

STARTERS & SIDES

EGG ROLL 1.99

MISO SOUP 1.99

GINGER SIDE SALAD 2.99

FRENCH FRIES 3.99

salted or blackened
regular or spicy ketchup

ORIGINAL ONE TONS 1.99 two per order
fried wontons with sweet cream cheese and crab

JORDAN'S DYNAMITE ONE TONS 1.99 two per order
fried wontons with bacon, scallions, cream cheese



SALADS *crispy cruchy flavor*

BASIL CASHEW CHICKEN CRUNCH

seasoned grilled chicken on bed of romaine lettuce and topped with scallions, cashews, feta cheese, white cheddar, tomatoes accompanied with our Sundried Tomato Dressing 12.99

GROUPER SALAD

blend of spinach and romaine lettuce, perfectly seasoned grilled grouper, tomatoes and topped with scallions and our One Island Dressing 14.99

FRIED RICE *you'll love*

white rice, carrots, onions, egg and our Soy Sauce topped with scallions

No Protein 8.99

Chicken, Pork or Tofu 12.99

Beef 15.99

Shrimp 14.99

LO MEIN *one of a kind*

lo mein noodles, carrots, onions, mushrooms, cabbage and our custom Lo Mein Sauce topped with scallions

No Protein 9.99

Chicken, Pork or Tofu 12.99

Beef 15.99

Shrimp 14.99

DESSERT



1 Fresh Oreo Pie 4.99

FROZEN OREO PIE

HAND HELDS *big bold flavor*

BASIL CASHEW CHICKEN CRUNCH WRAP

grilled chicken, lettuce, scallions, cashews, feta cheese, tomatoes, white cheddar cheese served with our Sundried Tomato Dressing wrapped in a flour tortilla 13.99

GROUPER WRAP

perfectly seasoned grouper tenders, crisp romaine lettuce, tomatoes, scallions and our One Island Dressing wrapped in a flour tortilla 15.99

PHILLY CHEESE STEAK SUB

loaded steak with mushrooms, green peppers, onions, provolone cheese with your choice of sauce. 15.99

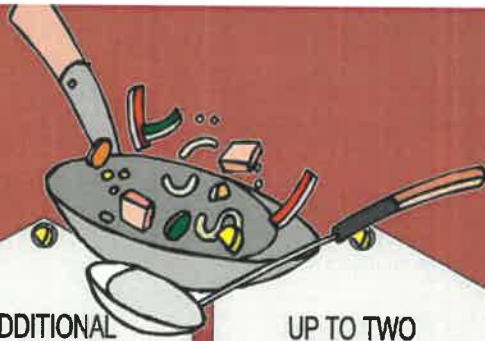
LINDZ CHICKEN BACON RANCH WRAP

giant flour tortilla, freshly made with chicken, bacon, white cheddar cheese, lettuce and scallions, ranch dressing. 13.99

SNACK SACKS COMFORT MENU

1. Chicken & Cheese Quesadilla 7.99
2. Cheese Quesadilla 6.99
3. White Rice & Chicken Teriyaki#2 StirFry 9.99
4. Miso Soup & Side Salad 8.99
5. Egg Roll, OneTon & Ginger Side Salad 8.99

FOR HERE _____ TO GO _____



STIR FRY MENU

Grab a marker. Circle what you want in your stirfry.

CHOOSE YOUR TYPE

- VEGGIE 9.99
- TOFU 10.99
- EGGS 10.99
- CHICKEN 12.99
- PORK 13.99
- SAUSAGE 13.99
- SALMON Grilled or Blackened 16.99
- TILAPIA Grilled or Blackened 14.99
- GROUPEr Fried, Grilled or Blackened 16.99
- BEEF 15.99
- SHRIMP 14.99

ADDITIONAL PROTEIN

- TOFU 1.99
- EGGS 1.99
- CHICKEN 3.99
- PORK 3.99
- SAUSAGE 3.99
- SALMON 8.99
- TILAPIA 4.75
- GROUPEr 8.99
- BEEF 5.99
- SHRIMP 5.99

