



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

PALM GRILL
BANYAN GRILLE
BREEZEWAY CAFÉ
THE CRYSTAL
BLEND

DIN-348-20

MENU



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

Open Wednesday - Friday 7 a.m. to 2 p.m.
Saturday and Sunday - 7 a.m. to 7 p.m.
Closed Monday and Tuesday



BREAKFAST

Sand Dollar Pancakes: Three 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.

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

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

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

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 French fries, chips, coleslaw, onion rings or fresh fruit

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

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.