



**For the finest
American-Mediterranean
cuisine in Houston,
Island Grill is the place to eat.**

Juice Bar

Smooogees

Apple Rush

Apples, Carrots, Beets \$5.99

Liquid Sunshine

Apples, Carrots, Parsley, Celery, Strawberries, Peaches \$5.99

Smooog Sailing

Carrots, Apples, Strawberries, Ginger \$5.99

Garden Quencher

Tomatoes, Carrots, Apples, Beets, Celery \$5.99

Jamaican Jolt

Bananas, Carrots, Ginger, Papaya Juice \$5.99

Tropical Slide

Carrots, Ginger, Pineapple, Strawberries \$5.99

Seaside Oasis

Carrots, Ginger, Apples, Peaches \$5.99

Naturals

Strawberry Wave

Strawberries, Bananas, Apple Juice \$4.99

Berry Cool Berry

Strawberries, Pineapple, Blueberries, Raspberries, Apple Juice \$5.49

Island Sunrise

Pineapple, Peaches, Strawberries, Apple Juice, Papaya Juice \$4.99

Paradise Cooler

Pineapple, Peaches, Strawberries, Coconut Juice, Apple Juice \$4.99

Cinnablaster

Bananas, Cinnamon, Apple Juice \$4.99

Coco Colada

Pineapple, Bananas, Coconut Juice, Apple Juice \$4.99

Tropical Twist

Pineapple, Bananas, Blueberries, Coconut Juice \$4.99

Flu Terminator

Strawberries, Blueberries, Bananas, Fresh Squeezed Orange Juice \$5.49

Workout Fuel

N .R. G.

Bananas, Blueberries, Nonfat Vanilla Yogurt, Whey Protein \$5.99

Muscle Beach

Strawberries, Pineapple, Nonfat Vanilla Yogurt, Whey Protein \$5.99

Ironman Rush

Strawberries, Bananas, Nonfat Vanilla Yogurt, Whey Protein \$4.99

Java Jolt

Bananas, Coffee, Nonfat Vanilla Yogurt, Whey Protein \$5.99

Razz Fuel

Bananas, Raspberries, Nonfat Vanilla Yogurt, Whey Protein \$5.99

Chocolate Dynamite

Bananas, Chocolate Yogurt, Nonfat Vanilla Yogurt, Whey Protein \$4.99

The Tornado

Peaches, Blueberries, Papaya Juice, Nonfat Vanilla Yogurt, Whey Protein \$5.99

Peanut Butter Buster

Bananas, raspberries, & peanut butter \$5.99

Lance Berkman

Bananas, Peanut Butter, Nonfat Vanilla Yogurt, Whey Protein \$5.99

George H.W. Bush

Strawberries, Blueberries, Bananas, Nonfat Vanilla Yogurt, Whey Protein \$5.99

Houston Juice

Emerald Isle Cooler

Carrots, Celery, Beets, Spinach, Parsley \$6.99

Veggie Splash

Carrots, Celery, Spinach, Parsley \$6.99

The Green Wave

Carrots, Cucumbers, Celery, Spinach, Parsley \$6.99

Carrot & Apple Juice \$4.99

Bloody Orange

Fresh Squeezed Orange Juice, Lemon, Beets \$5.49

Lemon Ginger Shot

Lemon juice, ginger, pinch of cayenne pepper \$2.99

Fresh Squeezed Orange Juice \$3.99

Fresh Squeezed Grapefruit Juice \$3.99

Immunity Boost

Vita Rush

Peaches, Bananas, Strawberries, Nonfat Vanilla Yogurt \$4.99

Island Nectar

Pineapples, Apple Juice, Nonfat Vanilla Yogurt \$4.99

Sunny Daze

Bananas, Peaches, Papaya Juice, Nonfat Vanilla Yogurt \$4.99

Island Oasis

Strawberries, Pineapple, Papaya Juice, Coconut Juice, Nonfat Vanilla Yogurt \$4.99

Mind Power

Peaches, Papaya Juice, Apple Juice, Nonfat Vanilla Yogurt \$4.99

Passion Dream

Bananas, Strawberries, Soy Milk, Nonfat Vanilla Yogurt \$4.99

Sweet Relief

Bananas, Apple Juice, Nonfat Vanilla Yogurt \$4.99

With Pride

We cook with extra virgin olive oil & fry with canola & corn oil.

