

Flamingo

Lodge & Restaurant

FLAMINGO SIGNATURE 20oz SMOOTHIES

AVAILABLE ALL DAY    LK

BERRY SMOOTHIE/ \$10.95

Strawberries, blueberries, banana, agave syrup, cinnamon and oat milk. 227 Cal/9g Pro

BANANA SUNFLOWER SMOOTHIE/ \$10.95

Banana, sunflower butter, flax seed, vanilla, agave syrup and oat milk. 376 Cal/92g Pro

TROPICAL CHIA SMOOTHIE/ \$10.95

Pineapple, mango, banana, apple, chia seeds, agave syrup and oat milk. 304 Cal/133g Pro

ISLAND GREEN SMOOTHIE/ \$10.95

Spinach, avocado, banana, apple, agave syrup and oat milk. 285 Cal/8g Pro

BREAKFAST 7am-10am

FRUIT PARFAIT / \$10.50 K

Low Fat Vanilla yogurt with an array of fresh berries and topped with granola. 495 Cal/23g Pro.

CLASSIC OATMEAL / \$8.00 LK

Steel Cut Oatmeal topped with cinnamon, raisins, and agave. 350 Cal/7g Pro.

BAYSIDE OATMEAL / \$9.50

Steel Cut Oatmeal topped with mango, toasted coconut, agave and chia seeds. 420 Cal/7g Pro

BREAKFAST BURRITOS & BAGELS 7am-10am

The following breakfast items served with a choice of hash brown patty, Non-GMO baked sweet plantains, or fruit cup

FLAMINGO BREAKFAST BURRITO / \$14.95

Scrambled eggs, chorizo sausage, cheddar jack cheese, salsa, and guacamole. 1168 Cal/42g Pro

WESTERN BREAKFAST BURRITO / \$14.00

Scrambled eggs, ham, pepper, onion, and cheddar jack cheese. 559 Cal/23g Pro

VEGETABLE BREAKFAST BURRITO / \$12.50

Scrambled eggs, spinach, mushrooms, peppers, onions, and cheddar jack cheese. 729 Cal/42g Pro

SUNRISE BREAKFAST BAGEL / \$12.50

Scrambled eggs, cheddar cheese and your choice of ham 45 Cal/5g Pro, bacon 263Cal/10g Pro, or chorizo sausage.

189 Cal/10g Pro. 409 Cal/18g Pro.

SMOKED SALMON BAGEL / \$16.95

Norwegian smoked salmon, cream cheese, tomatoes, red onion, and capers. 718 Cal/44g Pro

Choice of Tortilla: flour 310 Cal/8g Pro, whole-wheat 290 Cal/9g Pro or gluten Free 220 Cal/6g Pro.

Choice of Bagel: plain 270 Cal/10g Pro, whole-wheat 280 Cal/10g or gluten free 320 Cal/8g Pro.

Egg white substitute 25 Cal/5g Pro available for all breakfast items \$2.00.

Fun fact:

The Everglades National Park contains the largest intact stand of protected mangrove forest in the northern hemisphere.

LUNCH & DINNER 11am-9pm

FINGER FOODS

SMOKED FISH DIP/ \$13.95

Smoked Mahi spread served with warm pita bread 230 Cal/8g Pro and vegetable sticks. 400 Cal/2g Pro

COCONUT SHRIMP/ \$15.95

Six golden, crisp coconut breaded shrimps with orange marmalade dipping sauce 40 Cal/0g Pro. 1140 Cal

EMPANADA OF THE DAY/ \$13.95

Three light and flaky empanadas served with a chimichurri aioli 60 Cal/0g Pro. Please ask your cashier for the day's selection. 510-693 Cal/24-45g Pro.

HUMMUS/ \$13.75 LK

Traditional hummus served with warm pita bread 230 Cal/8g Pro and vegetable sticks. 140 Cal/4g Pro.

