BAGELS • DESSERTS • SANDWICHES • PANINI'S • SUBS • SALADS • SOUP • COFFEE • WRAPS • OMELETTES

BREAKFAST

Most Breakfast Items Available "All Day"

Bagel, Hard Roll, Croissant or English Muffin

Egg Sandwich* 6.95 American, Swiss, Provolone, or Cheddar 7.50 GF
Egg & Meat* Bacon, Sausage, Canadian Bacon, Taylor Ham or Deli Meat 8.25 GF
Egg, Meat & Cheese* 8.95 GF
Bagel with Lox and Cream Cheese* 9.95 GF
Breakfast Burrito* Egg, Cheese, Meat 8.95 GF
Home Fries or Hash Browns 2.95 GF
The Millennial Toast, Egg, Avocado, Tomato & Everything Bagel Seasoning 8.95 GF
Sausage Gravy over Biscuits 6.49
Three Egg Omelette (until 11 a.m.) served with toast* 10.95 GF
Pick Fillings: Any Meat, Onions, Peppers, any Cheese, Spinach
Belgian Waffle w/ butter and syrup 6.95
Breakfast Bowl (until 11 a.m.) home fries, scrambled egg, choice of meat cheese 10.95 GF
Yogurt/Granola Parfait 4.25

Salads

House Salad Lettuce, Tomato, Onion, Cheese 8.49 GF
Grilled Chicken Salad* Lettuce, Tomato, Onion, Cheese 10.95 GF
Julienne Salad Lettuce, Tomato, Onion, Cheese, Ham, Turkey, Egg 10.95 GF
Caesar Salad (add chicken* 1.00) 10.95 GF
Lettuce, Tomato, Parmesan, Caesar Dressing, Croutons
Greek Salad 10.95 GF
Lettuce, Tomato, Onion, Black Olives, Feta Cheese, Cucumber
Antipasto Salad 11.49 GF
Lettuce, Tomato, Onion, Black Olives, Cheese, Banana Peppers, Ham, Pepperoni
Cobb Salad* 10.95 GF
Lettuce, Tomato, Bacon, Grilled Chicken, Avocado, Cheese, Egg
Caprese Salad Greens and Tomatoes and 10.95 GF
Fresh Mozzarella with a Light Balsamic Vinaigrette
The Sanibel Skin Spa 10.95 GF
Fresh Spinach with Bacon, Egg, Onion and Feta Cheese
Waldorf Goat Cheese Salad 10.95 GF
Greens, Walnuts, Goat Cheese, Dried Cranberries
Cranberry Spinach Salad 10.95 GF
Spinach, Almonds, Dried Cranberries, Goat Cheese w/ Poppy Seed Dressing
Mandarin Almond Salad Lettuce & Spinach w/ 10.95 GF
Mandarin Oranges, Almonds , Feta w/ Poppy Seed Dressing
Cranberry Pecan Salad 10.95 GF
Lettuce, Dried Cranberries, Red Onion, Feta Cheese w/ Raspberry Vinaigrette
The Redneck Blackened Chicken w/ Spinach, Egg, Bacon & Blueberries 10.95 GF
The Border Patrol
Lettuce, Chicken, Black Beans, Corn, Tomato, Avocado, Red Onion, Cheese 10.95 GF

Deli Sides

Potato Salad 7.25/lb Coleslaw 6.95/lb

Homemade Soup

Made Fresh Daily – Chef's Choice GF
Cup 4.95 Bowl 6.35
Half Sandwich & Cup of Soup Special (No wraps or subs) 10.95 GF

LUNCH

Deli Sandwiches

– Whole 10.95 GF
Served with Chips and Pickle
Choice of White, Wheat, Rye, Multi-grain or Sourdough

Deli Sandwich Toppings:

Lettuce, Tomato, Onion, Pickles, Red Onion, Cucumber, Black Olives, Salt, Pepper, Mayo, Yellow Mustard, Brown Mustard, Honey Mustard, Chipotle Mayo, Jalapeños, Banana Peppers, Green Peppers, Hot Pepper Relish

