

DRAFT

EXHIBIT F

(MENU)



La Ola

- Breakfast -

Served from 8:30 am until 11:30 am daily



BREAKFAST BURRITO
Large Soft Tortilla Filled with Sausage, Eggs, Cheddar Jack Cheese, Onions, Green Peppers and Salsa. Served with Choice of Potatoes or Fresh Fruit 12

VEGGIE BREAKFAST BURRITO
Large Soft Tortilla Filled with Eggs, Cheddar Jack Cheese, Avocado, Mushrooms, Onions, Green Peppers, Spinach and Salsa. Served with Choice of Potatoes or Fresh Fruit 12

THE CLASSIC*
2 Eggs Fried or Scrambled, Choice of Sausage Patty or Bacon, White or Wheat Toast and Potatoes or Fresh Fruit 12

FIT SKILLET
Egg Whites, Fresh Spinach, Onions, Mushrooms, Tomatoes, Potatoes. Served in a Cast Iron Skillet 12

LA OLA OMELET
A Three Egg Omelet with Choice of Ham or Sausage, Onions, Spinach, Mushrooms, Green Peppers, Cheddar Jack Cheese and Potatoes or Fresh Fruit and Choice of White or Wheat Toast 12

COUNTRY SKILLET*
Two Fried Eggs, Served over Ham, Bacon, Sausage, Green Peppers, Onions, Mushrooms, Potatoes and Cheddar Cheese. Served in a Cast Iron Skillet 12

FRENCH TOAST
3 Pieces of Thick and Delicious French Toast served with Choice of Sausage or Bacon. Served with a Side of Fresh Fruit. Includes Choice of Blueberry or Strawberry Topping 12

AVOCADO TOAST*
Fresh Avocado, Olive Oil, Sea Salt. Served on 2 Slices of Whole Wheat Toast. Topped with 2 Fried Eggs 12

PANCAKES
Large Fluffy Buttermilk Pancakes served with Choice of Sausage or Bacon. Served with a Side of Fresh Fruit. Includes Choice of Blueberry or Strawberry Topping 12

BAGEL BREAKFAST SANDWICH*
Fresh NY Bagel with Scrambled or Fried Eggs, American Cheese and Choice of Bacon, Ham, or Sausage Patty 12

- For Starters -

WORLD FAMOUS NACHOS
Oven Baked, Layered with Cheddar Jack Cheese, Diced Tomatoes, Crisp Lettuce, Onions, and Jalapenos. Served with Cold Beer Creamer and our Fresh Made Guacamole. Includes 12.5" Margarita 12

CRAB DIP
Maryland Lump Blue Crab Dip. Served Warm with Tortilla Chips 12

GUACAMOLE
Made Daily in our Kitchen by our Mariachi using Fresh Avocados, Cilantro, Tomatoes, Onions, Fresh Squeezed Lime Juice and Sea Salt 12

GARLIC SHRIMP TAPAS
Gulf Shrimp Broiled in Butter, Garlic, White Wine and Parsley. Served with Toast Points 12

BAKED CHICKEN WINGS
10 of our Tender Baked Chicken Wings served with Choice of Mild, Medium, Hot, Teriyaki, Garlic, Jamaican Jerk, Garlic Teriyaki Sauce or Plain Baked. Served with Blue Cheese or Ranch Dressing and Celery 12

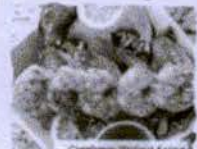
BEEF SLIDERS*
Three Fresh Hand Made Angus Beef Patties served on Brioche Buns with Choice of Cheddar Jack or American Cheese Along with our Famous La Ola Sauce and Crisp Baked French Fries 12

TOMATO CORN SALSA
Our Version of Pico de Gallo - Fresh Diced Tomatoes, Sweet Corn and our own blend of Mexican Spices served with Tortilla Chips 8

QUESO DIP
Queso is Spanish for Cheese and ours is served Warm with Tortilla Chips 8

SPINACH DIP
Made with Fresh Spinach served Warm with Tortilla Chips 12

AHI TUNA TOWER*
"Voted Best Appetizer on the Beach" Baked Grilled Ahi Tuna Steamed with Potatoes. Served with our Fresh Made Guacamole, Pineapple Mango Salsa, Tomato Corn Salsa, Cucumber, Shredded Salad and Ranch Dressing 12



TACO
Choose either our Fresh Seasoned Beef or Chili Lime Marinated Chicken over Crisp Iceberg Lettuce, Diced Fresh Tomatoes, Red Onions, Black Olives, Tortilla Chips and Cheddar Jack Cheese. Served with our Ranch Dressing or Salsa and Cool Sour Cream 12

CRANBERRY WALNUT*
Fresh Spring Greens, Sweet Dried Cranberries, Candied Walnuts, Fresh Strawberry and Goat Cheese. Served with our Raspberry Vinaigrette 12

CLASSIC CAESAR*
We start with Chilled Crisp Romaine Lettuce, then add Cucumber, Parmesan Cheese and our Caesar Dressing 12

