FRESHNESS IN A BOWL

GARDEN SALAD 6.95
LETTUCE, TOMATO, CUCUMBER, CARROTS, RED ONION

PICK ONE OVER GARDEN SALAD 8.95
TUNA SALAD, CHICKEN SALAD, CURRY CHICKEN SALAD OR EGG SALAD

CAESAR SALAD 6.95
GREENS, CROUTONS & PARMESAN CHEESE

CHICKEN CAESAR SALAD 8.95

GREEK SALAD 8.95
LETTUCE, TOMATO, RED ONION, FETA, CUCUMBER & KALAMATA OLIVES

GYRO SALAD 8.95
LETTUCE, TOMATO, RED ONION, GYRO MEAT & TZATZIKI

ASIAN SALAD 8.95
LETTUCE, TOMATO, CARROTS, CUCUMBER, RED ONION, SUNFLOWER SEEDS, RAISINS & CRISPY ASIAN NOODLES

GREEN GARDEN 8.95
LETTUCE, SPINACH, AVOCADO, RED ONION, PEAS, BROCCOLI, MUSHROOMS, SUNFLOWER SEEDS, AND BOILED EGG WITH OLIVE OIL, SALT & PEPPER OR YOUR CHOICE OF DRESSING

COBB SALAD 9.95
LETTUCE, TOMATO, CUCUMBER, CARROTS, RED ONION, CHEDDAR CHEESE, BACON, HAM, TURKEY, AND EGG

DESIGN YOUR OWN SALAD 8.95
add up to seven (7) ingredients:
• carrots • cucumber • edamame • sliced mushrooms • broccoli
• grilled red peppers • bell peppers • garbanzo beans • sliced celery
• tomatoes • hard boiled eggs • walnuts • sunflower seeds • avocado
• kalamata olives • sun-dried tomatoes • red onion • croutons • crispy bacon
• craisins • sweet peas • cheddar cheese • feta cheese • parmesan cheese
• fresh mozzarella • corn • black beans • red kidney beans • kale • quinoa
• sundried tomato pesto • ham • chicken • turkey • tuna salad • asian noodles

EXTRA DRESSING: 25¢ **EXTRA AVOCADO: 50¢**

SALAD DRESSINGS:
RANCH, SPICY RANCH, BLUE CHEESE, BALSAMIC, RUSSIAN, ASIAN, GREEK, CAESAR, ITALIAN, OLIVE OIL, VINEGAR

VEGETARIAN & WRAPS

CAESER SALAD WRAP 8.00
GREENS, CROUTONS, PARMESAN CHEESE & CAESAR DRESSING

ROASTED RED PEPPERS & AVOCADO WRAP 8.00
GREENS, TOMATO, FETA CHEESE & VINAIGRETTE

EGG SALAD WRAP 8.00
GREENS, RED ONION, CUCUMBER & AVOCADO

HUMMUS WRAP 8.00
ROASTED RED PEPPERS, CUCUMBER, TOMATO, RAISINS, RED ONION, WITH GREENS & SESAME DRESSING

ASIAN TASTE BUDS WRAP 8.00
GREENS, CARROTS, CUCUMBER, RED ONION, TOMATOES, RAISINS, CRUNCHY NOODLES, SUNFLOWER SEEDS & SESAME DRESSING

GUACAMOLE CHICKEN WRAP 8.00
GREENS, TOMATOES, RED ONION, CHEDDAR CHEESE WITH SMOKEY CHIPOTLE DRESSING

CURRY CHICKEN SALAD WRAP 8.00
GREENS, RAISINS, CUCUMBER, TOMATOES, RED ONION & SESAME DRESSING

MEXICAN HONEY HAM & CHEESE WRAP 8.00
SAUTEED ONIONS, GREEN PEPPERS, BOILED EGG, TOMATOES, AVOCADO, HOT SAUCE & COLBY JACK CHEESE

