



## ***Grab 'n' Grow Menu***

<https://menulist.menu>

1734 S. 8th St, Fernandina Beach, Florida, USA, 32034, United States  
(+1)9044328721 - <https://grabngrownow.com>



A complete [menu](#) of Grab 'n' Grow from [Fernandina Beach](#) covering all 22 courses and drinks can be found here on the card. For *changing offers*, please get in touch via phone or use the contact details provided on the website.

# Grab 'n' Grow Menu



## Smoothies

SMOOTHIE

## Oriental Dishes

FALAFEL

## Falafel

FALAFEL SANDWICH

## Drinks

SMOOTHIES

## Sauces

BBQ

## Dessert

BROWNIE

## Soft Drinks

JUICE

## Restaurant Category

VEGAN

## Salads

QUINOA SALAD

SALAD

## Sandwiches



B.L.T.

B.L.T

BLT

## Ingredients Used

QUINOA

PESTO

CHEESE

AVOCADO

## These Types Of Dishes Are Being Served

SALAD

BURGER

SANDWICH

PANINI

SOUP

# *Grab 'n' Grow Menu*



## *Grab 'n' Grow*

1734 S. 8th St, Fernandina  
Beach, Florida, USA, 32034,  
United States

### **Opening Hours:**

Monday 07:00-18:00  
Tuesday 07:00-18:00  
Wednesday 07:00-18:00  
Thursday 07:00-18:00  
Friday 07:00-18:00  
Saturday 09:00-15:00

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