

Appetizers

CREAMY BEAN SOUP (16oz)	4.50
With a fresh whole wheat roll	
CARROT FRIES	3.50
Strips of carrots, deep-fried in a tasty seasoned batter	
HUSH BABIES	3.50
Delicious round cornbread morsels	

Salads

LAND & SEA	13.00
Grilled or blackened salmon fillet over large garden salad	
LAKESIDE	10.00
2-pc whiting grilled or fried over large garden salad	
CHEF	10.00
Lettuce, tomato, onion, carrots, cheddar, banana peppers, black olives and scoop of chilled salmon or tuna salad	
VEGGIE EXTRAVAGANZA	9.00
Grilled vegetables, portabella mushrooms over large garden salad	
CHICKEN BREAST	11.00
Grilled or blackened chicken breast over large garden salad	

Salad Dressings:

Twynette, Harvest Moon, Ranch, Blue Cheese, Caesar

Fish Sauces:

Sun, Dill, Moon, Comeback, BBQ, Hot Sauce

\$3 sm.

Sides

\$5 lg.

CABBAGE STIR-FRY
FRENCH FRIES
FRIED RICE
MUSTARD GREENS
GARDEN SALAD

GREEN BEANS
MACARONI & CHEESE
BROCCOLI & ONIONS
ONION RINGS
COLE SLAW

A La Carte Items

FISH NUGGETS (MILD)	5.00
HONEY BBQ FISH NUGGETS	5.50
SPICY BITES	5.50
CAJUN FISH STRIPS	6.50
FISH STRIPS (MILD)	6.00

Create Your Own!

Only

\$10.50

Entrees

(Served with a Dinner roll upon request)

DELUXE FISH ENTRÉE	19.00
3 pieces fried, grilled or baked whiting, 3 sides, desert & a large drink	
SALMON FILLET	14.00
Grilled or blackened salmon fillet, savory and satisfying over a bed of stir-fried vegetables and fried rice. Can choose 2 other sides instead	
TILAPIA	12.50
2-pc tilapia, grilled, fried or baked with your choice of 2 sides	
CROAKER	12.00
Bone-in croaker with your choice of 2 sides	
CITRUS FISH	10.50
Grilled or heavenly battered whiting with sautéed broccoli and onions over a bed of fried rice with warm spread of citrus sauce. Can choose 2 other sides instead.	
Vegetarian-style	10.00
With Tilapia	14.00
SALMON CROQUETTE	12.00
Two seasoned salmon rounds with your choice of 2 sides	
HOUSE SPECIAL	10.00
2-pc whiting fried, grilled or baked with your choice of 2 sides	
VEGETARIAN PLATTER	10.00
Your choice of 4 sides and a dinner roll	
CHICKEN BREAST	12.00
Grilled or blackened chicken breast over a bed of stir-fried vegetables and fried rice. Can choose 2 other sides instead	
8-PC WINGS (Naked)	11.20
Dry rub marinated with your choice of 2 sides	
8 PC WINGS (Hbbq)	11.70
Tossed in our sweet honey barbeque sauce with your choice of 2 sides	
8 PC WINGS (Spicy)	11.70
Tossed in our buffalo sauce with your choice of 2 sides	
SALMON SLIDERS	9.75
Two grilled salmon patties w/ dill sauce, lettuce, tomato, pickle & cheese on wheat rolls, served w/ fries and coleslaw. (Can choose 1 side instead....)	

