



WATERSONG

## SARGASSO'S

# Light Fare

ENTRÉE SALADS & SANDWICHES (*Served from 11AM to 4PM*) · \$9  
*All sandwiches served with your choice of fruit, french or sweet potato fries*

### **CLASSIC SPINACH SALAD**

Fresh baby spinach with chopped egg and fresh sliced mushrooms, served with a warm bacon dressing

### **CAESAR SALAD**

A traditional salad of crisp romaine, croutons, and Parmesan cheese tossed in a creamy Caesar dressing

### **GRECIAN ISLAND SALAD**

Mixed greens, cucumbers, Kalamata olives, tomatoes, feta cheese, capers,  
roasted red peppers & red onion with an herb vinaigrette

*\*Top any of the above salads with your choice of grilled chicken breast or our fresh catch of the day for \$3*

### **BROWN DERBY COBB SALAD**

This is a tribute to one of America's greatest restaurants. Crisp greens topped with avocado, bacon, tomato, bleu cheese, chopped egg, chilled roasted chicken and old fashioned French dressing

### **CLASSIC AMERICAN CLUB**

Just like you remember! Layers of sliced ham and turkey with lettuce, tomato, bacon, cheese, and mayo on toasted sourdough bread

### **PHILLY CHEESE STEAK SANDWICH**

Tender shaved ribeye with grilled onions and American cheese on a soft hoagie roll

### **CATCH OF THE DAY**

Prepared grilled, Cajun, or fried and served on a toasted ciabatta roll with lettuce, tomato & a zesty tartar sauce

### **FLAME GRILLED CHEESEBURGER**

Our 8oz. burger made fresh daily and served on a toasted Kaiser roll with American cheese and your choice of grilled onions, mushrooms or bacon

### **APPLEWOOD SMOKED BLT**

Crisp Applewood smoked bacon with lettuce and tomato on toasted sourdough

### **FLORIDIAN CHICKEN CLUB**

Grilled chicken topped with bacon, avocado and Swiss cheese, served on a soft Kaiser roll

### **GRILLED HAM OR TURKEY AND CHEESE**

Honey-glazed ham or Roasted turkey breast with your choice of American or Cheddar on grilled seedless rye

### **TUNA & TOMATO MELT**

Open-faced tuna salad sandwich on sourdough with melted Swiss cheese

### **SEASONAL SALAD PLATTER**

An assortment of two seasonal salads served with cottage cheese. Ask your server for today's featured salad

*\*Substitute any bread choice for wheat, rye, or Kaiser roll*

*Revised September 2009*

RESERVATIONS PLEASE: 321.253.7440 FOR CONCIERGE



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# Wellness Selections

This section is inspired by our Wellness Program that promotes our members living longer, happier, healthier lives!

## **FRESH CATCH ALMANDINE**

Our fresh catch of the day with toasted almond & butter crumb topping, baked until golden

Calories: 318 | Protein: 16g | Carbs: 22g | Sodium: 118mg | Fat: 15g

## **SAVORY PORK CHOP & APPLES**

Tender baked pork with freshly spiced apples and a touch of sweet cream butter

Calories: 365 | Protein: 26g | Carbs: 27g | Sodium: 250mg | Fat: 12g

## **BAKED CHICKEN FLORENTINE**

Boneless breast of chicken topped with sautéed spinach, roasted red peppers and topped with Swiss cheese

Calories: 325 | Protein: 20g | Carbs: 28g | Sodium: 220mg | Fat: 18g

# Dinner Entrées

*Served after 4pm. All entrées served with your choice of one vegetable and starch*

## **PETITE FILET MIGNON**

A hand-cut beef tenderloin, grilled & topped with your choice of Béarnaise sauce or sautéed mushrooms

## **STUFFED CRAB HOLLANDAISE**

Local blue crab with lump crab stuffing, topped with Hollandaise sauce

## **CHICKEN PARMESAN**

Baked with Mozzarella and Parmesan cheeses and served on a bed of linguini marinara

## **BOURSIN CHICKEN**

A grilled breast topped with bubbling Boursin cheese and roasted red peppers.

## **SAUTÉED VEAL LIVER**

Cooked to your specifications and smothered in onions

## **MEDITERRANEAN SHRIMP PASTA**

Sautéed shrimp, roasted red peppers, capers, herbs, mixed vegetables and Feta cheese with a white wine butter sauce on a bed of linguine

## **CATCH OF THE DAY**

Served grilled, baked, or scampi-style with lemon butter



## **VEGETABLES:**

Stewed Tomatoes and Green Beans · Steamed Seasonal Vegetable Medley  
Buttered Sugar Snap Peas · Sautéed Spinach · Sweet Corn · Steamed Broccoli

## **STARCHES:**

Sweet Potato Fries · French Fries · Baked or Sweet Potato (after 4pm please) · Wild Rice