

Sweet Sage

cafe

& Gift Shop

daily 7 am - 2 pm

ALL DAY BREAKFAST

“Waffledaffle”

A Belgian waffle with whipped cream, raspberry sauce and seasonal fruit 8.98

Creamy Scrambled Eggs

Made with our “secret ingredients”.
Served with bacon, ham or sausage patties and
choice of bread with fresh fruit garnish 5.98

Dairyberry Crunch

Yogurt, granola, fresh fruit and
whipped cream 6.98

Breakfast Wrap

Eggs, choice of meat, cheese, onions,
mushrooms and bell peppers on a tortilla
wrap and fresh fruit garnish 8.98

Breakfast Sandwich

Egg, choice of meat, cheese and bread 6.98

Crepe

Filled with cream cheese, ricotta cheese and
orange zest. Topped with fresh fruit and
whipped cream 9.98

Homemade Quiche of the Day

With choice of side* and fruit garnish 9.98

Sculptured Body Breakfast

Egg whites and a bowl of oatmeal served
with steamed milk, brown sugar and fresh
fruit garnish 7.98

*Choice of sides: Breakfast potatoes, grits, hot chunky applesauce, baby greens
salad or extra fruit

*Consuming raw or undercook foods may
increase the risk of foodbourne illness.

LIGHTER SIDE

Bagel-plain, cream cheese or with
butter 1.98

Bagel Sandwiches

With salmon, lemon wedges, red
onions and capers 11.98

With a dollop of egg, tuna or
chicken salad* 6.98
*includes nuts

Homemade Bread Toasted and
served with jam 1.98

Homemade Jumbo Muffin 2.25

Florida All Citrus Fruit Cup
4.98

Fresh Seasonal Mixed Fruit Cup
4.98

Oatmeal with steamed milk and
fresh fruit 3.98

Continental breakfast

Choice of homemade muffin and
yogurt with granola 4.98

Breakfast continued next page >

Belgian Waffle 5.98

Cinnamon French Toast served with cinnamon butter sauce 5.98
Peaches & Pecans 7.98 **Strawberries & Bananas** 7.98 **Raspberry** 7.98
Blueberry 7.98 **Bananas & Coconut** 7.98

Apple Crisp French Toast

Triple layer French toast stuffed with our hot chunky apple sauce, cinnamon
and raisins. Topped with whipped cream and powdered sugar 7.98

How’s your 2 + 2?

2 eggs (cooked to order), 2 pieces of bacon or sausage and
2 French toast halves 6.98

Biscuits and Gravy

Sausage gravy served with freshly baked buttermilk biscuits 5.98

Eye Opener

Two eggs cooked to order, choice of ham, bacon or sausage.
Choice of breakfast potatoes, grits or hot chunky apple sauce served with
freshly baked buttermilk biscuit or toast 7.98

Sweet Sage Scramblers

* Toppings also available on egg whites *

**Choice of breakfast potatoes, grits, hot chunky apple sauce or salad. Served with
freshly baked buttermilk biscuit or toast and fruit garnish. Topped with your
choice of cheese: American, White American, Swiss, Blue Cheese, Cheddar, Feta
or Parmesan.**

Ham & Cheese 7.95

Sliced ham and cheese
Sausage & Cheese 7.95
Sausage and cheese

Italian 7.95

Our bruschetta mix, olives and parmesan cheese

Turkey and spinach 7.95

Spinach, diced tomatoes, turkey and cheese

Veggies 7.95

Onions, red & green peppers, tomatoes, spinach and cheese

Western 8.95

Sliced ham, onion, green and red peppers and cheese

Black & Blue 8.95

Shaved roast beef and crumbled blue cheese

California 8.95

Guacamole, salsa, bacon and cheese

Smoked Salmon 11.98

Salmon, onions, capers and cheese

EGGS TO ORDER

Served with freshly baked buttermilk biscuit or toast

2 eggs 3.95 3 eggs 4.95 4 eggs 5.95

Add **Ham, bacon or sausage** 2.99

Add **Breakfast potatoes, grits or hot chunky applesauce** 2.00

Eggs Benedict

Poached eggs, shaved ham and hollandaise sauce on an English muffin. Served with fruit and choice of side* 9.98

Twice Stuffed Eggs Benedict

Twice Stuffed baked potato topped with poached eggs, shaved ham and hollandaise sauce. Served with fruit 8.98

California Benedict

Poached eggs, avocado and hollandaise sauce on an English muffin. Served with fruit and choice of side* 9.98

Salmon Benedict

Poached eggs, sliced salmon and hollandaise sauce on an English muffin. Served with choice of side* and fruit garnish 11.98

Scrambled Crab Benedict

A tasty crab cake topped with creamy scrambled eggs and covered with hollandaise sauce. Served with breakfast potatoes & fruit garnish 10.98

West Virginia Benedict

Biscuits topped with creamy scrambled eggs and covered in sausage gravy. Served with fruit garnish 8.98

