



OPEN DAILY  
7 a.m. to 2 a.m.

Order ahead  
at extension 6034

*Ask about our  
gluten free options.*



**ISLAND GRAND**  
A TRADEWINDS BEACH RESORT

## BREAKFAST until 11 a.m.

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### Rise and Shine Burrito 7.75

Scrambled Eggs with Peppers and Onions, choice of Bacon or Sausage with Cheddar or Pepper Jack Cheese on Wheat or Spinach Tortilla Wrap

### Sunrise Sandwich 7.50

Sage Sausage, Scrambled Eggs and Cheddar Cheese on a Large Butter Croissant

## COLD SANDWICHES

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### The St. Pete Beach Club Sandwich 9.95

Turkey, Bacon, Ham, Cheddar, Lettuce, and Tomatoes on a Large Butter Croissant

### TradeWinds Italian Classic Combo 9.75

Salami, Capicola, Pepperoni and Provolone, loaded with your choice of toppings on a fresh-baked Ciabatta Roll

### Bacon, Lettuce and Tomato 8.50

### Peanut Butter & Jelly 5.75

## BUILD YOUR OWN SANDWICH

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Choose from our fresh baked breads and add as many toppings as you like. 9.50

### Protein

Turkey • Ham • Roast Beef  
Chicken Salad • Egg Salad • Tuna Salad

### Bread Selection

Ciabatta, Baguette, Croissant, Rosemary Flatbread, Spinach Wrap, Wheat Wrap, Gluten Free Wrap, Sliced White, Wheat or Rye Bread

### Cheese

Provolone, Cheddar, Swiss, Manchego and Pepper Jack

### Toppings

Lettuce, Tomato, Onion, Banana Peppers, Black Olives, Cucumber, Pickles and Jalapeños

**Add Bacon 1.50**

## HOT SANDWICHES

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### Veggie Panini 9.50

Roasted Eggplant, Peppers, Zucchini, Onions, Tomatoes and Fresh Mozzarella on Rosemary Flatbread

### Black Forest Ham Panini 9.95

Black Forest Ham, Manchego Cheese, Roasted Tomatoes and Dijon Mayonnaise on Ciabatta Roll

### Roast Beef Panini 9.75

Roast Beef, Cheddar, Lettuce, Tomato and Horseradish Mayonnaise on Ciabatta Roll

### The Asian Hero 9.95

Lemongrass Roasted Chicken Breast, Pickled Carrots with Cilantro, Cucumber and Chili Garlic Mayonnaise on a Baguette

### Spiced Roast Pork Cuban 10.00

Roast Pork, Ham, Salami, Swiss Cheese, Dill Pickles, Mustard and Mayo on Cuban Bread

### Gourmet Grilled Cheese 7.75

Manchego, Provolone and Roasted Tomatoes on White, Wheat or Rye Bread

### Ham & Cheese Melt on Croissant 8.50

## SOUPS AND MORE

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### Bowl of Soup 5.50

### Soup and Half Sandwich Special 9.95

Your choice of Half Sandwich with Ham, Roast Beef, or Turkey on White, Wheat or Rye and a Bowl of Soup

## SALADS

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### Salads To Go 9.50

Grilled Chicken Caesar Salad  
Cobb Salad  
Chef's Salad

**Garden Salad 6.50**

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