BUFFALO CHICKEN WRAP 8.00
GREENS, CELERY, SHREDDED CARROT, BLEU CHEESE OR RANCH DRESSING

MEDITERRANEAN CHICKEN WRAP 8.00
GREENS, TOMATOES, KALAMATA OLIVES, ONIONS, FETA & TZATZIKI SAUCE

EXTRAVAGANZA

BLT 8.00
BACON, LETTUCE, TOMATO WITH MAYO ON WHITE BREAD

HONEY HAM & SWISS 8.00
GREENS, TOMATO, MAYO & SPICY MUSTARD ON 7 GRAIN

WOOD N SPOON CLASSIC CHICKEN SALAD 8.00
GREENS AND TOMATO ON 7 GRAIN

WOOD N SPOON EGG SALAD 8.00
GREENS, CUCUMBER, TOMATO & MAYO ON CIABATTA

WOOD N SPOON TUNA SALAD 8.00
GREENS & TOMATO ON 7 GRAIN

WOOD N SPOON SPICY TUNA SANDWICH 8.00
MATBUCHA, LETTUCE, TOMATO & CUCUMBER ON CIABATTA

TRIPLE DECKER 8.00
LETTUCE, TOMATO, BACON, TURKEY, AMERICAN CHEESE & MAYO ON WHITE BREAD

LOADED ROAST BEEF 8.50
TOPPED WITH LETTUCE, TOMATO, MOZZARELLA, ROASTED RED PEPPERS & BALSAMIC VINEGAR ON CIABATTA

PASTRAMI SANDWICH 8.50
LETTUCE, TOMATO, MAYO & MUSTARD, SWISS CHEESE ON RYE BREAD

GREEK LAMB OR CHICKEN GYRO 8.00
GREENS, TOMATO, RED ONION, FETA CHEESE & TZATZIKI SAUCE ON PITA BREAD

MEDITERRANEAN LAMB OR CHICKEN SHAWARMA 8.00
HUMMUS, CUCUMBER, TOMATO, RED ONION & DILL PICKLES ON PITA BREAD

Winner of the Golden Fork Award

SOUTHWEST CHICKEN & AVOCADO 8.00
GREENS, MATBUCHA, ONION, AND MOZZARELLA ON CIABATTA

TURKEY AVOCADO AND WALNUT PESTO 8.00
GREENS AND TOMATO ON CIABATTA

BALSAMIC CHICKEN & AVOCADO 8.00
GREENS AND TOMATO ON CIABATTA

TURKEY WITH CRANBERRY AND AIOLI 8.00
GREENS AND TOMATO ON CIABATTA

TOMATO, MOZZARELLA, AND BASIL PESTO 8.00
WITH VINAIGRETTE ON CIABATTA

AVOCADO SANDWICH 8.00
GREENS, BASIL PESTO, SWISS CHEESE AND TOMATO ON 7 GRAIN

CHICKEN CAESAR SALAD SANDWICH 8.00
GREENS, PARMESAN CHEESE, CROUTONS AND CAESAR DRESSING ON CIABATTA

CHICKEN WITH SUN-DRIED TOMATO PESTO 8.00
GREENS, TOMATO & MOZZARELLA ON CIABATTA

BEEF or CHICKEN PHILLY 8.00
SAUTEED ONIONS, MUSHROOMS, GREEN PEPPERS, MAYO & SWISS CHEESE

CHICKEN CLUB 8.00
GREENS, TOMATO, BACON, AVOCADO & MAYO ON CIABATTA

BLTEA 8.50
BACON, LETTUCE, TOMATO, EGG SALAD, AVOCADO & MAYO ON WHITE BREAD

MELTS

WOOD N SPOON CRAFTED TUNA MELT 8.50
TOMATOES AND SWISS CHEESE ON CIABATTA

WOOD N SPOON CRAFTED CHICKEN SALAD MELT with BACON - ONION & SWISS CHEESE ON CIABATTA 8.50

FRENCH DIP MELT 8.50
ROAST BEEF, SWISS CHEESE & AU JUS ON CIABATTA

CHICKEN FLORENTINE MELT 8.50
SPINACH, CREAM CHEESE, SWISS CHEESE ON 7 GRAIN

TRIPLE HAM MELT 8.50
MOZZARELLA, COLBY JACK, AND SWISS ON CIABATTA

THE REUBEN MELT 8.50
CORNED BEEF, SWISS CHEESE, SAUERKRAUT & RUSSIAN DRESSING ON RYE

THE TURKEY REUBEN MELT 8.50
TURKEY, SWISS CHEESE, SAUERKRAUT & RUSSIAN DRESSING ON RYE

PASTRAMI MELT 8.50
MAYO, MUSTARD, ONION & SWISS ON RYE

LOADED GRILLED CHEESE 8.00
COLBY JACK, SWISS AND CHEDDAR CHEESE ON 7 GRAIN BREAD

WOOD N SPOON

Hours: Monday - Saturday 7am-3pm

2015 9th Street SW (Oslo Rd.)
SW Corner of 20th Avenue & Oslo Road
Vero Beach, Florida

