

BREAKFAST

Breakfast Served All Day
We are courteous people, serving fresh, quality food in a fun and friendly environment!



EGGS YOUR WAY

Blue Dolphin Special
Two eggs, two pancakes, two strips of bacon and home fries 8.99

Eggs Are Farm Fresh Daily Direct
From Sutter Egg Farm In Sarasota

All Eggs & Omelets are Served with Home Fries, Fruit or Grits, and Toast, Biscuit or English Muffin

2 Eggs

Served your way, with home fries, fruit or grits and toast 5.99 Add choice of one:
ham, sausage, or bacon 1.19

Breakfast Wrap

Scrambled eggs, homemade veggie chili and cheddar cheese wrapped in your choice of tortilla, topped with sour cream and green onions 8.99

Open Faced Egg Sandwich

Two eggs cooked your way served with bacon, ham or sausage and cheese on choice of toast 7.99

Homemade Corned Beef Hash

With bell pepper and potato topped with two eggs cooked your way 10.99

Chicken Fried Steak & Eggs

Cubed chicken fried steak with with two eggs your way, home fries, grits and choice of toast 11.99

Traditional Eggs Benedict

A toasted English muffin topped with Canadian bacon, poached eggs and Blue Dolphin hollandaise sauce. Served with home fries and fresh fruit 11.99

Huevos Rancheros

A tortilla topped with refried beans, scrambled eggs, pepper, onion, tomato, jack and cheddar cheeses, guacamole, sour cream and salsa 11.99

↳ Substitute Egg Whites or Egg Beaters for an Additional 2.19

HEALTHY START

Yogurt and Fresh Fruit Platter 6.99
Add granola 1.19

Bowl of Granola with Milk 5.99

Homemade Oatmeal
With brown sugar, milk and raisins on the side 5.99
Add fresh fruit 1.09

NOVA COLD SMOKED SALMON PLATTER

with capers, cream cheese, red onion, tomato, hard boiled egg & bagel choice 12.99

Toast Choices

White, Wheat, Rye, Sourdough Multigrain

OMELETS

Served with Home Fries, Fruit or Grits, and Toast, Biscuit or English Muffin
All Made with at Least 3 Jumbo Eggs!

Three Cheese

With cheddar, jack and swiss cheeses 7.99
Add choice of one: ham, bacon, or sausage 1.09

Western

With ham, green pepper, onion and choice of cheese 9.99

Spinach and Feta

 9.99

California

Turkey, guacamole, jack cheese and tomato 9.99

Blue Dolphin

Served with sausage, green onions, tomato and sour cream 9.99

Create Your Own

Choose any four: cheese ham, bacon, sausage, turkey, mushroom, broccoli, tomato, guacamole, onion, pepper or spinach 9.99

The Works

Everything in the kitchen 10.99

FROM THE GRIDDLE

Vermont maple syrup available for 2.19 extra

3 Pancakes 6.75

2 Blueberry Pancakes 6.75

Short Stack (2) 5.75

2 Banana Granola Pancakes 6.75

2 Apple Cinnamon Pancakes 6.75

2 French Toast 6.75

2 Chocolate Chip Pancakes 6.75

Texas style, served with a hint of cinnamon, vanilla, and powdered sugar

2 Pumpkin Pancakes 6.75

WAFFLES

sprinkled with powdered sugar

Belgian Waffle

With syrup and butter 6.99

Fruit Topped Waffle

Belgian waffle topped with fresh strawberries, blueberries, bananas and whipped cream 8.99

Waffle N' Egg

Belgian waffle and one egg cooked to order with bacon, ham or sausage 8.99

ON THE SIDE

Biscuits and Sausage Gravy 6.99

4 Bacon Strips 3.29

2 Pork Sausage Patties 3.29

3 Turkey Sausage Links 3.29

Ham Steak 3.29

Hash 4.99

Grits or Home Fries 2.99

Toast or biscuit 1.99

English Muffin 1.99

Bagel With Cream Cheese 3.50

Sliced Tomatoes 2.99

Cup Of Fresh Fruit 2.99

Bowl Of Fresh Fruit 4.99

Large Homemade Muffin 3.99

Granola 2.99

Guacamole 1.59

Salsa 1.59

Sour Cream 1.59

Sausage Gravy 2.99

Hollandaise 2.99

ALL BEVERAGES LISTED ON REVERSE SIDE OF MENU

LUNCH

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All Sandwiches, Wraps, Burgers & Dogs are Served with Your Choice of One Side:
French Fries, Cole Slaw, Fresh Fruit, Cottage Cheese or Potato Salad and Garnish

