, Swiss cheese, iceberg lettuce, vine-ripened tomatoes and mayonnaise

\$11

Marinated Portobello

Grilled marinated Portobello served on a toasted Kaiser roll with fire roasted red peppers, goat cheese, arugula, vine-ripe tomatoes and a roasted red bell pepper aioli

\$11

All sandwiches served with your choice of French fries, sweet potato fries, fresh fruit, potato chips, or the Palm Grill's signature jicama coleslaw.

Entrées

Create your own Omelet

Choice of ham, smoked bacon, spinach, mushrooms, red onions, bell peppers, vine-ripened tomatoes, and your choice of American, Swiss, or cheddar cheese, served with fresh fruit and your choice of toast

\$11

Quesadilla of the Day

\$11

Shrimp Cocktail and Salad

Six ice-cold Gulf shrimp with a traditional cocktail sauce, served with your choice of a Caesar salad or a Palm salad

\$13

Sautéed Shrimp and Scallops

Shrimp and scallops sautéed in a garlic herb-butter, served on a bed of baby spinach and topped with diced vine-ripened tomatoes and shaved Parmigiano-Reggiano

\$16

 **Indicates Gluten Free Items**  **Indicates LifeQuest Nutritional Option**
Consuming raw or undercooked food may increase your risk for foodborne illness.