Our fish is wild caught from Norway & Alaska

We use Certified Angus Beef

We serve Boar's Head deli meats

We serve Houston's Best N.Y. bagels

Our natural smoothies are made with real fruits.
No sugar added

****Gluten free options available add 1.25****

Pasta & Pizza

Pasta

Served with **pesto or marinara sauce.**

with Grilled Chicken \$11.99

with Shrimp & Codfish \$15.99

with Grilled Salmon \$15.99

with Grilled Vegetables \$9.99

Margherita Pita Pizza

Mozzarella, tomatoes, & fresh basil. \$6.49

Athen Pita Pizza

Mozzarella, feta cheese, gyros, & red onions. \$7.99

Parma Pita Pizza

Mozzarella, tomatoes, mushrooms, & spinach. \$6.49

Appetizers

Hummus & Pita \$4.49

French Fries \$2.99

Sweet Potato Fries 3.99

Falafel Balls (3) & Pita \$4.49

Spinach Pies \$4.79

Tabouleh \$2.99

Breaded Fried Zucchini \$4.99

Breaded Fried Mushrooms \$4.99

Fruit Bowl Sm. \$2.49 Lrg. \$4.49

Chile Con Queso 5.99

Chips & Salsa \$2.99

Soup & Pita Bread

Chicken tortilla or tomato basil \$4.99

Platters



Hanover Platter

Hummus, Tabouleh, Avocados, Walnuts, Onions, Mushrooms, & Pita Bread served with:

Natural Chicken Breast \$12.49 Certified Angus Beef \$13.99

Mix of Chicken & Beef \$13.99

Kabob Plate

Served with Pita Bread & your choice of 2 sides: Brown Rice, Greek Salad, French Fries, or Hummus.

Natural Chicken Breast \$13.99 Beef \$15.99

Mix of Chicken & Beef \$14.99

Mediterranean Platter

Gyro meat, Natural Chicken Breast, & Greek Salad \$12.99

Veggie Platter

Falafel, Hummus, Tabouleh, & Pita Bread \$8.99

Served over brown rice with grilled vegetables & Pita Bread



Certified Angus Beef over brown rice \$13.49

Creamy Chicken Marsala over brown rice \$12.99

Chicken Breast over brown rice \$11.99

Shrimp Scampi over brown rice \$15.99

Grilled Vegetables over brown rice \$9.99

Grilled Salmon Fillet over brown rice \$15.99

Chicken Picatta over brown rice \$12.99

Teriyaki Chicken & Vegetables over brown rice \$11.99

****Gluten free options available add 1.25****

Burgers

Served with Lettuce, Tomato, Onions, Pickles, & Mayo

Add Fries \$1.99 Add Sweet Potato Fries \$2.99

Add Cheese / Mushrooms / Jalapeños \$.50

Add Bacon \$1.75/ Avocado \$ 1.50



Certified Angus Beef Burger

8oz. Certified Angus Beef patty. \$6.99

Buffalo Burger 6oz. natural patty \$7.99

Turkey all natural ground 6oz. turkey breast patty \$6.99

Salads

Available chopped. Add Chicken \$3.00 / Add Codfish \$5.00

Add Shrimp (6) \$6.00 (12) \$10.00 / Add Salmon \$8.00

Island Salad

Greek dressing, lettuce, onions, tomatoes, cucumbers, broccoli, zucchini, bell peppers, mushrooms, & feta cheese. \$8.49

Tossed Green Salad

Greek dressing, lettuce, onions, tomatoes, cucumbers, & croutons \$4.49

Island Caesar

Caesar dressing, romaine lettuce, parmesan cheese, & croutons \$7.49

Spinach Quinoa Salad

White balsamic vinegar dressing, romaine lettuce, spinach, red quinoa, cherry tomatoes, green apples, & walnuts 9.99

Tasty Sandwiches

Served on toasted white hoagie, with grilled onions, mushrooms, tomatoes, lettuce, mayo, & Swiss American Cheese

Houstonian Turkey Sandwich

Boar's Head Turkey Breast, bacon, avocado, garlic sauce, grilled onions, tomatoes, & Swiss American Cheese. Served with chips \$9.99

Boar's Head® Turkey Breast \$7.99

Boar's Head® Ham \$7.99

Grilled Chicken Breast \$7.99

Chicken Fried Sandwich with garlic sauce \$8.99

Fried Popcorn Shrimp served with fries \$9.99

Grilled Shrimp Scampi \$9.99

Albacore Tuna Salad \$7.49

Island Reuben

Corned beef or turkey breast, Swiss American Cheese sauerkraut, spicy mustard, & Russian dressing on Marble Rye Bread. Served with French Fries. \$9.99



Certified Angus Beef Philly Steak

Certified Angus Beef with onions, bell peppers, mushrooms, Swiss American Cheese, & mayo. Served with French Fries. \$9.99

