

ISLAND GRILL

ISLAND FACTS

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

Our natural smoothies are made with real fruit.

We proudly serve

- Wild cod from Norway & Alaska
- Certified Angus Beef
- Boar's Head deli meats
- Hormone free chicken, non-GMO
- Fresh egg whites

SANDWICHES

served on white or wheat hoagie, gluten free add 1.25

HOUSTONIAN TURKEY

Boar's Head turkey, bacon, avocado, garlic sauce, grilled onions, tomatoes, swiss american cheese, chips.....10.99

BOAR'S HEAD TURKEY OR HAM

grilled onions, mushrooms, tomatoes, lettuce, swiss american cheese, mayo.....8.49

GRILLED CHICKEN SANDWICH

grilled onions, mushrooms, tomatoes, lettuce, swiss american cheese, mayo.....9.29

FRIED CHICKEN SANDWICH

grilled onions, mushrooms, tomatoes, lettuce, swiss american cheese, mayo.....9.29

GRILLED SHRIMP SANDWICH

grilled onions, mushrooms, tomatoes, lettuce, swiss american cheese, mayo.....10.49

FRIED POPCORN SHRIMP SANDWICH

grilled onions, mushrooms, tomatoes, lettuce, swiss american cheese, garlic sauce, fries.....10.99

ALBACORE TUNA SALAD SANDWICH

grilled onions, mushrooms, tomatoes, lettuce, swiss american cheese, mayo.....7.99

CHICKEN SALAD SANDWICH

walnuts, lettuce, tomato.....7.99
add bacon 1.50

ISLAND REUBEN

Boar's Head corned beef or turkey, russian dressing, marble rye bread, swiss american cheese, sauerkraut, spicy mustard, fries.....11.49

PHILLY STEAK

certified angus beef, onions, bell peppers, mushrooms, swiss american cheese, mayo, fries.....10.99

GRILLED CHEESE

melted old world cheeses, tomato basil soup.....9.99

CENTRAL PARK DELI LOVERS

Boar's Head ham, turkey, corned beef, cucumbers, swiss american cheese, mayo, fries.....13.99

BURGERS

additions: fries 1.99 / sweet potato fries 2.99 / cheese, mushrooms or jalapeños .5 / bacon 1.75 / avocado 1.5 / fried egg 1.5

CERTIFIED ANGUS BEEF BURGER 8 oz., lettuce, tomatoes, onions, pickles, garlic sauce.....8.99

BUFFALO BURGER 6 oz., lettuce, tomatoes, onions, pickles, garlic sauce.....10.99

TURKEY BURGER 6 oz., lettuce, tomatoes, onions, pickles, garlic sauce.....7.49

KIDDOS

12 & under, 0 trans-fat fries, choc. chip cookie, drink

CHICKEN PITA QUESADILLA.....7.99

GRILLED CHEESE SANDWICH.....5.99

CHEESE PITA PIZZA.....5.49

POPCORN SHRIMP.....7.99

CERTIFIED ANGUS BEEF BURGER 5 oz.....7.99

FRIED OR GRILLED CHICKEN FINGERS.....7.49

FRIED CHICKEN SANDWICH.....5.49

BUTTER PASTA.....5.99

DESSERTS

CAKE OF THE DAY.....5.50

DRINKS

ESPRESSO/CAPPUCCINO.....1.99/3.99

COFFEE.....2.50

SOFT DRINK.....2.79

ICED TEA.....2.79

BREAKFAST

breakfast served until 11 m-f / 12 sat & sun

PLATES

THE TEXANS four eggs any style, bacon, potatoes, two oatmeal pancakes, wheat toast.....14.99

THE ISLAND three eggs any style, bacon, potatoes, wheat toast.....9.99

THE IRONMAN eight egg whites, Boar's Head turkey, fruit bowl, wheat toast.....10.49

HEALTHY JUAN egg whites, jalapeños, salsa, potatoes, onions, mushrooms, wheat pita.....9.99

MIGAS scrambled eggs, grilled tomatoes, corn tortilla, three slices of apple-wood bacon.....10.99

OATMEAL walnuts, brown sugar, raisins.....4.99
mixed with five egg whites.....8.99

PANCAKES

served with eggs or bacon

CLASSIC two pancakes.....7.99

BANANA NUT two pancakes.....9.99

BLUEBERRY two pancakes.....9.99

QUINOA OATMEAL

two pancakes, two egg whites.....9.99

CHOCOLATE CHIP two pancakes.....9.99

KIDS CHOCOLATE CHIP

two pancakes, two eggs.....5.99

CREME BRÛLÉE FRENCH TOAST.....9.99

BREAKFAST PITAS

PHOENICIAN eggs, feta, gyro, grilled onions.....6.49

MONTE CARLO egg whites, swiss american cheese, spinach, tomatoes, bell peppers.....5.99