UP TO TWO BASES

- White Rice
- Brown Rice
- Linguini Noodles
- Lo Mein Noodles
- Black Rice Gluten Free add 1.99
- Quinoa Gluten Free add 1.99
- Romaine Lettuce Cold
- Romaine Lettuce Hot
- NO Starch 2.99 extra for replacing with veggies

PICK YOUR FAVORITE VEGGIES

- Mushrooms
- Carrots
- Tomatoes
- Broccoli
- Green Bell Peppers
- Baby Corn
- Whole Kernel Corn
- Zucchini
- Black Beans
- Onions
- Spinach
- Water Chestnuts
- Cabbage
- Black Olives
- Pineapple

UP TO TWO SAUCES

- Creamy Alfredo made from scratch
- Salsa Verde original green Bob sauce
- Coconut Curry thai inspired, vibrant
- Lo Mein Sauce our own soy blend
- Sweet Ginger Brown taste ginger & garlic
- ONE Fresh Peanut explodes with flavor
- Teriyaki #2 sweet teriyaki favorite
- Sweet & Spicy as it sounds
- Szechuan classic spicy
- SPICY ONE habanero spicy flavor

YOUR CHOICE TOPPINGS & SPICES

- Garlic
- Cilantro
- Raisins
- Basil
- Scallions
- Red Pepper Flakes
- Yellow Curry
- Red Curry
- Blackened
- Lemon Pepper
- Cayenne Pepper
- UP TO ONE PREMIUM TOPPING**
- White cheddar
- SunDried Tomatoes
- Jalapenos
- Feta Cheese
- Cashews
- Bacon Bits
- Almonds



FOR HERE _____ TO GO _____



Grab a marker. Circle what you want in your quesadilla. *Made with White Cheddar Cheese*

QUESADILLA MENU

Made with White Cheddar Cheese

CHOOSE YOUR TYPE

- VEGGIE 9.99
- TOFU 10.99
- EGGS 10.99
- CHICKEN 12.99
- PORK 13.99
- SAUSAGE 13.99
- SALMON Grilled or Blackened 16.99
- TILAPIA Grilled or Blackened 14.99
- GROUPER Fried, Grilled or Blackened 16.99
- BEEF 15.99
- SHRIMP 14.99

ADDITIONAL PROTEIN

- TOFU 1.99
- EGGS 1.99
- CHICKEN 2.99
- PORK 2.99
- SAUSAGE 2.99
- SALMON 8.99
- TILAPIA 4.75
- GROUPER 8.99
- BEEF 5.99
- SHRIMP 5.99

PICK YOUR FAVORITE VEGGIES

- Mushrooms
- Carrots
- Tomatoes
- Broccoli
- Green Bell Peppers
- Baby Corn
- Whole Kernel Corn
- Zucchini
- Black Beans
- Onions
- Spinach
- Water Chestnuts
- Cabbage
- Black Olives
- Pineapple

YOUR CHOICE TOPPINGS & SPICES

- Garlic
- Cilantro
- Raisins
- Basil
- Scallions
- Red Pepper Flakes
- Yellow Curry
- Red Curry
- Blackened
- Lemon Pepper
- Cayenne Pepper

UP TO ONE PREMIUM TOPPING

- White cheddar
- SunDried Tomatoes
- Jalapenos
- Feta Cheese
- Cashews
- Bacon Bits
- Almonds

PICK A SIDE SAUCE

- Sour Cream
- Salsa
- Chipotle
- Peanut
- Teriyaki #2
- Creamy Alfredo our cheese queso



FOR HERE _____ TO GO _____



WRAP MENU

Grab a marker. Circle what you want in your wrap.