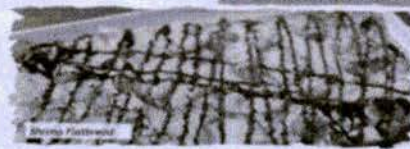
MARGHERITA
Mozzarella, Tomatoes, Garlic, Oregano, Basil and Chili Oil 12

PEPPERONI
Pepperoni, Mozzarella and Oregano 12

HAWAIIAN
Ham, Bacon, Mozzarella, Oregano and Pineapple 12

SHRIMP
Seasoned Shrimp, Mozzarella, Garlic, Tomato, Basil and Balsamic Reduction 12

- Flatbreads -



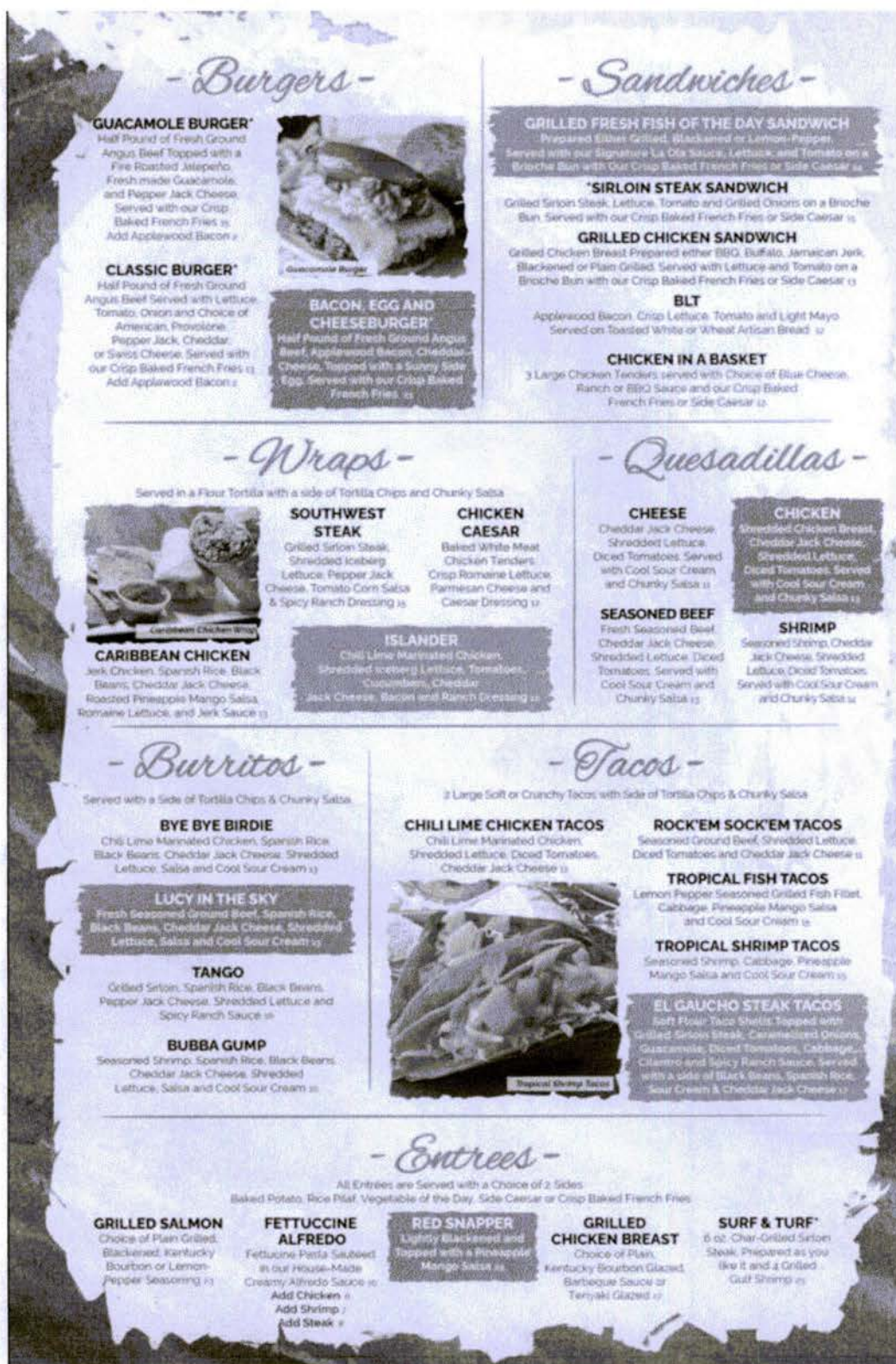
SHRIMP FLATBREAD
Shrimp, Mozzarella, Garlic, Tomato, Basil and Balsamic Reduction 12

CHICKEN FLATBREAD
Chicken, Mozzarella, Garlic, Tomato, Basil and Balsamic Reduction 12

We add a 20% Gratuity to groups of six or more.

Consumer Advisory: The Department of Public Health advises that eating raw or under cooked meat, poultry, eggs, or shellfish poses a health risk to everyone, but especially to the elderly, young children under age 5, pregnant women, and other highly susceptible individuals with compromised immune systems. Thorough cooking of such animal foods reduces the risk of illness.

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