

BREAKFAST

substitute over-easy cage-free eggs or egg whites add .50

EGG SANDWICHES

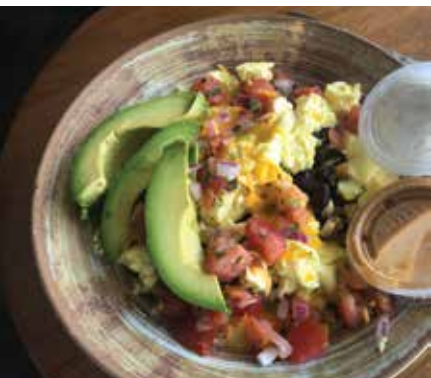
served on a fresh-baked bagel or brioche bun
substitute croissant add .50



EGG & CHEESE * 4.69
scrambled eggs, cheddar cheese
• add bacon, ham, grilled sausage or
turkey sausage to any egg sandwich **1.50**

EGG WHITE VEGGIE * 6.29
egg whites, portabella mushrooms, scallions,
spinach, Swiss cheese & hummus

BOWLS



SOUTHWEST * 8.49
scrambled eggs, cheesy potatoes, black beans,
cheddar cheese, pico de gallo, sour cream,
avocado & chipotle ranch dressing
• add grilled sausage **1.50**

MEDITERRANEAN * 7.49
scrambled eggs, farro, garbanzo beans,
spinach, tomatoes, avocado, Kalamata olives,
feta cheese & Greek Goddess dressing



GREEK YOGURT & FRUIT 6.99
fresh-cut seasonal fruit, Greek Yogurt,
honey & toasted almonds

LEAN PROTEIN * 7.99
egg whites, quinoa, portabella mushrooms,
broccoli, pico de gallo & side of hummus
sub spinach for quinoa

JOHNNY O'S FAMOUS BAGELS

plain • sesame • poppy • onion • garlic • pro roll • everything • cheese
cinnamon raisin • 8-grain • 8-grain everything • salt • seasonal bagel

BAGEL 1.39 • HALF DOZEN 6.99 • BAKER'S DOZEN 11.99

BAGEL BRUNCH 13 bagels & 2 spreads **16.99**

HALF BRUNCH 9.49

BAGEL with...

substitute croissant add .50

REAL BUTTER, HONEY BUTTER or JAM 2.29

PEANUT BUTTER or HUMMUS 2.99

CREAM CHEESE plain, scallion, veggie, strawberry **2.99**

NOVA CREAM CHEESE 3.99



NOVA NOSH * 8.29
smoked salmon, plain cream cheese,
tomatoes, cucumber, red onion & capers

EGG PLATTERS

FARMHAND * 8.49
scrambled eggs & cheesy potatoes, choice of: bacon, ham,
grilled sausage or turkey sausage, served with bagel or
multi-grain toast

• substitute steak add **4.00**

VEGGIE * 8.49
scrambled eggs, portabella mushrooms, spinach, tomatoes,
broccoli, scallions & cheesy potatoes, served with bagel or
multi-grain toast



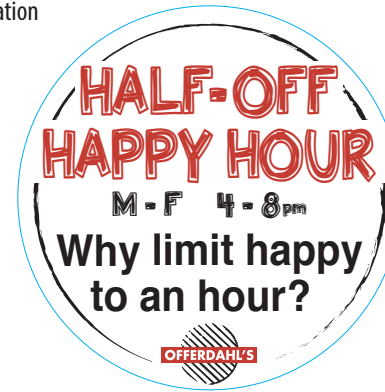
AVOCADO TOAST * 8.49
2 cage-free eggs over-easy, avocado, arugula,
tomatoes & secret "O" sauce on multi-grain toast

BREAKFAST SALAD * 7.49
two hard-boiled eggs, grilled turkey sausage,
arugula & tomatoes tossed with tangy lemon
dressing, topped with Parmesan cheese