ADD TO ANY SALAD

Grilled or Blackened
Chicken 3.79
Shrimp 4.79
Tilapia 4.79

SOUPS & SALADS

Soup of the Day
cup 3.99 bowl 4.99

Chilled Gazpacho
cup 3.99 bowl 4.99

Garden Salad 6.99

Chili

Jill's absolute delight! Veggie chili loaded with lots of fresh veggies and beans cup 4.79 bowl 5.79
add cheese .59 add onions .59

Caesar
Served with Blue Dolphin homemade dressing 7.99

Chef's Salad

Turkey, ham, fresh veggies, jack cheese, and egg slices 9.75

Chicken, Egg or Tuna Salad Platter
with lettuce, tomato, cucumber, and choice of fruit or cole slaw 8.79

SANDWICHES

Chicken or Steak Fajita
Grilled chicken or steak topped with jack cheese, peppers, onions, in our fajita lime sauce. Served on a baguette 9.99

Chicken Club
Marinated grilled chicken breast topped with bacon and melted jack cheese and a touch of mayo 9.99

Chicken Salad
Robbie's unique recipe made with only tender chicken breast 8.99

Tuna Salad
Mom's traditional tuna salad made only with Albacore Tuna 8.99

Egg Salad
Unique Blue Dolphin recipe made with fresh eggs 8.99
Philly Cheese Steak
Served with peppers, onions and Jack cheese 9.99

BLT

The classic, loaded with bacon, served on your choice of fresh bread 8.99

Quesadilla

Chicken, steak, or veggie on your choice of flavored tortilla served with cheese, beans, tomato, green onions, sour cream and guacamole 9.99

Grilled Cheese

American, Swiss, cheddar or a combination of cheese, grilled on your choice of bread 5.79
Add tomato .59
Add bacon 1.09

Classic Reuben

Homemade corned beef thinly sliced, Swiss cheese, sauerkraut and 1000 island, on grilled rye bread 9.99

Rachael

Reuben's sister! In-house roasted sliced turkey, swiss cheese, cole slaw and 1000 island, on grilled rye bread 9.99

Jet's Jewel of a Sandwich

Thinly sliced roasted turkey, cranberry sauce, tarragon mayonnaise on grilled rye bread 9.99

BURGERS & DOGS

Surfer Burger

Robbie's favorite! Fresh chopped Sirloin, lettuce, tomato, onion and mayonnaise on a kaiser roll 8.99
Add cheese 1.19

Garden Burger

Dolphin's favorite meatless burger, served like a "Surfer" but with 1000 Island dressing 7.99
Add cheese 1.19

Turkey Burger

Ground turkey patty with lettuce, tomato, onion and mayonnaise on a kaiser roll 8.99
Add cheese 1.19

Chicken Fried Steak Sandwich

Cubed chicken fried steak with lettuce, tomato, onion and mayonnaise on a kaiser roll 10.99
Add cheese 1.19

Hot Dog

Our All Beef 1/2 lb "Belly Buster" 7.99
Load your dog with veggie chili, cheese, kraut or onions for 1.79

NOVA COLD SMOKED SALMON PLATTER

with capers, cream cheese, red onion, tomato, hard boiled egg & bagel choice 12.99

WRAPS

Creative combinations in your choice of tortilla: Lightly Flavored Herb, Sundried Tomato, Spinach, or Low Carb
Fajita

Chicken or steak served with peppers, onions and cheese in our fajita lime sauce. Topped with sour cream and green onion 9.99

Blue Corn Tacos Pescado

Grilled tilapia with lettuce, tomato, onion and jack cheese, and salsa 10.99

California

Turkey, guacamole, tomato and Jack cheese 9.99

Thai Peanut Vegetable Stir Fry

With cheese, topped with sour cream and green onion 9.99

Roasted Turkey Caesar Salad

Served with guacamole 9.99

BEVERAGES

Soda

Coca-Cola Products 2.69

Iced Tea 2.69

Hot Tea 2.69

Coffee 2.69

(above items are all "Bottomless")

Espresso 2.99

Cappuccino

Hot or iced 3.99

Milk 2.69

Bottled Water 2.79

Juice

Apple, tomato, cranberry & fresh squeezed orange juice 2.69

Milkshakes

Only at St. Armand's Dolphin 5.99

Bottled Beer

Domestic 3.75

Import 4.75

Wine 6.50

Mimosa's 6.50

• Split Plate Charge 3.29 • All Fried Food Cooked in Non Trans-Fat Oil • Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.