

## 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, TOMATOES AND SAUTÉED 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, TOMATOES, SLICED HARD BOILED EGG, AND SIDE OF GUACAMOLE WITH POMEGRANATE DRESSING

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

## Deli Sandwiches

- BUILD YOUR OWN ON CHOICE OF FRESH BREAD 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 BLT WITH MAYO 7.99



ALBACORE TUNA 8.99 TURKEY 7.99



VIRGINIA STYLE HAM 7.99



GRATEFUL GRILLED CHEESE, TOM. & BACON 7.99



SOUP & 1/2 DELI SANDWICH 7.99  
1/2 DELI SANDWICH AND YOUR CHOICE OF ANY OF OUR HOMEMADE SOUPS OR SIDES

- 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

## 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 ROLL



"WOM" BURGER 9.99  
8 OZ BURGER SERVED ON CIABATTA ROLL WITH LETTUCE, TOMATO, ONION 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 ROLL



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 ROLL



GRILLED TENDERLOIN SANDWICH 10.99  
BEEF TENDERLOIN GRILLED MEDIUM WITH ROASTED RED PEPPERS, HAVARTI CHEESE AND HORSERADISH AIOLI, ON FRESH BAKED CIABATTA ROLL

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 B&L 8/16

# Word of Mouth Downtown

[www.wordofmouthsrq.com](http://www.wordofmouthsrq.com)

711 S. Osprey Ave.

Sarasota, FL 34236

P: 365-1800 F: 365-1844

Delivery Available at [ashleysfood.com](http://ashleysfood.com)

For catering or general information please contact proprietor:

Shannon Lugannani @ 941-284-6640 [peazful@verizon.net](mailto: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 feeling of the restaurant, staff, and the tasty food.

WDM is constantly 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 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 "WDM" 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.

## 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

 OATMEAL WITH RAISINS AND BROWN SUGAR 3.99-4.99  
WITH APPLES, BANANAS OR BLUEBERRIES ADD .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 TOMATO 2.99


REAL MAPLE SYRUP 2.99

WHIPPED CREAM .99

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

## Barnyard Favorites

### 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 HOUSE MADE 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 TOSTADAS, 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 THEM 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

 SOURDOUGH OR 9 GRAIN FRENCH TOAST 7.99

ADD YOUR CHOICE OF TWO ITEMS TO PANCAKES OR FRENCH  
TOAST: BANANAS, APPLES, CRANBERRIES, BLUEBERRIES,  
STRAWBERRIES CHOCOLATE CHIPS, PECANS, 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.