



Salads

MEDITERRA HOUSE SALAD

Mixed Greens, Euro Cucumbers, Carrots, Tomatoes, Pickled Red Onions, Chickpeas, Parmesan Cheese, Herb Vinaigrette

12

COBB SALAD

Romaine & Mixed Greens, Roasted Chicken, Tomato, Buttermilk Bleu Cheese, Avocado, Egg, Bacon, Herb Vinaigrette

15

CAESAR SALAD

Romaine Lettuce, Parmigiano-Reggiano Cheese, Garlic Croutons, Traditional Caesar Dressing

12

SPINACH QUINOA & STRAWBERRY SALAD

Goat Cheese, Shaved Fennel, Chard Asparagus, Lemon Herb Vinaigrette

12

TUNA TATAKI

Soba Noodle Salad, Seared Tuna, Pickled Ginger, Scallion, Cilantro, Dipping Sauce

14

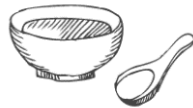
SALAD SCOOP

Fresh Lettuce, Sliced Fruit, Cucumber, Tomato, Egg, Avocado

Egg Salad 9 • Chicken Salad 10
Tuna Salad 11

ADD ON

Grilled Natural Chicken Breast	6
Grilled Salmon	9
Seared Tuna Loin	14
Blackened Gulf Shrimp (4pcs)	12



Soups

CUCUMBER YOGURT

Cup 5 Bowl 7

SOUP DU JOUR

Cup 5 Bowl 7

MEDITERRA CHILI

Cup 6 Bowl 8

Seasonal Inspirations

GRILLED LAMB CHOPS

Greek Salad, Grilled Pita Bread, Hummus, Feta Cheese, Tzatziki

15

KOREAN TACOS

Grilled Tortilla, Honey Gem Lettuce, Kimchi, Jalapeno, Pickled Cucumber, Ginger, Steamed Rice
Choice of:

Beef, Chicken, Salmon or Shrimp

Beef	16	Chicken	14
Salmon	17	Shrimp	17

SHRIMP SCAMPI

Gulf Shrimp, Garlic, White Wine, Cream, Basil, Lemon Angel Hair Pasta

14

TUNA POKE BOWL

Steamed Rice, Avocado, Asian Slaw, Radish, Cilantro, Sriracha Aioli, Pickled Cucumber, Crispy Wonton Strips, Sesame Soy Sauce

16

Weekly Specials

TUESDAY

HUEVOS RANCHEROS

Fried Corn Tortilla, Stewed Beans, Fried Egg, Tomatillo Salsa, Pico de Gallo, White Cheese, Cilantro, and Avocado

14

WEDNESDAY

CRISPY PORK BELLY SLIDERS

Caramelized Onion, Lettuce, Tomato, Pickle
Choice of Side

14

THURSDAY

LAMB SAUSAGE

Grilled Lamb Sausage, Roasted Corn and White Bean Succotash, Grilled Focaccia Bread

15

FRIDAY

CRAB AND AVOCADO SALAD

Little Gem Lettuce, Heirloom Tomato, Roasted Asparagus, Mango Strawberry Salad

17

SATURDAY

BARBEQUED SANDWICH

Chef's Selection of Meat, Homemade BBQ Sauce,
Choice of Side

14

SUNDAY

BRUNCH SPECIALS

Chef's Weekly Specials

Pizza



THE CLASSICS

Margherita, Pepperoni,
Four Cheese, Italian Sausage

14

Sandwiches



French Fries • Sweet Potato Fries • Chips • Side Salad • Cottage Cheese • Cole Slaw
Fresh Fruit • Beer-Battered Onion Rings

HOUSE GROUND FAZIO BURGER

Prime Beef Burger, LTOP
Choice of Cheese, Toasted Challah Bun

13

SWEET EARTH AWESOME BURGER

Plant-Based Patty Garlic Herb Mayo, LTOP,
Toasted Challah Bun

12

GROUPEL SANDWICH

Grilled or Blackened Gulf Grouper
Tartar Sauce, LTOP, Toasted Challah Bun

18

MEDI DOG

Grilled Hebrew National Hot Dog,
Chopped Onion,
Mustard, Ketchup, Relish

8

REUBEN SANDWICH

Corned Beef, Swiss Cheese, Sauerkraut,
1000 Island Dressing, Grilled Rye Bread

13

THE CLASSICS

Egg Salad • Tuna Salad • Chicken Salad
Turkey • Italian Cured Meats •
Corned Beef • Ham

LTOP, Choice of Bread or Wrap & Cheese

12



Gluten-Free Dish

\$3 Split Fee



A Healthier Choice