



BREAKFAST

Most Breakfast Items Available "All Day"

Sandwiches

Bagel, Hard Roll, Croissant or English Muffin

Egg Sandwich*	6.30	American, Swiss, Provolone, or Cheddar	7.00	GF
Egg & Meat*		Bacon, Sausage, Canadian Bacon, Taylor Ham or Deli Meat	7.70	GF
Egg, Meat & Cheese*			8.40	GF
Bagel with Lox and Cream Cheese*			8.95	GF
Breakfast Burrito*		Egg, Cheese, Meat	8.40	GF
Home Fries or Hash Browns			2.75	GF
The Millennial Toast, Egg, Avocado, Tomato & Everything Bagel Seasoning			8.40	GF
Sausage Gravy over Biscuits			5.95	

Omelettes (until 11 a.m.)

Three Egg Omelette served with toast*	9.95	GF
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Pick Fillings: Any Meat, Onions, Peppers, any Cheese, Spinach

Muffins	\$2.50	•	Cinnamon Rolls	3.50
Yogurt/Granola Parfait	3.75	•	Corned Beef Hash	2.95

Salads

House Salad	Lettuce, Tomato, Onion, Cheese	7.95	GF
Grilled Chicken Salad*	Lettuce, Tomato, Onion, Cheese	9.75	GF
Julienne Salad	Lettuce, Tomato, Onion, Cheese, Ham, Turkey, Egg	9.75	GF
Caesar Salad	(add chicken* 1.00)	9.75	GF
	Lettuce, Tomato, Parmesan, Caesar Dressing, Croutons		
Greek Salad		9.75	GF
	Lettuce, Tomato, Onion, Black Olives, Feta Cheese, Cucumber		
Antipasto Salad		9.95	GF
	Lettuce, Tomato, Onion, Black Olives, Cheese, Banana Peppers, Ham, Pepperoni		
Cobb Salad*		9.75	GF
	Lettuce, Tomato, Bacon, Grilled Chicken, Avocado, Cheese, Egg		
Caprese Salad	Greens and Tomatoes and Fresh Mozzarella with a Light Balsamic Vinaigrette	9.75	GF
The Sanibel Skin Spa		9.75	GF
	Fresh Spinach with Bacon, Egg, Onion and Feta Cheese		
Waldorf Goat Cheese Salad		9.75	GF
	Greens, Walnuts, Goat Cheese, Dried Cranberries		
Cranberry Spinach Salad		9.75	GF
	Spinach, Almonds, Dried Cranberries, Goat Cheese w/ Poppy Seed Dressing		
Mandarin Almond Salad	Lettuce & Spinach w/ Mandarin Oranges, Almonds, Blue Cheese Crumbles w/ Poppy Seed Dressing	9.75	GF
Cranberry Pecan Salad		9.75	GF
	Lettuce, Dried Cranberries, Red Onion, Feta Cheese w/ Raspberry Vinaigrette		
The Redneck	Blackened chicken w/ spinach, egg, bacon & raspberries	9.75	GF
The Long Duck Dong	Lettuce, cucumber, red onion, crispy noodles, feta cheese, "chicken" w/ Asian sesame dressing	9.75	GF

Deli Sides	Potato Salad	6.90/lb	Coleslaw	6.70/lb
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Homemade Soup Made Fresh Daily – Chef's Choice GF

Cup	4.65	Bowl	6.10
Half Sandwich & Cup of Soup Special (No wraps or subs)	9.95		GF

LUNCH

Deli Sandwiches – Whole 9.85 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, Peppercorn Mayo, Jalapeños, Banana Peppers, Green Peppers, Hot Pepper Relish