772.217.3132

Dine-In • Take Out
Catering Available

FULL BREAKFAST
7AM-11AM

www.woodnspoon.biz

Saturday Brunch Specials

SATURDAY BRUNCH SPECIALS ARE SERVED WITH HOME FRIES AND A BEVERAGE Until 2pm

EGGS BENEDICT 9.95
FLORENTINE BENEDICT 9.95
CREAMY MUSHROOM BENEDICT 9.95
VEGETABLE BENEDICT 9.95
BRUSCHETTA & FRESH MOZZARELLA BENEDICT 9.95
BLT BENEDICT 9.95
THE IRISH CORNED BEEF DRUNKEN BENEDICT 9.95
GYRO BENEDICT 9.95
COUNTRY BOY BENEDICT 10.95
NEW
PHILLY BENEDICT 10.95
SALMON BENEDICT 11.95

LUNCH COMBOS

SMALL SOUP, ½ SANDWICH & DRINK 9.95
MEDIUM SOUP, ½ SANDWICH & DRINK 10.45
LARGE SOUP, ½ SANDWICH & DRINK 11.25
SALAD, ½ SANDWICH & DRINK 12.95
SMALL SOUP, SALAD & DRINK 12.95
MEDIUM SOUP, SALAD & DRINK 13.25
LARGE SOUP, SALAD & DRINK 13.95

Soup

SMALL (8 oz.) 4.25
MEDIUM (12 oz.) 4.95
LARGE (16 oz.) 5.55
QUART 10.99

BREAKFAST

Served until 11am

FRUIT BOWL 4.25

YOGURT PARFAIT 5.25

FRENCH TOAST ..... ONE: 2.25 TWO: 3.95

THE BOSS'S PANCAKES ..... ONE: 3.50 TWO: 5.25

BLUEBERRY *OR* BANANA CHOCOLATE CHIP PANCAKES ..... ONE: 4.75 TWO: 6.50

GRANNY KAY'S WAFFLE 5.25

SENIOR SPECIAL 5.95
INCLUDES: TWO EGGS ANY STYLE, BACON, TOAST, GRITS OR HASH BROWNS COFFEE: 2.50 FRESH OJ: 3.00

½ ORDER BISCUITS & GRAVY SERVED WITH A BEVERAGE ... 4.75
WITH 2 EGGS: 6.75

BISCUITS & GRAVY SERVED WITH A BEVERAGE 5.75
WITH 2 EGGS: 7.75

CONTINENTAL BREAKFAST SERVED WITH A BEVERAGE 9.25
TWO EGGS ANY STYLE, CHOICE OF MEAT, TOAST, HASH BROWNS, GRITS OR OATMEAL

HEALTHY START - SERVED WITH A BEVERAGE 9.25
TOASTED 7 GRAIN BREAD, EGG WHITE, AVOCADO, GREENS, TOMATO, OATMEAL & FRUIT

Kids Menu Available

All Day Breakfast Platter

TWO EGGS ANY STYLE, CHOICE OF MEAT, TOAST, TOMATO, CUCUMBER & A BEVERAGE 8.50

GF Available on Most Items

Extras

SIDE-GRITS, HASH BROWNS, OATMEAL 2.25

EXTRA BREAD OR BISCUITS 1.75

SMALL SIDE OF FRUIT 2.25

EXTRA EGG PER EGG 1.00

EXTRA MEAT 2.00

EXTRA MATBUCHA ..... .50

16 OZ. MATBUCHA 10.00

EXTRA CONDIMENTS ..... .50

FRESH OMELETS

Served until 11am

Served with hash browns, grits or oatmeal, toast and a beverage. Wood n Spoon only uses REAL Eggs!