BEVERAGES

offerings may vary by location



SIGNATURE COFFEE 2.09 / 2.59
ICED COFFEE 2.09 / 2.59
FOUNTAIN DRINKS 2.59
TEA BAGS 2.09
HOT CHAI or HOT CHOCOLATE 3.99 / 4.99
ICED TEA 2.59
COFFEE or ICED TEA KEG serves 10 **19.99**
VITAMIN WATER™, COCONUT WATER,
BOTTLED WATER, SPARKLING WATER 2.09-2.29
MILK 2.29

ESPRESSO DRINKS select locations

ESPRESSO 1.99 / 2.49 / 2.99

add a shot of flavored syrup **.50**

CAPPUCCINO 3.29 / 4.29

CARAMEL, MOCHA or VANILLA LATTE
reg or skinny **3.59 / 4.59**

NITR"O" COLD-BREW COFFEE 5.49 / 5.99
ice no ice

CRAFT JUICE & TEA BLENDS

FLORIDA OJ & LEMONADE 3.49 / 4.49
clean, honestly sourced, no preservatives or artificial ingredients

TEA & JUICE BLENDS 3.49 / 4.49

Grilled Lemonade • Green Tea Lemonade
Orange Basil Green Tea • Strawberry Lemonade

KOMBUCHA TEA ON TAP 4.99 / 5.99

RETAIL

CERAMIC MUG 10.00 **CAP 20.00 / VISOR 15.00**

TO-GO FOOTBALL MUG 10.00 **T-SHIRT 15.00**

MOM'S VINAIGRETTE 7.99 and other fresh-made dressings or sauces

NUTRITIONAL INFORMATION

DRESSINGS & SAUCES 1.5 oz servings

- BBQ Sauce 15 cal contains: WHEAT (V)
- Caesar Dressing 140 cal contains: EGGS, FISH, MILK, SOY, WHEAT
- Cazal Sauce 180 cal (GF) (V)
- Chipotle Fennel Sauce 130 cal contains: ANCHOVY, EGG
- Chipotle Ranch 200 cal contains: EGG (GF)
- Curry Sauce 220 cal, GF contains: EGG (GF) (V)
- Greek Dressing 210 cal (GF) (V)
- Greek Goddess Dressing 35 cal, GF contains: EGG, MILK (GF) (V)
- Honey Vinaigrette 170 cal, contains: SOY (V) (V)
- Hummus 100 cal (GF) (V)
- Miso Umami Aoli (GF) (V)
- Mom's Vinaigrette 210 cal, contains: Gluten-free soy (GF) (V)
- Peanut Thai Sauce 100 cal, contains: PEANUTS (GF) (V)
- Pesto Sauce 140 cal contains: EGG, MILK (GF) (V)
- Secret "O" Sauce 120 cal, contains: EGG, MILK (GF) (V)
- Tangy Lemon 130 cal (GF) (V)
- Teriyaki Sesame Sauce 120 cal, contains: SOY, WHEAT (V)

GRAINS based on 1/2 c serving/ regular grain bowls contain 1 c

- Brown Rice 85 cal, 2g pro, 18g carb, .5g fat, 1g fiber (GF) (V)
- Farro (Ancient Grain) contains: WHEAT 100 cal, 4g pro, 26g carb, 1g fat, 3.5g fiber (V)
- Organic Tri-colored Quinoa 111 cal, 4g pro, 20g carb, 2g fat, 3g fiber (GF) (V)
- Yellow Rice 150 cal, 3g pro, 33g carb, .3-1g fat, 0g fiber (GF)

