

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

WHOLE/HALF VEGAN BLT w/**CUP** \$11/\$8
WHOLE/HALF VEGAN BLT w/**BOWL** \$14/\$11
Tempeh Bacon, Vegenaize, Tomato, Mixed Greens, Toasted Dave's Bread, Choice of Soup

WHOLE/HALF GRILLED CHEESE w/**CUP** \$10/\$7
WHOLE/HALF GRILLED CHEESE w/**BOWL** \$13/\$10
Dave's killer bread, cheddar, choice of soup

WHOLE SANDWICH \$8
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.

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

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

CHIPS W/ SALSA - \$5

House made pico, Tortilla chips

Salads

CAESAR SALAD

Romaine, Heirloom Tomatoes, Candied Pecans, Parmesan, Caesar Dressing- \$13

GOLDEN BEET SALAD

5oz. Roasted Golden beets, mixed greens, Shaved Almonds, Goat cheese, Lemon Shallot- \$12

HOUSE SALAD

Mixed greens, Red onions, Carrots, Heirloom tomatoes, Cucumbers, Cheddar, Boiled egg, Croutons - \$8

Hot From the Grill

BRASSTOWN BEEF BURGER w/SIDE

6oz. Grass-fed beef, Caramelized onions, Roasted garlic goat cheese spread, tomato, mixed greens, Toasted bun - \$15

PESTO CHICKEN CLUB w/SIDE

6oz. Chicken, Turkey Bacon, Mixed Greens, Tomato, Swiss, Basil Pesto, Ciabatta Roll, Vegenaise - \$15

MAHI TACOS w/SIDE

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

Caution: Fish May Contain Bones

Vegan & Vegetarian

BEAN & RICE BURRITO w/SIDE

Adzuki Beans, Brown Rice, Pico, Cheddar, Tomato Wrap - \$10

VEGAN WRAP w/SIDE

Sautéed Squash, Onions, Mushrooms, Mixed Greens, Sprouts, Hummus, Tomato Wrap - \$11

BROWN RICE STIR FRY

Onions, Peppers, Spinach, Carrots, Mushrooms, Cabbage, Stir-fry Sauce, Brown Rice - \$13
Extra Veggies \$2.50

GOLDEN BEET BURGER w/SIDE

Roasted Golden beets, Sauteed onions, Spinach, Sun-dried tomato Goat cheese, Toasted bun - \$12

PORTABELLA MUSHROOM BURGER w/SIDE

Marinated mushrooms, Caramelized onions, Tomato, Lettuce, Swiss, Toasted bun, Roasted garlic aioli, - \$13

Wraps & Sandwiches

GINGER CHICKEN WRAP w/SIDE

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

TUNA MELT w/SIDE

Dave's killer bread, Swiss, 4oz tuna salad \$9

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, Vegenaise, Dave's Killer Bread - \$12

Add-ons & Sides

\$1 Slice of Tomato, Peppers, Onions, Boiled Egg, cucumbers, carrots, pumpkin seeds, cranberries, pecans, cabbage, sunflower seeds, raisins
\$2 Goat Cheese, Cheddar, Swiss, Vegan Cheese, Pork Bacon, Turkey Bacon, Sprouts

\$3 Tempeh, Tofu, Avocado, toasted Ciabatta

\$5 Blackened mahi, Chicken, Grassfed Beef patty

\$8 Ahi sesame tuna

\$1.50 Gluten-Free Upcharge

SIDES \$4

✦ Pasta Pea Salad

✦ Side Salad

✦ Chips

✦ Tortilla Chips

✦ Coleslaw

✦ Sautéed veggies

✦ Kale Slaw - Carrot, Cabbage, Bell pepper, Sunflower seeds, Dried Cranberry

Dressing Choices

Balsamic Vin, Raspberry Vin, Lemon Shallot Vin, Lemon Almond Vin, Ranch, Creamy Caesar, Nutritional Yeast Dressing