GRANDE NACHOS/ \$11.95

Tortilla chips topped with a melted cheese blend, black beans, guacamole, jalapeños, salsa, and sour cream. Add grilled chicken for \$5.25 110 Cal/21g Pro. 800 Cal/12g Pro

BLACK BEAN QUESADILLA/ \$13.50

Black beans, cheddar jack cheese, topped with cilantro, green onions, sour cream, and salsa. Add grilled chicken for \$5.25 110 Cal/21g Pro. 419 Cal/17g Pro

COOK YOUR CATCH

Up to 1 pound of fish per person

\$18.25

- You may choose between grilled, fried or blackened with a choice of two of the following: cup of soup, a side salad, French fries, black bean salad, vegetable sticks, or plantain chips
- Your catch must be filleted and de-boned and of legal size and in season.
- Flamingo Lodge and Restaurant is not responsible for illness due to improper handling, packaging or prep work done to fish prior to arrival at the restaurant kitchen.

SOUPS

CONCH CHOWDER \$6.95 CUP /\$8.95 BOWL

Bahamian style tomato based chowder, with diced conch, celery, bacon, potatoes, carrots and spices served with crackers. 237-356 Cal/15-23g Pro.

CHICKEN TORTILLA \$6.00 CUP /\$8.75 BOWL

Chicken, corn, black bean, onion, and tomato topped with crispy tortilla strips & shredded cheese. 130-195 Cal/5-75g Pro.

SALADS

HOUSE SALAD / \$9.50

Fresh greens, cherry tomato, avocado, cucumber, red pepper, carrot and onion. Add grilled chicken \$5.25 110 Cal/21g Pro or Mahi \$7.25 90 Cal/19g Pro 162 Cal/12g Pro

CAESAR / \$10.95

Fresh romaine, cherry tomato, shaved parmesan cheese, and seasoned croutons. Add grilled chicken \$5.25 110 Cal/21g Pro or Mahi \$7.25 90 Cal/19g Pro

Choice of dressings:

Ranch 280 Cal/0g Pro Caesar 240 Cal/2g Pro or Oil-Free Organic Balsamic Vinaigrette (Vegan)(GF) 6 Cal/0g Pro

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WRAPS

MAHI- MAHI WRAP/ \$16.75 LK

Sustainably sourced Blackened Mahi-mahi, mixed greens, mango salsa with tomato, red onion, jalapeno and cilantro with a drizzle of avocado oil
441 Cal/31g Pro.

VEGGIE WRAP/ \$12.50 V

Lettuce, tomato, cucumber, carrots, Havarti cheese and herbed cream cheese. 443 Cal/13g Pro.

B.L.T WRAP/ \$12.00

Thick cut bacon, lettuce, cherry tomato, avocado and chive mayonnaise. 675 Cal/19g Pro.

CHICKEN CAESAR WRAP/ \$14.95

Grilled free-range chicken breast, lettuce, tomato, parmesan cheese and Caesar dressing.
915 Cal/41g Pro.

Served with choice of French fries 230 Cal/3g Pro, black bean salad 123 Cal/5g Pro, vegetable sticks 25 Cal/5g Pro or plantain chips 123 Cal/5g Pro
Choice of Tortilla: flour 310 Cal/8g Pro, whole-wheat 290 Cal/9g Pro or gluten free 220 Cal/6g Pro

SANDWICHES

MAHI-MAHI SANDWICH/ \$16.95 LK

Spicy blackened Mahi with mixed greens, tomato, red onion and creamy Cajun remoulade.
441 Cal/31g Pro.

CUBANO SANDWICH/ \$15.00

Classic Cuban with ham, slow roasted pork, Swiss cheese, pickles, mustard, pressed on Cuban bread.
566 Cal/35g Pro.

CHICKEN CLUB SANDWICH/ \$15.25

Grilled, marinated free-range chicken breast, bacon, mixed greens, tomato and avocado-ranch spread.
680 Cal/58g Pro.

