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**SPRINGTIDE MARKET & DELI**

# SPRINGTIDE MARKET & DELI



## ALL-DAY BREAKFAST

- Biscuit** ..... \$3.99  
*Served with Butter, Jelly, or Cream Cheese*
- Bagel or Croissant** ..... \$5.99  
*Served with Butter, Jelly, or Cream Cheese*
- Biscuit Sandwich** ..... \$5.99  
*Served with Egg, Cheese, and Ham, Bacon, or Sausage*
- Bagel or Croissant Sandwich** ..... \$7.99  
*Served with Egg, Cheese, and Ham, Bacon, or Sausage*
- Breakfast Burrito** ..... \$7.99  
*Served with Egg, Cheese, and Ham, Bacon, or Sausage*



## SPECIALTY SANDWICHES

- SpringTide Club** ..... \$8.99 | \$11.99  
*Ham, Turkey, Bacon, Provolone Cheese, Lettuce, Tomato, and Mayo on White or Wheat Sub Roll*
- The Fripper** ..... \$8.99 | \$11.99  
*Roast Beef, Turkey, Provolone Cheese, Lettuce, Tomato, and Mayo on White or Wheat Sub Roll*
- The Dolphin** ..... \$8.99 | \$11.99  
*Choose from Roast Beef, Turkey, or Ham, Choice of Cheese, Lettuce, Tomato, and Mayo on White or Wheat Sub Roll*
- The Marlin** ..... \$8.99 | \$11.99  
*Tuna Salad or Chicken Salad on White or Wheat Sub Roll*
- The Norm** ..... \$7.99  
*Bacon, Lettuce, Tomato, Extra Mayo on Corn Dusted Jalapeño Bread*
- The Lulu** ..... \$8.99  
*Our Homemade Chicken Salad on Toasted Croissant*
- The Masters** ..... \$8.99  
*Pimento Cheese on Grilled Corn Dusted Jalapeño Bread*
- The Mama Mia** ..... \$9.99 | \$12.99  
*Meatballs, Marinara Sauce, and Provolone Cheese on Toasted Roll*
- The Island Burger** ..... \$8.99  
*Choice of Cheese, Lettuce, Tomato, Onion, Pickle, and Mayo*
- The Philly** ..... \$9.99 | \$12.99  
*Tender Fajita Steak, Sautéed Green Peppers and Onion, Toasted with Provolone Cheese*

**Cheeses:**  
*American, Cheddar, Swiss, Provolone, Pepper Jack*  
**Veggies:**  
*Lettuce, Tomato, Green Peppers, Pickles, Banana Peppers, Onion, Jalapeños, Black Olives*  
**Toppers:**  
*Wickle Brand Relish, Mayo, Mustard, Spicy Mustard, Salt and Pepper, Oregano, Oil and Vinegar*

**Make any sandwich a wrap or croissant!**

## BORDER FAVORITES

- Chicken or Pork Burrito** ..... \$7.99  
*Served with Salsa, Sour Cream, and Choice of Veggies*
- Steak Burrito** ..... \$8.99  
*Served with Salsa, Sour Cream, and Choice of Veggies*
- Cheese Quesadilla** ..... \$6.99  
*Served with Salsa and Sour Cream*
- Chicken or Pork Quesadilla** ..... \$7.99  
*Served with Salsa and Sour Cream*
- Steak Quesadilla** ..... \$8.99  
*Served with Salsa and Sour Cream*
- Tacos** ..... \$8.99  
*3 Soft Flour Tortillas, Seasoned Ground Beef, Homemade pico-de-gallo, lettuce, and cheese. Served with a Lime Wedge and Sour Cream.*

## SALADS AND SEASONAL SOUPS

- Lulu's White Chicken Chili** ..... \$5.99 | \$8.99
- Chicken Gumbo** ..... \$5.99 | \$8.99
- Loaded Baked Potato Soup** ..... \$3.99 | \$6.99
- Green Salad** ..... \$8.99  
*Choice of Veggies*
- Specialty Salad** ..... \$10.99  
*Served with Tuna Salad, Chicken Salad, or Grilled Chicken and Choice of Veggies*

- Southern Fried Chicken Sandwich** ..... \$8.99  
*Served with Pickle, Mayo, Served on a Potato Roll*
- Chicken Wings (6)** ..... \$7.99
- Chicken Tenders (3)** ..... \$7.99
- 2 Piece Chicken** ..... \$10.99  
*Served with Wedges, Coleslaw, and a Biscuit with Warm Honey and Butter*
- 8 Piece Chicken** ..... \$22.99  
*Served with 4 Biscuits*
- 8 Piece Chicken Family Meal** ..... \$28.99  
*Served with Wedges, Coleslaw, and a Biscuit with Warm Honey and Butter*
- Jalepeno Poppers (5)** ..... \$7.99
- Mozarella Sticks (5)** ..... \$7.99
- Wedges or Curly Fries** ..... \$3.99

**Sauces: Ranch, Blue Cheese, BBQ, Honey Mustard, Texas Pete, Buffalo**

## MINNOW MENU

- PB&J Sandwich** ..... \$4.99  
*Strawberry or Grape Jelly on White or Wheat Bread*
- Grilled Cheese Sandwich** ..... \$5.99  
*American Cheese on Grilled White or Wheat Bread*



## PIZZAS

*Make any pizza a TAKE and BAKE!*

- One Meat Topping and Choice of Veggies** ..... \$16.99
- Two Meat Toppings and Choice of Veggies** ..... \$18.99

*Meat choices: bacon, pepperoni, ham, sausage, meatballs, chicken, steak, pork*

Additional Meat Choices \$1 Each

## BBQ

- Pulled Pork** ..... \$7.99  
*Served with Lulu's BBQ Sauce on a Potato Roll*
- Family Feast** ..... \$45.99  
*Pulled Pork, 6 Rolls, BBQ Sauce, Baked Beans, and Coleslaw*
- By the Pound** ..... \$7.99 | \$11.99  
*1/2lb or 1lb, BBQ Sauce*