Scrambled Bagel Benedict

Two toasted bagel halves topped with creamy scrambled eggs and covered with hollandaise sauce. Served with breakfast potatoes & fruit garnish 8.98

Pigs in a Benedict

Two toasted bagel halves topped with two sausage patties, creamy scrambled eggs and covered with hollandaise sauce. Served with breakfast potatoes & fruit garnish 9.98

*Choice of sides: Breakfast potatoes, hot chunky applesauce, grits, baby greens salad or extra fruit

FRESH SALADS *Add avocado 2.25

Smoked Salmon Salad

Our Mediterranean salad with a tasty addition of hummus, salmon buds dipped in cracked pepper and veggies. Served with roll 12.98

Yogi Energy Salad

Baby greens, cheese, fresh fruit, cashews and tortilla strips. Served with roll and our homemade raspberry dressing 9.98

Chicken Caesar Salad

Grilled chicken, baby greens, gorgonzola cheese, bacon and Caesar dressing 9.98

Sweet Sage Salad

Baby spring greens with choice of chicken*, egg, tuna, or seafood salad with raspberry dressing and roll. Surrounded with fresh fruit 9.98 *includes nuts

Tropical Island Fruit Plate

Sorbet, fresh fruit, cottage cheese and tea cake with a sprinkling of cashews. Served on bed of baby greens and drizzled with honey 9.98

Roast Beef Salad

Baby greens, roast beef, shredded parmesan and tomato wedges 9.98

Mediterranean Lite Bite

Toasted bagel halves with hummus, cucumber, tomato and tortilla strips Served with salad and fruit 9.98

Mediterranean Salad

Baby greens with garbanzo beans, olives, feta cheese, tomatoes, cucumbers, basil, parsley and roll 9.98

Fried Chicken Salad

Baby greens, tomato, cucumbers and tortilla strips. Topped with chicken strips and hard boiled eggs. Served with a roll and honey mustard dressing 9.98

Stuffed Tomato

Vine ripe tomato stuffed with choice of chicken*, egg, tuna or seafood salad garnished with fruit and crackers 9.98 *includes nuts

Small House Salad

Baby greens, veggies and homemade raspberry dressing and roll 3.98

SOUPS (upon availability) Cup \$3.50 Bowl \$4.50

MONDAY Split Pea and Ham

TUESDAY Chef's Choice

WEDNESDAY Mushroom Brie

THURSDAY Chef's Choice

FRIDAY New England Chowder

SATURDAY Chef's Choice

SUNDAY Chef's Choice

FOR STARTERS

Chips & Choice of Dip 4.49

Tortilla chips flavored with a hint of lime. Served with choice of 1 of the following dips: **Salsa, Guacamole, Hummus or Bruschetta Mix**

Tasty Crab Cakes

Served with salad and fruit garnish 9.98

Homemade Bruschetta

Vine ripe tomatoes, basil, garlic, olive oil, cream cheese and fresh parmesan on wheat toast halves 8.98

LUNCH

Steakburger

Our classic Steakburger topped with choice of cheese. Served with sweet potato fries or chips 8.98

Mushroom Steakburger

Our classic Steakburger topped with sautéed mushrooms and choice of cheese. Served with sweet potato fries or chips 8.98

Bacon Steakburger

Our classic Steakburger topped with crispy bacon and choice of cheese. Served with sweet potato fries or chips 9.98

“SAGE” Steakburger

Our classic Steakburger topped with sautéed mushrooms & bacon and choice of cheese. Served with sweet potato fries or chips 9.98

“Ike & Tina” Tuna

Open faced tuna fish sandwich on grilled sourdough bread smothered in Swiss cheese. Served with sweet potato fries or chips 8.98

French Dip

Shaved roast beef mounded on a croissant served with au jus. Served with sweet potato fries or chips 9.98

Swiss Hammer

Shaved ham topped with Swiss cheese on choice of bread. Served with sweet potato fries or chips 9.98

Stuffed Chicken Breast

Grilled boneless chicken breast stuffed with onions, mushrooms, peppers and parmesan cheese. Served with a salad and roll 9.98

Parmesan Bruschetta Chicken

Grilled boneless chicken breast topped with bruschetta and parmesan cheese. Served with a salad and roll 9.98

Chicken Madeira

Grilled boneless chicken breast stuffed with ham and cheese and topped with hollandaise sauce. Served with salad and roll 10.98

Grilled Roast Beef Sandwich

Tender roast beef with sliced tomato and a sour cream, cream cheese and horseradish dressing. Served with sweet potato fries or chips and fresh fruit garnish 9.98

Grilled Chicken Estrada Melt

Grilled chicken breast, sautéed red onions, garlic mayo, a dollop of spinach and artichoke sauce, white American cheese on homemade bread. Served with salad 9.98

“Skinny Dip”

