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www.leeroysemons.com

Just what you want from Lee Roy Selmon's this Summer--

2010 Summer Training Menu and All New

Hall of Farm Summer Salads

Tampa, Florida- June 2010- At Lee Roy Selmon's, our team is ready for the hot, steamy summer days of beach and backyard training because we know our customers crave new menu offerings that go together with the days of summer sporting events such as World Cup Soccer, Baseball and the US Open.

"Let's face it; things get mighty hot in Florida in the summer. Not only is it a time for summer sports-watching and family reunions", says Football Hall of Fame great Lee Roy Selmon, "the hot days of summer make us crave lighter and more refreshing meals. I know from my days growing up on our family farm that summer brings friends and family together to make memories and share a bounty of farm fresh sensations. At Lee Roy Selmon's we understand that summertime means eating lighter but still enjoying great seasonal flavors."

Light, refreshing, and deliciously satisfying, Lee Roy Selmon's new summer menu includes five bountiful fresh salads, and two hearty new flavorful sandwiches.

These light and creative new menu offerings go into effect on June 14 and are yours through the summer at your neighborhood Lee Roy Selmon's.

The hearty, whole-meal salads are made with farm-fresh ingredients combined in innovative ways to tempt training-table stars or summer sports fans with uncommonly delicious new ways to indulge. Lee Roy calls his refreshing brand new salads, The Class of 2010 Hall of Farm Salads and he's not exaggerating. Every one is a winner. Each salad has its own unique personality and signature flavors. From the lighter, cool flavors of the lemon & dill mahi mahi salad to the "man's" man pulled pork salad, Lee Roy's new Hall of Farm Salads and Summer Sensations promise to score a touchdown with pleasing and refreshing tastes.

Selmon's 2010 Summer Sensations

No place other than your neighborhood Lee Roy Selmon's offers such a variety of innovative full-flavored, refreshing salads and hearty sandwiches. Each one says its summertime- come on in and enjoy exceptional tastes while watching your favorite sporting events on our high definition televisions.

Cheer Hard-Eat Light

About Lee Roy Selmon's: Lee Roy Selmon's is a tribute to the southern graciousness and the competitive sporting life instilled in the Selmon family. The spirit of the Oklahoma farm family lives on. At Selmon's you always be assured of generous portions of soul-satisfying dishes and innovative cooking, including Mama's Meatloaf, Pulled Pork and Sweet Heat Fried Chicken along with creative sharing plates of pulled pork sliders, Selmon's Brother's smoked wings and fried green tomatoes. Now, along with the Hall of Farm Salads, Lee Roy Selmon's is your go to summer place for creative, award winning food whether you are looking to lighten up for the summer or just cool off and watch some great sports while sharing a great meal.

www.leeroysemons.com

Best Sporting Restaurant 2009, Gayot.com

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(Summer Training Menu below)

Class of 2010 Hall of Farm Salads

MAMA'S CLASSIC PULLED PORK SALAD 8.99

Our slow- smoked pulled pork served on a bed of crisp iceberg lettuce and fresh romaine hearts with sweet corn, roasted red peppers, red onions, cabbage, carrots, Monterey Jack and Cheddar cheeses sprinkled with fresh cilantro, salsa fresca and our fried green tomatoes for a Selmon's twist with a chipotle vinaigrette.

LEMON & DILL MAHI MAHI SALAD 10.99

Lemon & dill grilled mahi mahi served warm on a bed of sweet spring mix with fresh avocado, feta cheese, grape tomatoes, toasted pine nuts tossed in a sun dried tomato pesto vinaigrette.

PEPPERCORN CRUSTED AHI TUNA SALAD 10.99

Seared ahi tuna, served with chopped bibb lettuce, roasted red peppers, bacon bits, sliced golden beets and crumbled blue cheese tossed in a roasted garlic Dijon vinaigrette.

SIRLOIN WEDGE SALAD 10.29

Rustic grilled sirloin atop a wedge of bibb lettuce with sprinkled bacon, hard boiled eggs, blue cheese crumbles, sweet red onion and sun dried tomatoes drizzled with balsamic and blue cheese dressings.

MEDITERRANEAN SALAD 10.99

Seasoned and grilled chicken breast served on fresh romaine hearts, watermelon, cucumbers, diced tomatoes, red bell peppers, kalamata olives, sweet red onions, garbanzo beans and feta cheese, tossed in a lemon herb vinaigrette.

Also available with grilled Salmon or Shrimp.

Summer Sensations

GRILLED CHICKEN MINI TACOS 3 for 5.99/ 6 for 10.00

Citrus marinated grilled chicken served on a 4" soft corn tortilla with salsa verde, Cheddar and Monterey Jack cheese, cilantro, grilled onions and peppers.

BAJA FISH MINI TACOS 3 FOR 5.99 / 6 FOR 10.99

Fish tempura served on a 4" soft corn tortilla with salsa fresca, shredded cabbage, chipotle lime tartar sauce and fresh cilantro.

MAHI MAHI TACOS 8.99 – 2 PER ORDER

Grilled mahi mahi served on a 8" flour tortilla with chipotle sour cream, shredded cabbage and salsa fresca.

CITRUS CHICKEN TACOS 7.99 – 2 PER ORDER

Citrus marinated chicken served on a 8" flour tortilla with salsa verde, Cheddar and Monterey Jack cheese, cilantro, grilled onions and peppers.