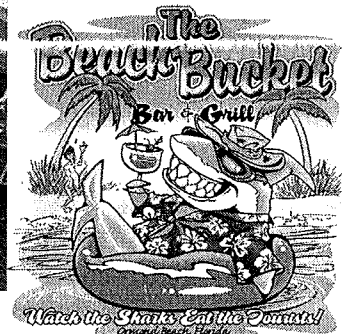


The Beach Bucket

Ormond's Only Oceanfront Restaurant & Bar



Breakfast

Shrimp and Grits

Made with low fat milk, salt and pepper, drizzled with cheddar cheese sauce and topped with plump Shrimp. \$8
190 Calories

Egg White Omelette

3 Egg whites with tomato, onions, peppers, cheddar cheese. \$8
110 Calories

Turkey Egg White Wrap

Scrambled Egg Whites mixed with lean turkey, onion, tomato, green pepper, mushroom and one thin slice of provolone cheese all wrapped up in a warm tortilla. \$8
270 Calories



For more information
Call the City of Ormond:
386-676-3323

Join us for the
3rd Annual
Beach Bucket
Kiwanis's Fun Run
Sunday, April 6, 2014

We put the Fun in "Fun Run" with a 5K that starts at The Beach Bucket, stops at theAmericano for a beer and returns to the BB for a finishers beer. (Lite for the health minded of course!) Drinking not required and serious run/walkers welcome too! Registration Discounted for Mayor's Challenge.

Lunch/ Dinner

Chicken or Shrimp Wrap

Skinless chicken breast or plump shrimp with lettuce and tomato and wrapped in a warm tortilla. With fat free Italian dressing \$12
Shrimp: 210 Calories
Chicken: 287 Calories

Skinny Fish Dinner

A large piece of Blackened flaky white fish grilled with PAM, served with seasoned steamed Broccoli and a small amount of tomato ginger salad \$14
234 Calories

Sesame Ahi Tuna with Seaweed Salad

Lightly seared ahi tuna encrusted with sesame seeds. Served with seaweed salad. \$11
183 calories

From the Bar: Skinny Margarita 140 Calories, Select 55: 55 Calories, Mich Ultra 96 Calories,
Various Skinny Vodka Flavors! 80 Calories.

Open 7am-9pm Daily. Breakfast, lunch, dinner, & drinks overlooking the Ocean.