Sub Sandwich

- Served with Chips and Pickle GF
12" Sub 11.95 8" Sub 10.95

Wrap

- Served with Chips and Pickle 12" Wrap 10.95 GF

Boar's Head Deli Meats

Ham • Turkey • Roast Beef • Liverwurst
Bologna • Pastrami • Salami • Corned Beef

Homemade Sandwich Salads

Chicken • Tuna • Egg Salad

Cheeses

Provolone • Swiss • American • Cheddar • Pepper Jack

Specialty Sandwiches / Wraps

Club Sandwich Swiss, Lettuce, Tomato, Bacon, Mayo (Ham, Turkey, or Roast Beef) 10.95 GF
"Bubbly Latitude" Chicken salad with lettuce, tomato on a Croissant 10.95
BLT (pronounced Bee, Ell, Tee) Do it like the Po Po, add an egg .50 10.95 GF
Reuben / Rachel Corned Beef or Pastrami, Sauerkraut, Swiss Cheese, Russian, grilled rye 10.95 GF
"The Baby Maker"(Gyro) lamb and beef with lettuce, tomato and tzatziki sauce on a pita 10.95 GF
"The Farley" Grilled turkey w/Swiss Cheese, Sriracha sauce & roasted red pepper 10.95 GF
"The Swampy" Grilled cheese w/Buffalo chicken salad 10.95 GF
"The Tommy" Same as the Reuben but with turkey 10.95 GF
"Loaded Diaper" Tuna salad with lettuce tomato and provolone in a wrap 10.95 GF
"The Fat Kid" Grilled cheese with bacon and tater tots 10.95
"Hot Chick From Buffalo" Buffalo Chicken, Lettuce, Tomato, 10.95 GF
Blue Cheese in a wrap. (Named after my grandmother)
"The Boob Job" Blackened Chicken, Lettuce, Tomato, Cheddar, Ranch in a Wrap 10.95 GF
"Knuckle Sandwich" Traditional BLT sandwich w/ Tuna on toasted bread 10.95 GF
"The Mr. Chow"* Sweet Thai chili chicken w/ spinach, cucumbers & provolone 10.95 GF
"Sanibel Dip" Shaved beef in a hoagie with au jus, with provolone 10.95 GF
"C.R.O.W." Chicken Salad Club – portion of proceeds donated to C.R.O.W 10.95 GF
Meatball Sub – Meatballs, Sauce & Cheese On A Sub Roll 10.95
12" Italian Sub - A.K.A. "The Fat Bastard" 12.95 GF
8" Italian Sub - A.K.A. "Little Vinnie" 10.95 GF
Lettuce, Tomato, Onion, Ham, Salami, Capicola, Provolone, Italian Dressing
"The Insurance Adjuster" Fried Bologna with Onions and Mustard 10.50 GF
"The Homewrecker" Grilled Ham & Cheese Sandwich 10.50 GF
"Gooey Louie" Grilled Cheese. Your choice of Bread and Cheese 8.95 GF
"The Beeyotch" Wrap 10.95 GF
Chicken, spinach, honey mustard, red onion, avocado, pepper jack
Chicken Caesar Wrap* 10.95 GF
Chicken Breast, Lettuce, Tomato, Parmesan Cheese, Dressing
"Sloppy Poppy" Wrap Chicken Breast, Spinach, Almonds, 10.95 GF
Dried Cranberries, Goat Cheese and Poppy Seed Dressing in a wrap
California Club Wrap 10.95 GF
Spinach, crumbled egg, chicken, bacon, avocado, tomato and chipotle mayo
"Cucaracha" Wrap Blackened chicken, Pepper Jack, spinach, avocado & salsa 10.95 GF

FROM THE GRILL

Hot Sandwiches & More

Burgers & Chicken come with your choice of toppings. Add Bacon - 1.50

1/3 lb. Burger* add cheese .75 comes w/fries and pickle 10.95
Hot Dog 1/4 lb. hot dog with your choice of toppings 7.25 GF
Grilled Chicken Breast Sandwich* 10.95 GF
Philly Steak Or Chicken* 10.95 GF
Peppers, Onions, Cheese on an 8" Sub Roll
Mother Clucker Fried Chicken sandwich w/ choice of toppings 10.95
Bratwurst choice of toppings 10.95 GF
Patty Melt burger patty, grilled rye, swiss, grilled onions, thousand island 10.95
Quesadilla (Cheese, Chicken* or Beef*) Cheese 8.49 Meat 10.95 GF
Served With Sour Cream & Salsa

Panini Sandwiches

Sanibel Fire "The Heater" Panini 11.25 GF
Roast Beef, Horseradish, Brown Mustard, Swiss, Red Onion
Pastrami Panini Tomato, Swiss, Brown Mustard 11.25 GF
Ricky Ricardo - Classic Cuban 11.25 GF
Swiss Cheese, Ham, Pickles, Salami, Yellow Mustard
"The Santiva Islanders" Ham & Swiss cheese. 11.25 GF
"Florabel" Pesto, Turkey, Tomato and Provolone 11.25 GF
"SanCap Trust" Turkey, Swiss, Honey Mustard 11.25 GF
"Pandora's Box" Tuna, Tomato, Cheddar Cheese 11.25 GF
Mediterranean Turkey 11.25 GF
Turkey, Roasted Red Pepper, Feta, Greens, Balsamic
The Sweatin' Giuseppe 11.25 GF
Ham, Capicola, Salami, Tomato, Onion, Provolone, Balsamic
The Beef & Blue 11.25 GF
Shaved Roast Beef, Onions and Crumbly Blue Cheese Dressing
The "Trudy" Chicken salad, chipotle mayo, tomatoes and cheddar cheese 11.25 GF
Is It Any Good? Chipotle mayo, turkey, red onions, bacon and provolone 11.25 GF
Build Your Own 11.25 GF

Vegetarian

The Long Duck Dong Lettuce, cucumber, red onion, crispy noodles, 10.25
feta cheese, w/ Asian sesame dressing
The Hummer 10.25 GF
Grilled cheddar, hummus, avocado and tomato on sourdough
San-Cap Veggie Wrap 10.25 GF
Avocado, Red Pepper, Cucumber, Tomato, Black Olives, Lettuce, Onion, Hummus
"The Caitlyn Jenner" Chicken Caesar - We just remove the meat 10.25 GF
Caprese Sandwich – Panini Style 10.25 GF
Fresh Mozzarella, Tomato, Oregano, Oil & Vinegar, Basil
Fresh Spinach Wrap Fresh Spinach, Red Onion, Hummus, 10.25 GF
Cucumber, Avocado, Roasted Red Pepper with Goat Cheese
Greek Wrap Lettuce, Tomato, Onion, 10.25 GF
Black Olives, Cucumber, Red Peppers, Feta Cheese, Balsamic

*Consuming raw or under cooked meat, seafood, shellfish, poultry or eggs may increase your risk of food-borne illness.

Menu items and prices subject to change.

GLUTEN-FREE OPTIONS.

All menu items labeled with GF can be made Gluten-Free at your request.