Sub Sandwich - Served with Chips and Pickle GF

12" Sub 10.95 8" Sub 9.85

Wrap - Served with Chips and Pickle 12" Wrap 9.85 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)	9.95	GF
"Bubbly Latitude"	Chicken salad with lettuce, tomato on a Croissant	9.95	
BLT (pronounced Bee, El, Tee)	Do it like the Po Po, add an egg .50	9.95	GF
Reuben	Corned Beef, Sauerkraut, Swiss Cheese, Russian, grilled rye	9.95	GF
"Island Homes"	Grilled turkey w/Swiss Cheese, Sriracha sauce & roasted red pepper	9.95	GF
"The Swampy"	Grilled cheese w/ Buffalo chicken salad	9.95	GF
"Rachel"	Reuben with Pastrami	9.95	GF
"The Tommy"	Same as the Reuben but with turkey	9.95	GF
"Loaded Diaper"	Tuna salad with lettuce tomato and provolone in a wrap	9.95	GF
"The Fat Kid"	Grilled cheese with bacon and tater tots	9.95	GF
"Hot Chick From Buffalo"	Buffalo Chicken, Lettuce, Tomato, Blue Cheese in a wrap. (Named after my grandmother)	9.95	GF
"The Boob Job"	Blackened Chicken, Lettuce, Tomato, Cheddar, Ranch in a Wrap	9.95	GF
"Knuckle Sandwich"	Traditional BLT sandwich w/ Tuna on toasted bread	9.95	GF
"The Mr. Chow"*	Sweet Thai chili chicken w/ spinach, cucumbers & provolone	9.95	GF
"Sanibel Dip"	Shaved beef in a hoagie with au jus, with provolone	9.95	GF
"C.R.O.W."	Chicken Salad Club – portion of proceeds donated to C.R.O.W	9.95	GF
Meatball Sub	Meatballs, Sauce & Cheese On A Sub Roll	9.95	
12" Italian Sub - A.K.A. "The Fat Bastard"		11.95	GF
8" Italian Sub - A.K.A. "Little Vinnie"		9.95	GF
	Lettuce, Tomato, Onion, Ham, Salami, Capicola, Provolone, Italian Dressing		
"The Insurance Adjuster"	Fried Bologna with Onions and Mustard	9.85	GF
"The Homewrecker"	Grilled Ham & Cheese Sandwich	9.85	GF
"Goey Louie"	Grilled Cheese. Your choice of Bread and Cheese	8.25	GF
"The Beeyotch" Wrap		9.25	GF
	Chicken, spinach, honey mustard, red onion, avocado, pepper jack		
Chicken Caesar Wrap*		9.95	GF
	Chicken Breast, Lettuce, Tomato, Parmesan Cheese, Dressing		
"Sloppy Poppy" Wrap	Chicken Breast, Spinach, Almonds, Dried Cranberries, Goat Cheese and Poppy Seed Dressing in a wrap	9.95	GF
California Club Wrap		9.95	GF
	Spinach, crumbled egg, chicken, bacon, avocado, tomato and chipotle mayo		
"Cucaracha" Wrap	Blackened chicken, Pepper Jack, spinach, avocado & salsa	9.95	GF

FROM THE GRILL

Hot Sandwiches & More

Burgers & Chicken come with your choice of toppings. Add Bacon - 1.00

1/3 lb. Burger*	add cheese .50	comes w/fries and pickle	9.95	
Hot Dog 1/4 lb. hot dog with your choice of toppings			6.95	GF
Grilled Chicken Breast Sandwich*			9.95	GF
Philly Steak Or Chicken*			9.95	GF
		Peppers, Onions, Cheese on an 8" Sub Roll		
Mother Chucker	Fried Chicken sandwich w/ choice of toppings		9.95	
Italian Sausage & Pepper Sub*		w/Marinara and Green Peppers in a Sub Roll	9.95	GF
Quesadilla (Cheese, Chicken* or Beef*)	Cheese 7.95 Meat 9.95	Served With Sour Cream & Salsa		GF

Panini Sandwiches

Sanibel Fire "The Heater" Panini		10.75	GF
	Roast Beef, Horseradish, Brown Mustard, Swiss, Red Onion		
Pastrami Panini	Tomato, Swiss, Brown Mustard	10.75	GF
Ricky Ricardo - Classic Cuban		10.75	GF
	Swiss Cheese, Ham, Pickles, Salami, Yellow Mustard		
"The Santiva Islanders"	Ham & Swiss cheese.	10.75	GF
"The Farlington"	Bacon, Tomatoes and Cheddar.	10.75	GF
"SanCap Trust"	Turkey, Swiss, Honey Mustard	10.75	GF
"Pandora's Box"	Tuna, Tomato, Cheddar Cheese	10.75	GF
Mediterranean Turkey		10.75	GF
	Turkey, Roasted Red Pepper, Feta, Greens, Balsamic		
The Sweatin' Giuseppe		10.75	GF
	Ham, Capicola, Salami, Tomato, Onion, Provolone, Balsamic		
The Beef & Blue		10.75	GF
	Shave Roast Beef, Onions and Crumbly Blue Cheese Dressing		
The "Trudy"	Chicken salad, chipotle mayo, tomatoes and cheddar cheese	10.75	GF
Is It Any Good?	Chipotle mayo, turkey, red onions, bacon and provolone	10.75	GF
Build Your Own		10.75	GF

Vegetarian

Hippie Chick Wrap		9.85	GF
	Avocado, Cucumber, Lettuce, Tomato, Oil & Vinegar		
The Hummer		9.85	GF
	Grilled cheddar, hummus, avocado and tomato on sourdough		
San-Cap Veggie Wrap		9.85	GF
	Avocado, Red Pepper, Cucumber, Tomato, Black Olives, Lettuce, Onion, Hummus		
"The Caitlyn Jenner"	Chicken Caesar - We just remove the meat	9.85	GF
Caprese Sandwich – Panini Style		9.85	GF
	Fresh Mozzarella, Tomato, Oregano, Oil & Vinegar, Basil		
Fresh Spinach Wrap	Fresh Spinach, Red Onion, Hummus,	9.85	GF
	Cucumber, Avocado, Roasted Red Pepper with Goat Cheese		
Greek Wrap	Lettuce, Tomato, Onion,	9.85	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.