GRILLED PROTEINS

- Avocado (1/2) 117 cal, 2g pro, 6g carbs, 10.5g fat (GF) (V)
- The Beyond Burger 4.0 oz, 280 cal 20 g protein, carb 6 g, 20g fat
- Black Bean Patty 190 cal, 16g pro, 22g carb, 7g fat contains: EGG, MILK, WHEAT, SOY
- Gardein Chick'N 3.8 oz, 150 cal, 21g pro, 5g carb, 5g fat contains: SOY, WHEAT (V)
- All-Natural, Hormone-Free Chicken Breast 4 oz, 188 cal, 35g protein, 0 carb, 3.5g fat (GF)
- Cage-Free Eggs (2) 130 cal, 12g pro, 0 carb, 8g fat (GF)
- Turkey Patty 7 oz, 296 cal, 41g pro, 1g carb, 29g fat (antibiotic, hormone, steroid-free) (GF)
- Turkey Sausage Patties (2) 3oz, 210 cal, 15g pro, 1g carb, 16g fat (GF)
- Premium Sirloin Patty 8 oz, 260 cal, 18g pro, 0 carb, 20g fat (GF)
- USDA Choice Flat Iron Steak 5 oz, 230 cal, 24g pro, 0 carb, 13g fat (GF)
- Lemon-Skewered Shrimp 3oz, 45 cal, 12g pro, 0 carb, .5g fat (GF)
- Wild Alaskan Sustainable Salmon 4.5 oz, 180 cal, 30g pro, 0 carb, 6g fat (GF)



OFFERDAHL'S



Just-Grilled. All-Day. Great!

OFFERDAHL'S OFF-THE-GRILL

is the creation of former Miami Dolphins linebacker John Offerdahl and his wife Lynn. John's passion for grilling and Lynn's chef inspired recipes collide in a protein-rich menu featuring just-grilled chicken, steak, salmon, shrimp and veggies served on salads, grains, and sandwiches topped with signature dressings and sauces. At Offerdahl's, we believe your food should not only taste good, it should fuel your body to perform at its best. As former elite athletes, we designed our menu with the help of a nutritionist to make every nutrient-dense calorie count, allowing you to feel great and live life to the full...OFF-THE-GRILL!

SIGN UP FOR
OFFERDAHL'S
Grate Rewards



DOWNTOWN FT. LAUDERDALE

401 E. Las Olas Blvd 33301
954-727-2662

WESTON

2274 Weston Road 33326
954-384-1043

HOLLYWOOD

3361 Hollywood Blvd 33021
954-985-8464

FT LAUDERDALE AIRPORT

Terminal 1

BOCA RATON

17940 Military Trail 33496
561-995-7355

LIGHTHOUSE POINT

2400 N. Federal Hwy 33064
954-788-3464

CYPRESS CREEK

2122 W. Cypress Creek Road
suite 111
954-727-4036

MONDAY - FRIDAY 6:30am - 8:00pm

SATURDAY & SUNDAY 7:00am - 4:00pm

hours may vary at some locations

www.OFFERDAHL'S.com

= seasonal favorite = fan favorite = vegetarian (GF) = gluten-free (V) = vegan

* consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

SALADS

half / full
served with fresh-baked breadstick



JOHNNY'S HOUSE 5.99 / 8.49
GF romaine, garbanzo beans, Craisins, feta cheese, cucumbers, carrots, tomatoes, sunflower seeds & Mom's vinaigrette

HAIL to the KALE 5.99 / 8.49
GF blend of kale, purple cabbage, carrots, scallions tossed in honey vinaigrette, topped with sunflower seeds, quinoa, feta cheese, garbanzo beans, Craisins & honey vinaigrette

TANGY ARUGULA 5.99 / 8.49
GF romaine, arugula, quinoa, garbanzo beans, cucumbers, pico de gallo, toasted almonds, feta cheese & tangy lemon dressing

TEX-MEX* 5.99 / 8.49
GF romaine, tortilla chips, black beans, cheddar cheese, sour cream, scallions, pico de gallo, avocado & chipotle ranch dressing

THE GREEK 5.99 / 8.49
romaine, cucumbers, tomatoes, garbanzo beans, Kalamata olives, feta cheese, red onion, pita chips, side of hummus & Greek dressing

