

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!



Soup & Sandwich Combos

We Rotate Our Soups!

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

Gluten free upcharge \$1.50

WHL/HALF PORK BLT w/**CUP** \$12/\$9

WHL/HALF PORK BLT w/**BOWL** \$14/\$12

Pork Bacon, Vegemaise, Tomato, Mixed Greens, Toasted Dave's Bread, Choice of Soup

WHL/HALF TOFU CLUB SANDWICH w/**CUP** \$12/\$9

WHL/HALF TOFU CLUB SANDWICH w/**BOWL** \$14/\$12

Grilled Tofu, Tempeh Bacon, Mixed Greens, Tomato, Vegemaise, Dave's Killer Bread

WHOLE SANDWICH \$9

Whole Sandwich of Choice, w/**CHIPS**

HALF SANDWICH \$5

Half Sandwich of Choice, w/**CHIPS**

BOWL OF SOUP \$8

12oz Bowl of Soup of Choice

CUP OF SOUP \$4

6oz Cup of Soup of Choice

Salad

GOLDEN BEET SALAD

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

Vegan & Vegetarian

BEAN & RICE BURRITO w/**SIDE**

Adzuki Beans, Brown Rice, Pico, Cheddar, Tomato Wrap - \$12

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

Wraps & Sandwiches

TUNA MELT w/**SIDE**

Dave's killer bread, Swiss, 4oz tuna salad \$11

MAHI WRAP w/**SIDE**

Blackened Mahi, Spinach Wrap, Mixed Greens, Cabbage, Pico, Roasted Pepper Aioli, Cilantro Lime Aioli - \$16
Can Substitute Wrap For Taco Shells

Hot From the Grill

BRASSTOWN BEEF BURGER w/**SIDE**

5oz. 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, Vegemaise - \$15

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

\$6 Blackened Mahi, Chicken, Grassfed Beef Patty

SIDES

✦ Pasta Pea Salad \$4

✦ Side Salad \$4

✦ Chips \$2

✦ Coleslaw \$4

✦ Sauteed veggies \$4

✦ Kale Slaw \$4 - Carrot,

Cabbage, Bell pepper, Sunflower seeds, Dried Cranberry

Dressing Choices

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

Caution: Fish May Contain Bones