

Soups & Salads

HOUSE MADE CHICKEN NOODLE SOUP, SOUP OF THE DAY OR BLACK BEANS WITH RICE AND RED ONION 3.99-4.99

TUNA SALAD OR 100% BREAST CHICKEN SALAD 9.99 SURROUNDED WITH FRESH FRUIT AND BERRIES

WARM GORGONZOLA STEAK SALAD 13.99

MEDIUM RARE TENDERLOIN STEAK SLICED THIN ON A BED OF MIXED GREENS WITH SPANISH OLIVES, GORGONZOLA CRUMBLES, WEDGED TOMATOES AND SAUTEED PORTOBELLO MUSHROOMS, DRIZZLED WITH HOUSEMADE BALSAMIC VINAIGRETTE

ADD TO ANY SALAD:

MAHI-MAHI 2.99 • CHICKEN 1.99 • TENDERLOIN 3.99

JERRY'S SPINACH SALAD 9.99

FRESH BABY SPINACH TOSSED WITH CHOPPED APPLES, WALNUTS AND BLUE CHEESE, IN A BALSAMIC VINAIGRETTE DRESSING

MEDITERRANEAN SALAD 10.99

MIXED GREENS TOPPED WITH TOMATOES, CUCUMBERS, SPANISH OLIVES, RED ONIONS, PEPPERONCINI, FETA CRUMBLES AND WALNUTS, DRIZZLED WITH GREEK DRESSING

ACE'S SUPERFOOD SALAD 11.99

CHOPPED KALE TOPPED WITH EDAMAME, CRAISINS, SLICED ALMONDS, BLUEBERRIES, SLICED TOMATO, SLICED HARD BOILED EGG, AND SIDE OF GUACAMOLE WITH POMEGRANATE DRESSING

ALL SALADS COME WITH YOUR CHOICE OF FRESH BAKED MUFFIN, SCONES, OR BREAD

Grilled Specialties

SERVED WITH PICKLE & CHOICE OF SIDE "ASK YOUR SERVER"



PHISH TACOS 8.99

BLACKENED MAHI-MAHI OVER CABBAGE SLAW, WITH CHOPPED TOMATOES AND FRESH CILANTRO, TOPPED WITH AVOCADO LIME CREMA



"METHUSELAH" 8.99

THE BEST GARDEN BURGER PERIOD! TOPPED WITH GREEN LEAF LETTUCE, TOMATO, RED ONION AND GUACAMOLE. SERVED ON GRILLED CIABATTA BREAD



"WOM" BURGER 9.99

8 OZ BURGER SERVED ON CIABATTA BREAD WITH LETTUCE, TOMATO AND YOUR CHOICE OF CHEESE AND BACON



TUNA MELT SANDWICH (ON RYE W/SWISS CHEESE & TOMATO) 8.99



REUBEN AND CHERISE 8.99

WITH CORNED BEEF OR TURKEY, SAUERKRAUT, 1000 ISLAND DRESSING (ON THE SIDE) AND SWISS CHEESE ON RYE BREAD



GRILLED CHICKEN SANDWICH 8.99

MARINATED CHICKEN, FRESH MOZZARELLA, TOMATO, RED ONION AND TARRAGON MAYO, ON FRESHLY BAKED CIABATTA BREAD



GRILLED VEGGIE SANDWICH 8.99

MARINATED GRILLED PORTOBELLO MUSHROOM, TOMATO, RED ONIONS, ROASTED RED PEPPERS, ALFALFA SPROUTS, HAVARTI CHEESE AND SLICED CUKES, DRIZZLED WITH BALSAMIC VINAIGRETTE, ON FRESH BAKED CIABATTA BREAD



GRILLED TENDERLOIN SANDWICH 10.99

BEEF TENDERLOIN GRILLED MEDIUM WITH ROASTED RED PEPPERS, HAVARTI CHEESE AND HORSE RADISH AIOLI, ON FRESH BAKED CIABATTA BREAD

PLEASE ASK YOUR SERVER FOR TODAY'S DOGGIE DINING MENU. MARKET PRICED.