EGG & CHEESE PITA QUESADILLA.....3.99

OMELETS

substitute egg whites 1.50

OMELET wheat toast, salsa, bacon, tomato, swiss american cheese.....10.49

VEGGIE bell peppers, tomatoes, salsa, onions, mushrooms, spinach, swiss american cheese.....9.99

MEAT LOVERS sausage, bacon, salsa, Boar's Head ham, swiss american cheese.....11.49

SALMON egg whites, salmon, salsa, spinach, mushrooms.....11.99

ASPEN Boar's Head ham, salsa, bell peppers, swiss american cheese.....10.99

BREAKFAST TACOS

with eggs, swiss american cheese, potatoes, salsa
substitute egg whites for .50

PLAIN TACO.....2.59

SAUSAGE, CHORIZO OR BACON TACO.....2.99

HAM OR TURKEY TACO.....3.79

BAGELS

PLAIN cream cheese or peanut butter.....2.99

BREAKFAST SANDWICH

bagel or toast, eggs, swiss american cheese.....3.99

add apple-wood bacon or sausage.....2.00

add Boar's Head turkey or ham.....2.49

APPETIZERS

HUMMUS & PITA.....	4.49
HUMMUS & CUT VEGGIES.....	4.49
AVOCADO TOAST.....	4.99
FRENCH FRIES.....	2.99
SWEET POTATO FRIES.....	4.29
FALAFEL BALLS three with pita.....	4.49
SPINACH PIES.....	4.79
TABOULEH.....	3.29
BREADED FRIED ZUCCHINI.....	4.99
BREADED FRIED MUSHROOMS.....	4.99
FRUIT BOWL.....sm 2.49 / lg 4.99	
CHILE CON QUESO.....	5.99
CHIPS & SALSA.....	2.99
SOUP & PITA chicken tortilla or tomato basil.....	5.49

SALADS

- add chicken 4
- add codfish 5
- add gyros 4.5
- add salmon 8
- add shrimp six 6 / twelve 10

ISLAND SALAD

house dressing, lettuce, onions,
tomatoes, cucumbers, broccoli, zucchini,
bell peppers, mushrooms, feta.....9.99

TOSSED GREEN SALAD

house dressing, lettuce, onions,
tomatoes, cucumbers, croutons.....4.99

ISLAND CAESAR SALAD

caesar dressing, parmesan,
romaine lettuce or kale, croutons.....9.99

SPINACH QUINOA SALAD

white balsamic dressing, spinach,
romaine lettuce, quinoa, cherry tomatoes,
green apples, walnuts.....10.49

COBB SALAD

house dressing, chopped romaine, cucumber,
boiled eggs, tomatoes, bacon, avocado.....10.99

MALI KALE ROMAINE SALAD

light lemon dressing, avocado, pine nuts,
chopped kale, cucumbers, tomatoes,
strawberries, parmesan.....10.99

PASTA & PIZZA

gluten free option available add 1.25

PASTA penne, pesto or marinara sauce with:

- grilled chicken.....13.29
- shrimp & codfish.....17.49
- grilled salmon.....17.49
- grilled vegetables.....11.49

PIZZA

made with double 00 flour, non-gmo

MARGHERITA mozzarella, tomatoes, fresh basil
six inch.....6.99
twelve inch.....12.99

PEPPERONI mozzarella, tomatoes, fresh basil
six inch.....7.49
twelve inch.....14.99

ATHENS mozzarella, feta, gyro, red onions
six inch.....8.29
twelve inch.....15.99

PARMA mozzarella, tomatoes, mushrooms, spinach
six inch.....7.49
twelve inch.....14.99

ENTREES

KABOB PLATE

pita, choice of two sides: brown rice,
greek salad, french fries or hummus
with chicken breast.....14.99
with certified angus beef.....17.49
with mix of chicken & beef.....16.49

HANOVER

hummus, tabouleh, avocados,
walnuts, onions, mushrooms, pita
with chicken breast.....13.99
with certified angus beef.....14.99
with mix of chicken & beef.....14.49