Grilled Cheese Sandwich

Melted old world cheeses on a white roll, served with a bowl of tomato basil soup 8.99

Central Park Deli lovers

Ham, turkey breast, corned beef, cucumbers, tomato, Swiss American Cheese, & garlic sauce. Served with French Fries. 13.99

Pitas

Most pitas are served with garlic sauce, grilled onions, mushrooms, lettuce, and tomatoes



Certified Angus Beef Pita

served with American/Swiss Cheese \$7.49

Gyro Pita served with tzatziki sauce & cucumbers \$6.99

Grilled Chicken Breast \$6.99

Norwegian Wild-caught Atlantic Codfish \$7.99

Jumbo Shrimp \$9.99

Grilled Salmon

Served with grilled veggies & feta cheese. \$11.99

Greek Isle

Grilled codfish & shrimp, served on a wheat pita. \$11.99

California Fish

Served with avocado on a wheat pita. \$8.49

Grilled Vegetables

Broccoli, zucchini, bell peppers, grilled onions, mushrooms, lettuce, & tomato, topped with feta cheese & served with a side of tzatziki sauce. \$6.49

Turkey Pita

Boars Head turkey, Swiss, garlic sauce, avocado, cucumber, tomato. \$8.99

Falafel

Served with hummus, lettuce, & tomato. \$6.49

Mideast

Hummus, tabouleh, & avocado. \$7.99 Add Chicken \$1.50

Breakfast

Texans Breakfast

4 eggs any style, bacon, potatoes, 2 Oatmeal pancakes, & wheat toast. \$14.99

Island Breakfast

3 eggs any style, bacon, potatoes, & wheat toast. \$8.99

Ironman Breakfast

8 egg whites, turkey, a fruit bowl, & wheat toast. \$9.99

Healthy Juan

Egg whites, jalapeños, potatoes, onions, mushrooms, salsa, & wheat pita. \$9.49

Oatmeal

Walnuts, brown sugar, & raisins \$4.99 Mixed with 5 egg whites - \$8.49

Omelets

Served with wheat toast & homemade salsa
Substitute Egg Whites for \$1.50

Bacon Tomato Swiss Omelet \$8.99

Veggie Omelet

Bell Peppers, tomatoes, onions, mushrooms, spinach,
& American/Swiss Cheese. \$9.99

Meat Lovers Omelet

Sausage, bacon, ham, & American/Swiss Cheese. \$9.99

Salmon Omelet

Egg whites, salmon, spinach, & mushrooms. \$10.99

Aspen Omelet

Ham, bell peppers, & American/Swiss Cheese. \$9.99

Pancakes

Served with eggs or bacon

Classic (2) \$7.99

Banana Nut Pancakes (2) \$9.99

Blueberry Pancakes (2) \$9.99

Creme Brulee French Toast \$9.99

Quinoa Oat Meal Pancake served with 2 eggs whites: \$9.99

Chocolate Chip Pancake (2) \$9.99

Kids Chocolate Chip Pancakes with 2 eggs - \$5.99

Bagels

Bagel with Cream Cheese or Peanut Butter \$2.79

Breakfast Bagel Sandwich

Served with eggs & American/Swiss Cheese
Bacon OR Sausage \$5.99 Turkey OR Ham \$6.49

Pitas

Phoenician Breakfast Pita

Eggs, feta cheese, gyros, & red onions. \$5.99

Monte Carlo Breakfast Pita

Egg whites, American/Swiss Cheese, spinach, tomatoes,
& bell peppers. \$5.99

Breakfast Tacos

All tacos are served with eggs, Swiss American Cheese,
& potatoes. Substitute Egg Whites for \$0.50

Plain \$2.59

Bacon OR Sausage \$2.99

Ham OR Turkey \$3.79

****Gluten free options
available add 1.25****

Kiddos

12 & under. All natural high quality ingredients.

All items include 0 trans-fat fries, chocolate chip cookie, & 12 oz. kid's drink

Chicken Pita Quesadilla \$5.99

Grilled Cheese Sandwich \$5.49

Cheese Pita Pizza \$4.99

Popcorn Shrimp \$7.49

1/3 lb. Certified Angus Beef Hamburger \$6.99

Fried OR Grilled Chicken Fingers \$6.99

Chicken Fried Sandwich \$5.49

Butter Pasta \$5.49

Soft Drink \$2.50

Iced Tea \$2.50

Gourmet Coffee \$2.50

Fresh Squeezed Lemonade \$2.99



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713.334.4036

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