KALE CAESAR* 5.99 / 8.49
romaine, kale, Parmesan cheese, sauteed bagel croutons, crumbled peppered maple bacon, tossed with traditional Caesar dressing

SPINACH 5.99 / 8.49
spinach, red onion, crumbled pepper maple bacon, hard-boiled egg, crumbled bleu cheese, Craisins, walnuts & Mom's vinaigrette dressing
• add avocado 1.49
omit craisins & bacon



SANDWICHES

served with chips. substitute miso umami slaw (V) or kale slaw or piece of fruit upon request



GRILLED

GRILLED CHICKEN* 8.99
grilled chicken breast, cheddar cheese, arugula, tomatoes, honey mustard on a toasted brioché bun

BACON BBQ CHICKEN* 10.49
grilled chicken breast, peppered maple bacon, mayo, cheddar cheese, romaine, BBQ sauce on a toasted brioché bun

CURRY CHICKEN* 10.49
grilled chicken breast, romaine, tomatoes, avocado, & curry sauce on a toasted brioché bun

SALMON B-L-T* 10.99
grilled salmon, romaine, tomatoes, peppered maple bacon, chipotle fennel sauce on a toasted brioché bun

CHIPOTLE STEAK* 10.99
grilled steak, romaine, bleu cheese, portabella mushrooms, red onion, chipotle fennel sauce on a French baguette



DELI

TURKEY CLUB* 9.29
sliced smoked turkey, peppered maple bacon, romaine, tomatoes, mayo on a French baguette

PESTO CHICKEN SALAD* 9.99
grilled chilled chicken, tossed with pesto mayo, tomatoes, roasted red peppers, arugula, Swiss cheese on toasted multi-grain bread

VERY VEGAN 7.99
V hummus, spinach, cucumbers, carrots, tomatoes, sunflower seeds, avocado on toasted multi-grain bread

EGG / TUNA SALAD* 7.99 / 8.99
tuna or egg salad, romaine, tomatoes on toasted multi-grain bread

HONEY HAM & CHEESE* 7.99
sliced honey ham, Swiss cheese, romaine, tomatoes, honey mustard, mayo on a French baguette



BURGERS

BLACK-N-BLEU* 10.99
8 oz. premium sirloin burger, red onion, portabella mushrooms, peppered maple bacon, bleu cheese, secret "O" sauce on a toasted brioché bun

ALL-PRO* 9.49
8 oz. premium sirloin burger, cheddar cheese, lettuce, tomato, onion, secret "O" sauce on a toasted brioché bun

THE GREAT BEYOND* 10.99
V Plant-based burger topped with Miso Umami aioli, arugula, tomato, red onion on a toasted brioché bun
make it Vegan on multi-grain bread

BLACK BEAN* 9.49
vegetarian black bean burger, cheddar cheese, pico de gallo, avocado, secret "O" sauce on a toasted brioché bun

FLIPPIN' THE BIRD* 9.99
7 oz. ground turkey burger, Swiss cheese, lettuce, tomato, peppered maple bacon, secret "O" sauce, on a toasted brioché bun

DOUBLE YOUR PROTEIN & SAVE \$1.00

ADD A PROTEIN OFF-THE-GRILL



ALL-NATURAL, HORMONE-FREE CHICKEN BREAST 4oz 4.00

GROUND TURKEY PATTY 7oz 4.50

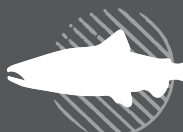
2 TURKEY SAUSAGE PATTIES 3oz 3.00

2 CAGE-FREE EGGS OVER-EASY 2.50



USDA CHOICE FLAT IRON STEAK 5oz 6.00

PREMIUM SIRLOIN PATTY 8oz 5.50



WILD ALASKAN SUSTAINABLE SALMON 4.5oz 6.00
Antibiotic & Hormone Free

LEMON-SKEWERED SHRIMP 5.60



GF GARDEIN CHICK'N (SOY) 3.8oz 5.00

GF BLACK BEAN PATTY 4.3oz 5.00

GF 1/2 GRILLED AVOCADO 3.00

GF BEYOND BURGER 4.0 OZ 5.50

POWER PLATTERS



MARINATED CHICKEN* 11.99
GF with pico de gallo, feta cheese, quinoa & lemon steamed vegetables