MEDITERRANEAN PLATE

gyro meat, chicken breast, greek salad.....13.99

CERTIFIED ANGUS BEEF PLATE

brown rice, vegetables, pita.....14.49

CHICKEN BREAST PLATE

brown rice, vegetables, pita.....13.49

CHICKEN PICATTA

brown rice, vegetables, pita.....14.49

CREAMY CHICKEN MARSALA

brown rice, vegetables, pita.....14.99

TERIYAKI CHICKEN & VEGETABLES

brown rice, pita.....13.49

GRILLED SALMON FILLET

brown rice, vegetables, pita.....17.49

SHRIMP SCAMPI

brown rice, vegetables, pita.....17.49

GRILLED VEGETABLE PLATE

brown rice, pita.....10.99

VEGGIE PLATE

falafel, hummus, tabouleh, pita.....10.49

PITAS

*served with grilled onions,
mushrooms, lettuce, tomatoes*

CERTIFIED ANGUS BEEF PITA

garlic sauce, swiss american cheese.....8.99

GYRO PITA

tzatziki, cucumbers.....8.49

GRILLED CHICKEN PITA

garlic sauce.....8.49

NORWEGIAN WILD-CAUGHT

CODFISH PITA

garlic sauce.....8.49

JUMBO SHRIMP PITA

garlic sauce.....10.49

GRILLED SALMON PITA

garlic sauce, feta.....12.49

GREEK ISLE PITA

codfish & shrimp, garlic sauce, wheat pita...12.49

CALIFORNIA CODFISH PITA

garlic sauce, avocado, wheat pita.....8.99

TURKEY PITA

Boar's Head turkey, swiss american
cheese, garlic sauce, avocado, cucumber....9.29

GRILLED VEGETABLE PITA

tzatziki, broccoli, zucchini,
bell peppers, cucumber, feta.....7.49

MIDEAST PITA

garlic sauce, hummus, tabouleh, avocado....7.99
add chicken.....2.00

FALAFEL PITA

hummus.....7.49

JUICE BAR

HOUSTON JUICE

EMERALD ISLE COOLER carrots, celery, beets, spinach, parsley 6.99
VEGGIE SPLASH carrots, celery, spinach, parsley 6.99
GREEN WAVE carrots, cucumbers, celery, spinach, parsley 6.99
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 4.49
FRESH SQUEEZED GRAPEFRUIT JUICE 4.99
CARROT & APPLE JUICE 4.99

SMOOGEES

APPLE RUSH apples, carrots, beets 5.99
LIQUID SUNSHINE apples, carrots, parsley, celery, strawberries, peaches 5.99
GARDEN QUENCHER tomatoes, carrots, apples, beets, celery 5.99
SMOOOG SAILING carrots, apples, strawberries, ginger 5.99
JAMAICAN JOLT banana, carrots, ginger, papaya juice 5.99
TROPICAL SLIDE carrots, ginger, pineapple, strawberries 5.99
SEASIDE OASIS carrots, ginger, apples, peaches 5.99

IMMUNITY BOOST

VITA RUSH peaches, bananas, strawberries, nonfat vanilla yogurt 5.49
ISLAND NECTAR pineapples, apple juice, nonfat vanilla yogurt 5.49
ISLAND OASIS strawberries, pineapples, papaya juice, coconut juice, nonfat vanilla yogurt 5.49
MIND POWER peaches, papaya juice, apple juice, nonfat vanilla yogurt 5.49
PASSION DREAM bananas, strawberries, soy milk, nonfat vanilla yogurt 5.49
SWEET RELIEF bananas, apple juice, nonfat vanilla yogurt 5.49
SUNNY DAZE bananas, peaches, papaya juice, coconut juice, nonfat vanilla yogurt 5.49

WORKOUT FUEL

MUSCLE BEACH strawberries, pineapple, nonfat vanilla yogurt, whey protein 6.49
IRONMAN RUSH strawberries, bananas, nonfat vanilla yogurt, whey protein 6.49
N.R.G. bananas, blueberries, nonfat vanilla yogurt, whey protein 6.49
JAVA JOLT bananas, coffee, nonfat vanilla yogurt, whey protein 6.49
RAZZ FUEL bananas, raspberries, nonfat vanilla yogurt, whey protein 6.49
CHOCOLATE DYNAMITE chocolate nonfat yogurt, bananas, nonfat vanilla yogurt, whey protein 6.49
TORNADO peaches, blueberries, papaya juice, nonfat vanilla yogurt, whey protein 6.49
PEANUT BUTTER BUSTER bananas, raspberries, peanut butter, nonfat vanilla yogurt, whey protein 6.49
LANCE BERKMAN bananas, peanut butter, nonfat vanilla yogurt, whey protein 6.49
PRESIDENT GEORGE H. W. BUSH strawberries, blueberries, bananas, nonfat vanilla yogurt, whey protein 6.49

NATURALS

STRAWBERRY WAVE strawberries, bananas, apple juice 5.49
BERRY COOL BERRY strawberries, pineapple, blueberries, raspberries, apple juice 5.99
ISLAND SUNRISE pineapple, peaches, strawberries, apple juice, papaya juice 5.49
PARADISE COOLER pineapple, peaches, strawberries, coconut juice, apple juice 5.49
CINNABLASTER bananas, cinnamon, apple juice 5.49
COCO COLADA pineapple, bananas, coconut juice, apple juice 5.49
TROPICAL TWIST pineapple, bananas, blueberries, coconut juice 5.49
FLU TERMINATOR strawberries, blueberries, bananas, fresh squeezed orange juice 5.99