PINEAPPLE BBQ PULLED PORK SANDWICH/ \$15.95

Slow roasted pork, BBQ sauce and caramelized pineapple slaw. 593 Cal/25g Pro.

THE FLORIDA BAY BURGER/ \$15.00

1/3-pound burger* topped with lettuce, tomato, red onion. 448 Cal/26g Pro.

THE ISLAND BURGER/ \$15.95

1/3-pound burger* topped with grilled pineapple, red onion, lettuce and teriyaki sauce. 728 Cal/27g Pro.

THE VEGGIE BURGER/ \$13.25 V

The Gardenburger®, lettuce, tomato, red onion.
402 Cal/23g Pro.

BLACK BEAN BURGER/ \$14.95 V K

A spicy black bean patty, lettuce, tomato, red onion, and herbed avocado spread. 499 Cal/22g Pro.

Add Smoked Bacon (2) \$2.00 160 Cal/8g Pro
Add Cheddar Cheese (2) \$1.00 140 Cal/6g Pro

Served with choice of French fries 230 Cal/3g Pro, black bean salad 123 Cal/5g Pro, vegetable sticks 25 Cal/5g Pro or plantain chips 123 Cal/5g Pro
Choice of Buns: brioche 190 Cal/6g Pro, whole-wheat 160 Cal/5g Pro or gluten free 220 Cal/4g Pro

*Domestically sourced Prime Rib Beef Steak Burgers are 100% Grass Feed with no Antibiotics or Growth Hormones

KID'S MEALS

HAMBURGER/ \$9.75

All beef patty topped with lettuce, tomato, and red onion. Add cheddar cheese \$1.00 140 Cal/6g Pro.

BLACK BEAN BURGER/ \$9.95

Grilled black bean patty topped with, lettuce, tomato, and red onion. Add cheddar cheese \$1.00
140 Cal/6g Pro. 385 Cal/24g Pro.

HOT DOG/ \$8.50 K

Kosher all beef hot dog 455 Cal/19g Pro.

GRILLED CHEESE SANDWICH/ \$8.25 V

Melted cheddar cheese between grilled bread.
420 Cal/14g Pro.

HUMMUS/ \$8.95 V LK

Traditional hummus served with vegetable sticks.
140 Cal/4g Pro.

VEGGIE QUESADILLA/ \$9.75 V

Black beans, assorted seasonal veggies and cheddar jack cheese. Add grilled chicken \$5.25.
110 Cal/21g Pro.

Served with choice of French fries 230 Cal/3g Pro, black bean salad 123 Cal/5g Pro, vegetable sticks 25 Cal/5g Pro or plantain chips 123 Cal/5g Pro
Choice of Bun: brioche 190 Cal/6g Pro, whole-wheat 160 Cal/5g Pro or gluten free 220 Cal/4g Pro

DESSERTS

KEY LIME PIE/ \$7.50

Authentic Florida Key Lime pie topped with a dollop of whipped cream. 550 Cal/6g Pro.

FUDGY CHOCOLATE BROWNIE/ \$8.95

Moist chocolate, fudge brownie with vanilla ice cream and raspberry drizzle. 633 Cal/6g Pro.

ASSORTED ICE CREAMS/ \$7.00

Please ask your cashier for the days selection.

DAILY DESSERT CAKE/ \$10.95

Assorted layer cakes, please ask your cashier for the days selection.

FLAMINGO
ADVENTURES



AT EVERGLADES
NATIONAL PARK



Authorized
Concessioner



GUEST
SERVICES

Legendary Hospitality Since 1917

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.

Fun fact:

The American crocodile can be found in south Florida and in parts of the Caribbean. Its alligator cousin has been spotted in various parts of the United States, including North Carolina and Virginia. If you want to see both animals in their habitats, you have to go to Florida — namely, the Everglades National Park.

Fun fact:

Florida key limes are descendants of limes native to Asia and were introduced to the New World in the 16th century by Spanish and Portuguese explorers. The lime trees were then imported and established in the Florida Keys and southern Florida in 1839.