CHOOSE YOUR TYPE

- VEGGIE 9.99
- TOFU 10.99
- EGGS 10.99
- CHICKEN 12.99
- PORK 13.99
- SAUSAGE 13.99
- SALMON Grilled or Blackened 16.99
- TILAPIA Grilled or Blackened 14.99
- GROUPEL Fried, Grilled or Blackened 16.99
- BEEF 15.99
- SHRIMP 14.99

ADDITIONAL PROTEIN

- TOFU 1.99
- EGGS 1.99
- CHICKEN 2.99
- PORK 2.99
- SAUSAGE 2.99
- SALMON 8.99
- TILAPIA 4.75
- GROUPEL 8.99
- BEEF 5.99
- SHRIMP 5.99

UP TO TWO BASES

- White Rice
- Brown Rice
- Linguini Noodles
- Lo Mein Noodles
- Black Rice Gluten Free add 1.99
- Quinoa Gluten Free add 1.99
- Romaine Lettuce Cold
- Romaine Lettuce Hot
- NO Starch 2.99 extra for replacing with veggies

PICK YOUR FAVORITE VEGGIES

- Mushrooms
- Carrots
- Tomatoes
- Broccoli
- Green Bell Peppers
- Baby Corn
- Whole Kernel Corn
- Zucchini
- Black Beans
- Onions
- Spinach
- Water Chestnuts
- Cabbage
- Black Olives
- Pineapple

UP TO TWO SAUCES

- Creamy Alfredo made from scratch
- Salsa Verde original green Bob sauce
- Coconut Curry thai inspired, vibrant
- Lo Mein Sauce our own soy blend
- Sweet Ginger Brown taste ginger & garlic
- ONE Fresh Peanut explodes with flavor
- Teriyaki #2 sweet teriyaki favorite
- Sweet & Spicy as it sounds
- Szechuan classic spicy
- SPICY ONE habanero spicy flavor

YOUR CHOICE TOPPINGS & SPICES

- Scallions
- Garlic
- Cilantro
- Raisins
- Basil
- Red Pepper Flakes
- Yellow Curry
- Red Curry
- Blackened
- Lemon Pepper
- Cayenne Pepper
- UP TO ONE PREMIUM TOPPING**
- White cheddar
- SunDried Tomatoes
- Jalapenos
- Feta Cheese
- Cashews
- Bacon Bits
- Almonds



FOR HERE _____ TO GO _____



SOUP MENU

Grab a marker. Circle what you want in your soup.

CHOOSE YOUR TYPE

- VEGGIE 9.99
- TOFU 10.99
- EGGS 10.99
- CHICKEN 12.99
- PORK 13.99
- SAUSAGE 13.99
- SALMON Grilled or Blackened 16.99
- TILAPIA Grilled or Blackened 14.99
- GROUPEr Fried, Grilled or Blackened 16.99
- BEEF 15.99
- SHRIMP 14.99

ADDITIONAL PROTEIN

- TOFU 1.99
- EGGS 1.99
- CHICKEN 2.99
- PORK 2.99
- SAUSAGE 2.99
- SALMON 8.99
- TILAPIA 4.75
- GROUPEr 8.99
- BEEF 5.99
- SHRIMP 5.99

YOUR CHOICE SOUP BASE

- Clear Chicken Broth
- Clear Vegetable Broth
- Creamy Chowder
- CUSTOMIZE IT EVEN MORE**
- Coconut Curry
- Sweet Ginger Brown
- Spicy ONE

UP TO TWO STARCHES

- White Rice
- Brown Rice
- Linguini Noodles
- Lo Mein Noodles
- Black Rice Gluten Free add 1.99
- Quinoa Gluten Free add 1.99
- NO Starch 2.99 extra for replacing with veggies

PICK YOUR FAVORITE VEGGIES

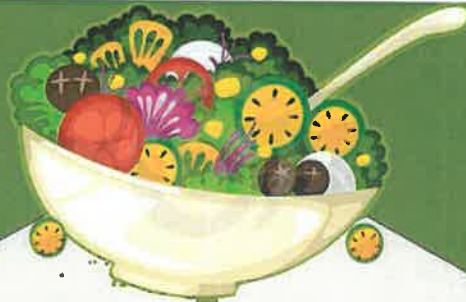
- Mushrooms
- Carrots
- Tomatoes
- Broccoli
- Green Bell Peppers
- Baby Corn
- Whole Kernel Corn
- Zucchini
- Black Beans
- Onions
- Spinach
- Water Chestnuts
- Cabbage
- Black Olives
- Pineapple

YOUR CHOICE TOPPINGS & SPICES

- Scallions
- Garlic
- Cilantro
- Raisins
- Basil
- Red Pepper Flakes
- Yellow Curry
- Red Curry
- Blackened
- Lemon Pepper
- Cayenne Pepper
- UP TO ONE PREMIUM TOPPING**
- White cheddar
- SunDried Tomatoes
- Jalapenos
- Feta Cheese
- Cashews
- Bacon Bits
- Almonds



FOR HERE _____ TO GO _____



SALAD MENU

Grab a marker. Circle what you want in your salad.

CHOOSE YOUR TYPE

- VEGGIE
9.99
- TOFU
10.99
- EGGS
10.99
- CHICKEN
12.99
- PORK
13.99
- SAUSAGE
13.99
- SALMON
Grilled or Blackened
16.99
- TILAPIA
Grilled or Blackened
14.99
- GROUPEL
Fried, Grilled or
Blackened
16.99
- BEEF
15.99
- SHRIMP
14.99

ADDITIONAL PROTEIN

- TOFU
1.99
- EGGS
1.99
- CHICKEN
2.99
- PORK
2.99
- SAUSAGE
2.99
- SALMON
8.99
- TILAPIA
4.75
- GROUPEL
8.99
- BEEF
5.99
- SHRIMP
5.99

UP TO TWO BASES

- Romaine Salad
- Romaine & Noodle Salad
- Romaine & Quinoa Salad add .99
- Hot Ingredients
- Cold Ingredients

PICK YOUR FAVORITE VEGGIES

- Mushrooms
- Carrots
- Tomatoes
- Broccoli
- Green Bell Peppers
- Baby Corn
- Whole Kernel Corn
- Zucchini
- Black Beans
- Onions
- Spinach
- Water Chestnuts
- Cabbage
- Black Olives
- Pineapple

UP TO TWO DRESSINGS

- Creamy Ginger
- Greek Feta
- Ranch
- Balsamic Vinaigrette
- Creamy Chipotle
- One Island Dressing
- SunDried Tomato

YOUR CHOICE TOPPINGS & SPICES

- Scallions
- Garlic
- Cilantro
- Raisins
- Basil
- Red Pepper Flakes
- Yellow Curry
- Red Curry
- Blackened
- Lemon Pepper
- Cayenne Pepper
- UP TO ONE PREMIUM TOPPING**
- White cheddar
- SunDried Tomatoes
- Jalapenos
- Feta Cheese
- Cashews
- Bacon Bits
- Almonds



SAME GREATNESS BUT...NO ADDITIONS



KEEPING IT SIMPLE MENU

Grab a marker. Circle what you want.

FOR HERE _____ TO GO _____



1

CHOOSE YOUR PROTEIN

NO PROTEIN
7.99

TOFU
9.99

CHICKEN
9.99

PORK
9.99

BEEF
13.99

SHRIMP
11.99

2

CHOOSE ONE BASE

WHITE RICE

BROWN RICE

LO MEIN NOODLES

BLACK RICE
GLUTEN FREE
add 1.99

QUINOA
GLUTEN FREE
add 1.99

3

CHOOSE ONE SAUCE

TERIYAKI #2
sweet teriyaki favorite

LO MEIN SAUCE
our own soy blend

SWEET GINGER
BROWN
taste ginger & garlic

SWEET & SPICY
as it sounds

Maybe 4

ADDITIONAL PROTEIN

TOFU
1.99

CHICKEN
3.99

PORK
3.99

BEEF
5.99

SHRIMP
5.99

No ADDITIONS.

Good Enough to Slap a Bear For