


16950 Vibrant Way
Land O' Lakes, FL 34638
(813) 491-4879

Open Daily 10-5 pm

MENU

 @twistedsprocketcafe

BREAKFAST

(SERVED UNTIL 1PM)

FARM EGG OMELETTE \$10.00

3 farm-fresh eggs with your choice of 4 toppings
Served with home fries & white toast

MEAT: sausage, bacon, ham, turkey

VEGGIE: spinach, tomatoes, onions, mushrooms, peppers

CHEESE: monterey jack, feta, cheddar, provolone

BEXLEY BREAKFAST \$10.00

Two eggs your way with choice of bacon or sausage
Served with home fries & white toast

SOUTHWEST SCRAMBLE \$8.00

Home fries with peppers & onions, topped with scrambled eggs,
monterey jack cheese, guacamole & salsa. Served with toast

BELGIAN WAFFLE \$6.00

ORIGINAL: Served with butter & syrup

FLORIDA STYLE: Topped with blueberries, strawberries & bananas

Served with butter & syrup

BREAKFAST SALAD \$6.00

Fresh strawberries, blueberries, bananas & other seasonal fruit
topped with granola & honey

**Substitute home fries or toast with fresh fruit, sliced tomatoes or a side salad*

KIDS BREAKFAST

(SERVED UNTIL 1PM)

MINI BEXLEY BREAKFAST \$5.00

One scrambled egg with your choice of one sausage
patty or two strips of bacon and home fries

WAFFLE \$3.00

Half of a Belgian waffle served with syrup

A LA CARTE

One egg/two eggs	\$1.00/\$2.00
Sausage patties or bacon	\$3.00
Home fries	\$2.50
White or wheat toast	\$2.50

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LUNCH

BEXLEY CLUB \$10.00

Toasted baguette with layers of turkey, ham, provolone cheese, cheddar cheese & bacon with lettuce, tomato and home-made ranch dressing

CHICKEN SALAD \$10.00

Toasted baguette filled with home-made chicken salad mix, lettuce & tomato

ITALIAN \$10.00

Toasted baguette topped with ham, salami, pepperoni, provolone cheese, roasted red peppers & arugula with a pesto aioli

CLASSIC BLT \$8.00

Toasted white bread topped with bacon, lettuce, tomato & mayonnaise

WILDCARD WRAP \$10.00

Spinach tortilla topped with hummus, spinach, pickled red onions, roasted red peppers, tomatoes, cucumbers & feta. Served with balsamic

**All sandwiches served with your choice of a side salad or a bag of chips*

**Gluten free options available*

TWISTED SPROCKET SALAD \$9.50

Fresh mixed greens topped with tomatoes, cucumbers, pecans, cranberries, bacon, feta cheese & a scoop of chicken salad mix with honey mustard dressing

COBB SALAD \$9.50

Fresh mixed greens topped with tomatoes, cucumbers, bacon, hard boiled eggs, monterey jack cheese, avocado & chopped chicken tenders with ranch dressing

FRESH MARKET SALAD \$9.50

Spinach topped with fresh strawberries, blueberries, mandarin oranges, cranberries, pecans, feta cheese & grilled chicken with a raspberry vinaigrette

QUESADILLAS

Served on a spinach tortilla with sour cream & salsa \$10.00

CHEESE: monterey jack cheese

CHICKEN: monterey jack cheese, grilled chicken, onions & peppers

VEGGIE: monterey jack cheese, spinach, tomatoes, mushrooms, onions & peppers

ADD guacamole for \$0.50

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KIDS LUNCH

CHICKEN TENDERS	\$5.00
<i>Three chicken tenders served with ketchup or BBQ sauce</i>	
GRILLED CHEESE	\$5.00
<i>White bread & cheddar cheese pressed with butter</i>	
TURKEY ROLL-UPS	\$5.00
<i>Two flour tortillas rolled with turkey, provolone cheese & mayo</i>	
QUESADILLA	\$5.00
<i>Served on a flour tortilla with sour cream</i>	
<i>CHEESE: monterey jack cheese</i>	
<i>CHICKEN: monterey jack cheese & grilled chicken</i>	
HOT DOG	\$3.00
<i>One hot dog served on a bun with ketchup & mustard</i>	
<i>ADD another hot dog for \$1.00</i>	

**All kids lunch items come with your choice of a bag of chips or applesauce*

LIGHTER FARE & SIDES

AVOCADO TOAST	\$7.00
<i>Wheat toast topped with avocado spread, a drizzle of olive oil, lemon juice, pink salt & red pepper flakes</i>	
<i>ADD an egg for \$1</i>	
SNACK PLATE	\$7.00
<i>Hummus topped with olive oil & lemon juice</i>	
<i>Served with cucumber sticks, kalamata olives & pita wedges</i>	
SIDE SALAD	\$3.00
SEASONAL FRESH FRUIT	\$3.00
APPLESAUCE	\$1.50
BAG OF CHIPS	\$1.50