Subs, Wraps & Sandwiches

KARATE SUB	7.50
Chopped fried whiting sizzled in BBQ sauce, grilled peppers, tomatoes, onions and melted cheese on a wheat roll	
(Will make vegetarian by request)	7.25
CUBAN BURGER	8.00
Toasted wheat burger bun, moist and tender salmon fillet, pickles, banana peppers, garlic mayo and swiss cheese. All pressed to tantalize and satisfy.	
TRUE HERO	7.00
Grilled jerk tilapia presented with lettuce, tomato, red onions, blue cheese dressing on a distinctive whole wheat bun	
CROAKER SANDWICH	7.00
1-pc bone in fish on wheat bread	
SUPREME COMEBACK SUB	7.00
Fried or grilled whiting fillet w/ cheese, lettuce, tomato, onion and a unique creamy sauce on a sub roll	
WRAP-IT-UP	7.00
A warm tortilla wrap filled with fried or grilled whiting, lettuce, tomato, onion, freedom and moon sauce	
Spicy Cajun-Style	7.50
Hot vegetarian	6.50
EAST OF THE MISSISSIPPI	6.50
Two whiting fillet with onion, sun and moon sauce from the South on sliced bread	
SALMON BURGER	6.25
Grilled salmon burger with lettuce, tomato onion on a whole wheat bun	
With cheese	6.75
BLT	8.00
“Nautical Bacon” (salmon strips), lettuce, tomato, and moon sauce on toast	
BELLA BURGER (Vegetarian)	6.00
Tasty portabella mushrooms with cheese, lettuce, tomato, onion and dill sauce	
HOT SALMON MELT	5.25
Savory salmon mix with grilled onions and melted cheese on wheat toast	
HOT TUNA MELT	5.00
Tasty tuna mix w/ grilled onion and melted cheese on wheat toast	
SALMON SALAD SANDWICH	5.25
Chilled salmon mix with lettuce, tomato, onion on wheat bread	
TUNA SALAD SANDWICH	5.00
Chilled tuna mix with lettuce, tomato, onion on wheat bread	
OMEGA WRAP	9.00
A warm tortilla wrap filled with grilled salmon, lettuce, tomato, onion, freedom and moon sauce	
CHIMICHANGA WRAP	11.00
Deep fried wrap filled with salmon, rice, peppers, onions, cheese and salsa	
CHICKEN CHIMICHANGA	10.00

Want a sub or wrap instead of a sandwich? Add \$1.00

Complements

SALMON CROQUETTE (1-PC)	3.50
SALMON FILLET	8.00
<i>(Grilled or blackened 6-8 oz)</i>	
TILAPIA (1-PC GRILLED OR FRIED)	3.00
WHITING (1-PC GRILLED OR FRIED)	2.50
SCOOP OF SALMON SALAD	2.50
SCOOP OF TUNA SALAD	2.50
EXTRA SAUCE	0.50

Drinks

HERBAL ICED TEA	2.00(sm).....3.50(lg)
PINK LEMONADE.....	2.00(sm).....3.50(lg)
HERBAL SPLASH	2.00(sm).....3.50(lg)
PEPSI BEVERAGES 20oz	1.85
STUBBORN	2.00

Bakery Delights

Our bakery delights are baked with the finest ingredients and no preservatives!

Enjoy a different assortment everyday!

Ask Us About Our Party-Size Buffet Menu and Catering Services!



Chicken Wings & Sandwiches

5-PC (Naked).....	4.65.....	(w/fries) 6.65
5-PC (Spicy or HBBQ)	4.95.....	(w/fries) 6.90
10-PC (Naked)	9.30.....	(w/fries) 11.30
10-PC (Spicy or HBBQ).....	9.80.....	(w/fries) 11.80
CHICKEN WRAP.....		8.00
<i>Grilled or blackened chicken in a warm tortilla with lettuce, tomato, onion, ranch and freedom sauce</i>		
CHICKEN SANDWICH		8.00
<i>Grilled or blackened chicken on a wheat bun with lettuce, tomato, onion and ranch (Ask to try it Jerk or Cuban style!)</i>		

Children’s Menu

MINI BURGER	5.75
<i>One grilled salmon patties w/ lettuce, tomato, pickle & cheese on wheat rolls and (1) side</i>	
GOLD RUSH	5.00
<i>Golden fried whiting nuggets with French fries or side of choice</i>	

Family-Sized Portions

7-PC FISH MEAL.....	25.00
<i>(w/ 3 large sides of your choice)</i>	
30-PC NUGGET MEAL	25.00
<i>(w/ 3 large sides of your choice)</i>	
30-PC NUGGETS ONLY	15.50
7-PC FISH ONLY	15.00

FOOD FOR LIFE Cuisine



4929 Suitland Road

Suitland, MD 20746

301-735-4007 / 301-735-4011

Food4LifeCuisine.com

Hours:

Monday-Saturday: 11am-9pm

Sunday: 11am-7pm

Menu prices subject to change without notice