DESIGN YOUR OWN 10.25
UP TO FIVE (5) INGREDIENTS

GREEN EARTH 10.25
ONION, SPINACH, TOMATO, FETA CHEESE

SPICY CRAVINGS 10.25
HAM, ONION, MUSHROOMS, PEPPERS, SPINACH, TOMATO SAUCE & CHEDDAR CHEESE

MEAT BLEND 10.25
BACON, SAUSAGE, HAM & CHEDDAR CHEESE

FARMER DELUXE 10.25
MUSHROOMS, PEPPERS, BACON, SPINACH, HASH BROWNS

SPANISH OMELET 10.25
CHORIZO, POTATO, PEPPERS, TOMATOES, ONION, AND COLBY JACK CHEESE

EGG WHITE MANSION 10.25
KALE, ONIONS, BROCCOLI, HONEY HAM AND COLBY JACK CHEESE

BABA'S OMELET 10.25
HASH BROWNS, ONIONS, SPINACH AND HAM WITH SOY SAUCE

PHILLY OMELET 10.25
SAUTEED ONIONS, PEPPERS, MUSHROOMS, BEEF & SWISS CHEESE

GYRO OMELET 10.50
GYRO MEAT, ONIONS, PEPPERS, TOMATO, FETA AND TZATZIKI SAUCE

OVER HARD SHAKSHUKA MEDITERRANEAN DREAM 10.50
TWO EGGS OVER HARD, ONION, PEPPERS AND SPICY-CRAFTED TOMATO SAUCE, SERVED WITH 7-GRAIN BREAD, TZATZIKI SAUCE AND CUCUMBERS

LOADED COUNTRY 11.00
HAM, BACON, SAUSAGE, SPINACH, TOMATOES, PEPPERS, ONIONS, MUSHROOMS, SWISS &AMERICAN CHEESES

Treats

ICE CREAM ..... SMALL: 3.35 | LARGE: 4.50

THE PERFECT MILKSHAKE 5.50

COOKIE ..... 1.50 | GF: 3.00

MUFFIN OR BROWNIE ..... 2.99 | GF: 3.25

Drinks

FRESHLY BREWED ICED TEA ..... 20 oz: 2.50 | 32 oz: 3.00

HOME MADE LEMONADE ..... 20 oz: 2.50 | 32 oz: 3.00

SOFT DRINKS ..... 20 oz: 2.50 | 32 oz: 3.00

COFFEE or HOT CHOCOLATE 2.50

MILK or CHOCOLATE MILK 3.25

CRANBERRY JUICE • APPLE JUICE
OJ • V-8 • PERRIER 3.25

WATER BOTTLE 1.00

BAGELS

Served all Day

BAGEL CHOICES: PLAIN • EVERYTHING
CINNAMON RAISIN • ASIAGO
BLUEBERRY • GLUTEN FREE

PLAIN BAGEL 1.45

BAGEL WITH:

BUTTER 2.35

BUTTER & HONEY 2.50

LAVISH CREAM CHEESE 2.95

PEANUT BUTTER OR NUTELLA SPREAD 3.45

PEANUT BUTTER AND JELLY 3.65

ALMOND BUTTER 3.75

ALMOND BUTTER AND JELLY 3.95

RED ONION CREAM CHEESE 3.50

SUN DRIED TOMATO CREAM CHEESE 3.99

VEGETABLE CREAM CHEESE 3.99

HONEY & WALNUT CREAM CHEESE 3.99

KALAMATA OLIVE CREAM CHEESE 3.99

☆ LOX CREAM CHEESE 4.50

☆ LOFTY SALMON DELUXE 9.95
EVERYTHING BAGEL, LAVISH CREAM CHEESE, SALMON, CAPERS, LETTUCE, TOMATO & ONION

☆ **Consumer Advisory** - Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, expecially if you have certain medical conditions.

ALL DAY BREAKFAST SANDWICHES

YOUR CHOICE OF BREAD: CROISSANT, BAGEL, WHITE, RYE, ENGLISH MUFFIN, CIABATTA, 7 GRAIN OR GLUTEN FREE

PLAIN CROISSANT & FRUIT 3.50

EGG & CHEESE 3.25

HAM, EGG & CHEESE 4.35

BACON, EGG & CHEESE 4.35

SAUSAGE, EGG & CHEESE 4.35

LOADED BREAKFAST SANDWICH 5.50
SPINACH, ONION AND TOMATO \WITH YOUR CHOICE OF MEAT

SHAKSHUKA MEDITERRANEAN OVER HARD 5.50
OVER HARD EGGS COOKED WITH ONION, PEPPERS & CRAFTED SPICY TOMATO SAUCE

OPEN-FACE AVOCADO & HARD BOILED EGG 5.50
SERVED WITH CUCUMBER OVER TWO SLICES OF TOASTED RYE BREAD

BREAKFAST BURRITO 5.50
SPINACH, ONION, TOMATO, YOUR CHOICE OF MEAT, CHEESE

ADD SIDE OF HASH BROWNS 7.00