Twice stuffed baked potato topped with Roast Beef, smothered in cheddar cheese with side of sour cream and salad 9.98

Cheese & Tomato Melt

On homemade bread with basil, bacon, tomato, cheese and garlic mayonnaise. Served with sweet potato fries or chips and a pickle 8.98

*** Any of the below can be served on your choice of bread or wrap***
*** Add avocado to any sandwich, wrap or salad 2.25**

Turkey Breast on Homemade Bread

Shaved turkey breast, romaine lettuce, tomato, cucumber, cheese, garlic mayo and raspberry sauce. Served with sweet potato fries or chips and fresh fruit garnish 8.98

Turkey or Roast Beef Club

Lettuce, tomato, bacon and cheese on toasted homemade bread with garlic mayonnaise. Served with pickle and sweet potato fries or chips 8.98

High Energy Wrap

Spicy, grilled chicken with hummus, romaine lettuce, cucumber, tomato & tortilla strips. Served with fresh fruit and sweet potato fries or chips 8.98

Bacon, Lettuce & Tomato

Spread with garlic mayonnaise on toasted homemade bread. Served with pickle and sweet potato fries or chips 8.98

Chicken BLT

Chicken, blue cheese, bacon, romaine lettuce, and tomato. Served with pickle and sweet potato fries or chips 9.98

Fried Chicken Wrap

Fried chicken breast with romaine lettuce, tomato, cucumbers, & tortilla strips. Topped with honey mustard dressing. Served with sweet potato fries or chips and fruit garnish 9.98

Wraps

Seafood Combo, Turkey, Mediterranean or Veggie wrap. Filled with baby greens, tortilla strips, cheese and veggies. Served with fresh fruit and sweet potato fries or chips 8.98

Grilled Portabella Mushroom Sandwich

An open faced sandwich with sautéed peppers and feta cheese. Served with a salad and fruit garnish 8.98

Seabird Special

Cup of soup or baby greens salad and a half of one of the sandwiches below 8.98

Our Special Seafood, Chicken*, Egg, or Tuna Salad Sandwich

Served on homemade bread with garlic mayonnaise, tortilla strips, romaine lettuce & veggies. Sweet potato fries or chips and fruit garnish 8.98 *Includes nuts

Kids

Petite French Toast or Belgian Waffle **5.98**
With bacon or sausage and strawberries

Grilled Cheese Sandwich **5.98**

Peanut Butter & Jelly Sandwich **5.98**

Hamburger **5.98**

Grilled Ham & Cheese **6.98**

NEW FROM "SWEET SAGE" TO YOU!

Seasonal fresh squeezed juices upon availability

Strawberry Banana Fusion, Peach Mango Fusion, Pineapple Coconut Juice 2.25

CREATE YOUR OWN "SWEET SAGE SMOOTHIE"

Choose any of the above juices blended with:

PEACHES, STRAWBERRIES, TRIPLE BERRIES

FLORIDA WINES

MANGO CITRUS FUSION

Blend of 8 grape varieties and mango juice. You have got to try this Florida favorite, made in Plant City.

STRAWBERRY RIESLING

With a hint of strawberries, this delightful Riesling is a winner, made in Plant City, Florida.

WILD BERRY PINOT NOIR

Made with pinot noir grapes and a blended assortment of blueberries, strawberries and raspberries. This is a light red wine.

PEACH APRICOT CHARDONNAY

A silky chardonnay with fruit flavors of peach and apricot. Light and lower in alcohol than most. You will love this one!!

SAUVIGNON BLANC W/ PEAR AND KIWI

Blended with the juices of pear and kiwi, this is one of our favorites.

GLASS 4.00 ½CARAFE 10.00 CARAFE 18.00

BEVERAGES

Coffee of the Day

Regular 1.95
Large 2.25

Espresso

Single 1.95
Double 2.75

Cappuccino

Single 2.95
Double 3.95

Café Latte

Single 2.95
Double 3.95

Café Mocha

Single 3.50
Double 4.25

Café con Leche 3.95

Café Breve 4.25

Chai Tea

Hot or Cold 3.95

Hot Chocolate 2.25

Hot Teas

Herbal or traditional 1.95

Iced Tea

Un-sweet 1.98
Flavors available 2.25

Iced Coffee 2.25

**Frosted Mochachino
Cooler 3.98**

Fresh Fruit Smoothies

3.98

Lemonade

Regular 1.98
Flavors available 2.25

Juice

Apple, Orange, Cranberry,
Grapefruit, V-8
2.25

Milk

White or chocolate
2.25

Soft Drinks 1.98

BEER

**Domestic 2.95
Imported 3.95**

SPECIAL DRINKS

**Bloody Mary 4.00
Mimosa 4.00
Sangria 4.00
Margarita 4.00**

WINES

Chardonnay,
Pinot Grigio, Merlot,
White Zinfandel

**GLASS 4.00
½CARAFE 10.00
CARAFE 18.00**