

## Soup & Sandwich Combos

### We Rotate Our Soups!

See Our Specials Board by the Front Door for More Info!

WHOLE/HALF PIMENTO w/**CUP** \$11/\$8  
Pimento Cheese, Grilled Tomato, Toasted Dave's Bread, Choice of Soup

WHOLE/HALF PIMENTO w/**BOWL** \$14/\$11  
Pimento Cheese, Grilled Tomato, Toasted Dave's Bread, Choice of Soup

WHOLE/HALF PORK BLT w/**CUP** \$11/\$8  
Pork Bacon, Vegenaïse, Tomato, Mixed Greens, Toasted Dave's Bread, Choice of Soup

WHOLE/HALF PORK BLT w/**BOWL** \$14/\$11  
Pork Bacon, Vegenaïse, Tomato, Mixed Greens, Toasted Dave's Bread, Choice of Soup

WHOLE/HALF VEGAN BLT w/**CUP** \$11/\$8  
Tempeh Bacon, Vegenaïse, Tomato, Mixed Greens, Toasted Dave's Bread, Choice of Soup

WHOLE/HALF VEGAN BLT w/**BOWL** \$14/\$11  
Tempeh Bacon, Vegenaïse, Tomato, Mixed Greens, Toasted Dave's Bread, Choice of Soup

WHOLE SANDWICH \$6  
Whole Sandwich of Choice, No Side

HALF SANDWICH \$4  
Half Sandwich of Choice, No Side

BOWL OF SOUP \$8  
12oz Bowl of Soup of Choice

CUP OF SOUP \$4  
8oz Cup of Soup of Choice

WELCOME TO  
NASSAU HEALTH FOODS!  
Serving Amelia Island since 1985,  
Nassau Health Foods sells the highest quality  
natural and organic products available.

**nassau**  
H E A L T H F O O D S

Large selection of natural and organic  
grocery, dairy and frozen products

Large selection of nutritional supplements  
and herbal remedies representing the  
finest national brands

100% organic produce

Bulk foods, spices, coffee and tea

Wine and beer featuring organic and  
gluten-free selections

The Amelia Fresh Café is an extension of our  
continued commitment to provide customers with the  
freshest natural and organic food choices on Amelia  
Island.

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Nassau Health Foods  
Amelia Fresh Café  
833 T.J. Courson Road  
Fernandina Beach, FL 32034

Phone (904) 277-3158



**amelia**  
F R E S H C A F É

*A Café for Conscious Eating*

All produce is certified organic or grown locally  
using organic methods.

### Café Hours

Saturday & Sunday  
Kitchen Closed

Café Bar Open 7am-3:30pm Monday-  
Saturday

### LUNCH MENU

Served from 11am-3:00pm Monday-Friday

**MEALS TO-GO AVAILABLE!**  
**OFFICE LUNCHES TO-GO!**

## Small Bites

### HUMMUS WITH PITA

House made Hummus, Warm Pita Bread - \$6

### TOASTED CIABATTA ROLL

Butter toasted Ciabatta Roll - \$4

## Salads

### CAESAR SALAD

Romaine, Caesar Dressing, Tomatoes, Candied Pecans, Parmesan - \$13  
Add Chicken or Blackened Mahi \$5

### BEET SALAD

Mixed Greens, Roasted Beets, Goat Cheese, Slivered Almonds, Lemon Shallot Vin - \$12  
Add Chicken or Blackened Mahi \$5

## Hot From the Grill

### GOLDEN BEET BURGER w/SIDE

Toasted Burger Bun, Roasted Golden Beets, Roasted Onions, Spinach, Sun-dried Tomato Goat Cheese Spread - \$12

### PESTO CHICKEN CLUB w/SIDE

Chicken, Turkey Bacon, Mixed Greens, Tomato, Swiss, Basil Pesto, Ciabatta Roll, Vegemaise - \$14

### MAHI TACOS w/SIDE

Blackened Mahi, Shredded Cabbage, Sautéed Red Peppers, Sautéed Onions, Pico, Cilantro-Lime Aioli, Sprouted Corn Tortilla - \$16

## Vegan & Vegetarian

### BEAN & RICE BURRITO w/SIDE

Adzuki Beans, Brown Rice, Pico, Cheddar, Tomato Wrap - \$10  
Add Chicken or Blackened Mahi \$5

### VEGAN WRAP w/SIDE

Sautéed Squash, Onions, Mushrooms, Mixed Greens, Sprouts, Hummus, Tomato Wrap - \$11  
Add Chicken or Blackened Mahi \$5

### BROWN RICE STIR FRY

Onions, Peppers, Spinach, Carrots, Mushrooms, Cabbage, Stir-fry Sauce, Brown Rice - \$13  
Add Chicken or Blackened Mahi \$5  
Extra Veggies \$2.50

## Wraps & Sandwiches

### GINGER CHICKEN WRAP w/SIDE

Ginger Chicken Salad, Spinach Wrap, Mixed Greens, Raspberry Vinaigrette - \$12

### TUNA SALAD WRAP w/SIDE

Tuna Salad, Tomato Wrap, Mixed Greens, Balsamic Vinaigrette - \$11

### MAHI WRAP w/SIDE

Blackened Mahi, Spinach Wrap, Mixed Greens, Cabbage, Pico, Roasted Pepper Aioli, Cilantro Lime Aioli - \$16

### TOFU CLUB SANDWICH w/SIDE

Grilled Tofu, Tempeh Bacon, Mixed Greens, Tomato, Vegemaise, Whole Wheat Bread - \$12

## Add-ons & Sides

\$1 Slice of Tomato, Peppers, Onions, Boiled Egg

\$2 Goat Cheese, Cheddar, Swiss, Hemp Cheese, Pork Bacon, Turkey Bacon, Sprouts

\$3 Tempeh, Tofu, Avocado

**\$1.50 Gluten-Free Upcharge**

## SIDES \$4

✦ Pasta Pea Salad

✦ Side Salad

✦ Chips

✦ Tortilla Chips

✦ Coleslaw

## Dressing Choices

Balsamic Vin, Raspberry Vin, Lemon Shallot Vin, Lemon Almond Vin, Ranch, Creamy Caesar

**Caution: Fish May Contain Bones**