Wet Your Whistle



FRESH-GROUND REGULAR OR DECAF COFFEE 2.49

FLAVORED COFFEE OF THE DAY 2.99

POT OF HOT TEA 2.49

HOT CHOCOLATE W/WHIPPED CREAM 2.99

SODA POP, LEMONADE, ICED TEA, BOTTLED WATER, PERRIER (SPARKLING), FLAVORED TEA OF THE DAY 2.49 ASSORTED

JUICES: CRANBERRY, TOMATO, VB, GRAPEFRUIT OR

FRESH FLORIDA OJ, NOT FROM CONCENTRATE 2.99-3.99 MILK:

REGULAR, SKIM, 2% OR W/CHOCOLATE 2.49-2.99

ESPRESSO 2.99 DOUBLE ESPRESSO 3.99

CAPPUCCINO 3.99 LATTE 3.99

MIMOSA 5.99

DOWNTOWN TG 9/16

Word of Mouth Downtown

www.wordofmouthsrq.com

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Delivery Available at ashleysfood.com

For catering or general information please contact proprietor:
Shannon Lugannani 941-284-6640 peazful@verizon.net

Welcome to WOM Downtown!

Our culture is simple

We strive to provide a healthy, house made, value based meal, coupled with a positive, upbeat and comfortable atmosphere, I want your experience to be memorable for the overall feeling of the restaurant, staff and the tasty food.

WOM is continually exploring ways to be sensitive to our environment and most important our own bodies. A good portion of our disposables are biodegradable, and we buy local produce (when available). Most of our deli meats are all natural, and we never skimp on portions or quality. You will find many healthy options on our menu including gluten free, and vegetarian. Whether you want to cheat on your diet or feel good about what you just ate, you can find it here.

If you enjoyed your experience please let us and your friends know through social media. You can find us on facebook, (Word of Mouth Downtown), yelp, twitter, trip advisor, and foursquare, etc. On the rare occasion that we fall short of your expectations, please give us the courtesy of letting us know before you leave. We are in the hospitality business, and I promise that we will do everything in our power to make you leave happy, and full.

On behalf of our family at WOM thank you for choosing us for this meal and we hope to see you on a regular basis. Your patronage supports local people that live in this wonderful paradise, and in turn power our local economy.

Thank you for supporting local business!

Shannon Lugannani, Proprietor

Traditional Sandwiches

• BUILD YOUR OWN ON CHOICE OF BREAD FRESH BAKED DAILY - RYE, RUSTIC 9 GRAIN, SOURDOUGH, WHEAT OR SUNDRIED TOMATO WRAP. GLUTEN FREE .50

• RUN YOUR SANDWICH THROUGH THE GARDEN AND ADD LETTUCE, TOMATO, ALFALFA SPROUTS, ONIONS OR CUCUMBER



CHICKEN SALAD 8.99



ALBACORE TUNA 8.99



VIRGINIA STYLE HAM 7.99



GRATEFUL GRILLED CHEESE, TOM. & BACON 7.99



BLT WITH MAYO 7.99



TURKEY 7.99



SOUP & 1/2 DELI SANDWICH 7.99

1/2 DELI SANDWICH AND YOUR CHOICE OF ANY OF OUR HOMEMADE SOUPS

• ALL SANDWICHES ARE SERVED WITH: PICKLE SPEAR, CHOICE OF CHEESE, AND SIDE. SIDES INCLUDE: KETTLE COOKED CHIPS, COLE SLAW, COUS COUS, POTATO SALAD, PASTA SALAD, OR HOMEFRIES

LEGEND



ALL NATURAL, NO PRESERVATIVES



HEALTHIER ALTERNATIVES



PREPARED GLUTEN FREE (WHEN REQUESTED) WITH WHOLE GRAIN GLUTEN FREE BREAD OR BY LEAVING OUT CERTAIN INGREDIENTS

Baked Fresh Daily



MORNING BAKERIES 2.99



MUFFINS, SCONES, CROISSANTS, BAGELS,
AND TENNESSEE MOUNTAIN BISCUITS


BEAR'S CHOICE CINNAMON ROLL 3.99


TOAST OR ENGLISH MUFFIN 1.99

ALL OF OUR MUFFINS, SCONES, BISCUITS, CINNAMON ROLLS,
BAGELS AND BREADS ARE BAKED FRESH DAILY, AND IN BATCHES
APPROPRIATE FOR THE DAYS BUSINESS. WE NEVER USE "DAY OLD BAKERIES".
IF YOU HAVE A LARGE BAKERY ORDER, PLEASE CALL US AHEAD OF TIME
SO THAT WE CAN ACCOMMODATE YOUR NEEDS.

Healthy Starts

  FRESH FRUIT AND BERRIES SELECTION SLICED DAILY,
"THE BEST IN SARASOTA" 4.99, 6.99

 ARLEEN'S HOUSEMADE GRANOLA 6.99, 8.99
TOPPED WITH FRESH FRUIT AND YOUR CHOICE OF YOGURT
WITH APPLES, BANANAS OR BLUEBERRIES ADD .75 EACH

 OATMEAL WITH RAISINS AND BROWN SUGAR 3.99-4.99
WITH APPLES OR BLUEBERRIES ADD 1.50 EACH



Sides, etc

EGG - HOWEVER YOU WANT IT 1.99
EGG WHITES ADD .49 PER EGG

BACON, SAUSAGE OR TURKEY SAUSAGE
3.99

VIRGINIA-STYLE BAKED HAM 3.99

SOUR CREAM .99

GUACAMOLE 2.99

HOUSEMADE SALSA 1.99

HOMEFRIES -
RED SKINNED POTATOES
W/GARLIC & ONIONS 2.99
W/MELTED CHEESE 3.49
W/SALSA, SOUR CREAM
& CHEESE 3.99

SOUTHERN GRITS 1.99

SLICED TOMATOES 2.99

REAL MAPLE SYRUP 2.99

WHIPPED CREAM .99

LEGEND



ALL NATURAL, NO PRESERVATIVES



HEALTHIER ALTERNATIVES



PREPARED GLUTEN FREE (WHEN REQUESTED) WITH WHOLE GRAIN
GLUTEN FREE BREAD OR BY LEAVING OUT CERTAIN INGREDIENTS

Barnyard Basics & Beyond



THE BARNYARD SPECIALTY 7.99

2 EGGS CHOICE OF TOAST OR MUFFIN & HOMEFRIES OR GRITS

EGG WHITES AVAILABLE .49 PER EGG
ADD SAUSAGE, HAM OR BACON WITH YOUR BARNYARD FOR JUST 1.99



CAMERON'S BREAKFAST SANDWICH 8.99

CHOOSE A SANDWICH SIZE ENGLISH MUFFIN OR FRESH BAKED
BUTTERMILK BISCUIT - EGGS THE WAY YOU LIKE THEM - CHOICE
OF SHAVED HAM, BACON, SLICED TURKEY OR SAUSAGE AND CHOICE
OF MELTED CHEESE - COMES WITH A SIDE OF HOMEFRIES OR
GRITS "CAMERON'S WAY" WITH SCRAMBLED EGGS, AMERICAN
CHEESE, AND SHAVED HAM, ON WHITE TOAST. DON'T FORGET TO
ADD LOTS OF KETCHUP!

TENNESSEE MOUNTAIN BISCUIT WITH SAUSAGE GRAVY 7.99

DEEP ELEM'S DEEP PAN QUICHE 8.99

QUICHE OF THE DAY SERVED WITH SIDE OF FRUIT AND MUFFIN
OR SCONE



LOX & BAGEL 12.99

SERVED WITH LETTUCE, TOMATO, ONION, CREAM CHEESE & CAPERS

BERTHA'S BREAKFAST BURRITO 11.99

FILLED WITH EGGS, CHORIZO SAUSAGE, PEPPERS, ONIONS, CHEDDAR
& PEPPER JACK TOPPED WITH SALSA, SOUR CREAM, GUACAMOLE &
BLACK OLIVES AND CHOICE OF HOMEFRIES OR GRITS



CORNED BEEF HASH 10.99

OUR HOUSEMADE HASH SERVED WITH SLICED TOMATOES AND EGGS
HOW YOU LIKE 'EM - CHOICE OF TOAST OR MUFFIN



GREEK THEATER BREAKFAST WRAP 9.99

SCRAMBLED EGGS, BLACK OLIVES, SPINACH, TOMATOES, ONION
AND FETA CHEESE - CHOICE OF HOMEFRIES OR GRITS

EGGS BENEDICT 11.99

2 POACHED EGGS SET ATOP A TOASTED ENGLISH MUFFIN AND
GRILLED HAM. COVERED WITH HOLLANDAISE SAUCE - COMES WITH
A SIDE OF HOMEFRIES OR GRITS
SUB LOX FOR HAM 13.99

COLONEL FORBIN'S COUNTRY BENEDICT 11.99

TENNESSEE MOUNTAIN BISCUIT WITH PATTY SAUSAGE AND TWO
EGGS THE WAY YOU LIKE 'EM, TOPPED WITH SAUSAGE GRAVY

HUEVOS RANCHEROS 10.99

CRISPY CORN TOSTADA TOPPED WITH HOUSE MADE BLACK
BEANS, TWO EGGS THE WAY YOU LIKE 'EM, CHEDDAR CHEESE,
RED ONIONS, AND HOUSE MADE SALSA VERDE.

TAMALES & EGGS 9.99

TWO HOUSE MADE TAMALES (CHOICE OF CHICKEN OR PORK) EGGS THE WAY
YOU LIKE 'EM, WITH A SIDE OF SLICED TOMATOES.

FRESH CUT SIDE OF FRUIT MAY BE SUBSTITUTED FOR
HOMEFRIES OR GRITS ... ADD 1.99

Widespread Pancakes & Griddled Delights



LOW-FAT BUTTERMILK OR HEARTY BUCKWHEAT
PANCAKES 6.99-7.99



SOUREDough OR 9 GRAIN FRENCH TOAST 7.99

ADD YOUR CHOICE OF TWO ITEMS TO PANCAKES OR FRENCH TOAST:
BANANAS, APPLES, CRANBERRIES, CHOCOLATE CHIPS, PECANS,
BLUEBERRY OR STRAWBERRY COMPOTE, WALNUTS, GRANOLA OR
ALMONDS FOR AN EXTRA 1.99

ADD SAUSAGE, HAM OR BACON TO
YOUR CAKES OR FRENCH TOAST 1.99

Awesome Omelettes



SERVED WITH CHOICE OF HOMEFRIES OR GRITS ALONG WITH TOAST,
BISCUIT OR FRESH BAKED MUFFIN

(EGG WHITES AVAILABLE WITH ANY OMELETTE ... ADD 1.50)



SPINACH, BACON, CHEDDAR 9.99



VEGGIE, TOMATO & FRESH HERBS 9.99



BODYBUILDER'S CHOICE 10.99

EGG WHITE OMELETTE WITH TURKEY AND LITE CHEDDAR



LOX OMELETTE 11.99

LOX OMELETTE WITH TOMATOES, ONIONS AND CAPERS



MILE HIGH CITY OMELET 9.99

HAM, ONIONS, BELL PEPPERS AND CHEDDAR CHEESE

CHECK OUR DAILY SPECIALS OR ASK YOUR SERVER
TO BUILD YOUR OWN OMELETTE CREATION.
ADD SAUSAGE, HAM OR BACON FOR 1.99

Little Wrangler's \$5.99



MICKEY MOUSE PANCAKE WITH ONE PIECE BACON



GRILLED CHEESE WITH KIDS FRUIT



PB&J WITH KIDS FRUIT



SCRAM EGGS WITH TOAST AND ONE PIECE BACON

CONSUMING RAW OR UNDERCOOKED MEATS OR EGGS WITH LESS THAN
WELL DONE YOLKS, MAY POSE AN INCREASED RISK OF FOODBORNE ILLNESS.