KETO FRIENDLY PALEO
sub spinach for quinoa & omit bacon or sub avocado

HERBED SALMON* 12.99
GF spinach with fresh herbs, capers, peppered maple bacon, Parmesan cheese, quinoa & lemon-steamed vegetables

SEASONED STEAK* 12.99
GF with marinated portabella mushrooms, bleu cheese, peppered maple bacon, quinoa & lemon steamed vegetables



PINEAPPLE SHRIMP* 12.49
GF skewered grilled shrimp, grilled pineapple, kale slaw, brown rice & teriyaki sesame sauce

GRAINS

regular / large
substitute farro, quinoa or cauli-rice .99

LEMON QUINOA 5.99 / 8.49
GF quinoa, broccoli, tomatoes, scallions, parmesan cheese, toasted almonds & tangy lemon sauce

THAI BUDDHA 8.49
V GF brown rice, Miso Umami slaw, cucumbers, peanuts, kale, carrots, edamame, scallions, avocado & peanut Thai sauce

SANTORINI 5.99 / 8.49
farro, garbanzo beans, tomatoes, broccoli, red peppers, avocado, Kalamata olives, feta cheese & pesto sauce

TOKYO TERIYAKI 5.99 / 8.49
V GF brown rice, edamame, broccoli, carrots, scallions & teriyaki sesame sauce

CURRY CHOP 5.99 / 8.49
GF yellow rice, romaine, tomatoes, garbanzo beans, scallions, avocado & curry sauce

FIESTA BOWL 5.99 / 8.49
GF yellow rice, black beans, cheddar cheese, sour cream scallions, pico de gallo, avocado & chipotle ranch



SIGNATURE SOUPS

served with a fresh-baked breadstick

JOHNNY'S CHICKEN CHOWDER 5.99
creamy homemade soup with grilled chicken, rice, & veggies, topped with scallions

CHILI 5.99
ground sirloin chili topped with scallions

CHILI SOUPER BOWL 7.99
ground sirloin chili topped with cheddar cheese, pico de gallo, avocado, sour cream, scallions

ROASTED RED PEPPER GOUDA 5.99

SOUP OF THE WEEK 5.99
ask your server for today's selection

GO-FOR-TWO

9.98 choose any two

Bowl of Soup • Half Salad • Fruit Cup • Half Deli or Half Grilled Chicken Sandwich

SIDES

CHIPS & PICO DE GALLO 2.49

BLACK BEANS & BROWN RICE 2.49

CHIPS & HUMMUS 2.49

CHEESY POTATOES 2.49

CHIPS 1.29 / 1.69

KALE or MISO UMAMI SLAW* 1.49

PIECE OF FRUIT .99

CUP OF FRUIT 3.99

SWEETS

COOKIES & BROWNIES 2.79

SCRUMPTIONS 1.29

MUFFINS 2.99

GRILLED MUFFIN 3.99

XL CHOCOLATE CHIP COOKIE 2.99

CROISSANTS reg, multi, choc 2.79

RICE KRISPIE TREATS 2.59



KIDS

12 & under - includes kid-size drink & scrumpton cookie, piece of fruit substituted upon request

TURKEY or HAM & CHEESE SANDWICH 5.99
on multi-grain bread with mayo, chips

CHICKEN* (or GARDEIN™) & BROWN RICE 5.99
with broccoli or black beans choice of BBQ, curry or teriyaki sauce

GRILLED CHEESE on multi-grain bread, chips 5.99

= seasonal favorite = fan favorite = vegetarian GF = gluten-free V = vegan

* consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness