

Friday, May 27, 2022

CLOSED MONDAY FOR MEMORIAL DAY

Monday - Friday OPEN 9-5 pm

Saturday OPEN 9-3 pm

CLOSED Sunday

***IT WOULD BE GREATLY APPRECIATED IF YOU WOULD
BRING YOU OWN BAGS INTO GREAT FOODS***

Pre Order Pies for the Weekend

Apple / Cherry / Mixed Berry

Hot Soup

Seafood Fra Diavolo (Sans Calamari)... 5.99 SM 7.99 PT 14.99 QT

Sandwich Specials

- A.** Italian Roast Beef: Roast Beef w/Sauteed Peppers & Onions, Melted Provolone, Oil & Vinegar and Arugula on a Ciabatta... \$10.99
 - B.** Turkey Salad, BLT, Toasted Whole Wheat Bread... \$9.99
 - C.** Tuna Salad, L&T, Swiss, on Toasted Whole Wheat Bread... \$8.99
 - D.** Chunky Chicken Salad, BLT, on Focaccia... \$9.50
 - E.** Sausage & Peppers, Melted Mozzarella, Ciabatta Hero... \$9.50
 - F.** Shrimp & Scallop Burger, L&T, Tartar, Toasted Brioche Roll...
 - G.** Shrimp Salad, L&T in a Wrap... \$10.99
- (See Everyday Sandwich List Below)*

Salads / Sides / Entrees

SALADS: Tuna / Slaw / Black Bean & Corn / Mac / Grans Potato / Quinoa w/Roasted Veggies & w/Feta & w/Chickpeas / Turkey / Chunky Chicken / Sundried Tomatoes, Mozzarella G&O / Shrimp Salad

PASTA: Fettuccini, Shitake, Asparagus, Bacon **POTATOES:** Roasted Yukons

VEGGIES: Rabe G&O / Broccoli G&O / *Seasonal / Later:* Panko Eggplant

CHICKEN: Grilled / Milanese / Blackened / Cutlet / *Later:* Marsala

SEAFOOD: Must Pre-Order Shrimp Cocktail / Honey Mustard or Grilled Salmon / Salmon Burgers / *Later:* Shrimp & Scallop Burger

MISC: Turkey Burgers / Fresh Roasted Turkey / Mini Meatballs in Brown Gravy / Sausage & Peppers / *Later:* Skirt Steak Peppers & Onions

Fresh Baked / Grab & Go

Grab and Go: Veggie or Vanilla Dip / Chobani Yogurts / Mac & Cheese / Chicken Fingers / Tossed Salads / Caesar Salads / Chicken Salad w/Grapes & Pecans / Penne Vodka / Fruit / *Later:* Crudite

Nuts, Chocolates & More: Dark Chocolate Covered Almonds, Peanuts, Raisins, Cashews / Nonpareils / Berry Mix / Mixed Nuts / M&M Trail Mix

Sweet Treats: Monkey Bread / Sticky Buns / Amaretti Cookies / Sinful Squares / Triple Chocolate Mousse Cake by the slice / Chocolate Chip Cookies / Peanut Butter Cookies / Red Velvet Cookies / Oatmeal Raisin / Snicker Doodles / Brownie of the Month / Blondies

Appetizer from Our Freezer: Spinach & Artichoke Dip

Cheeses & Dips: Hummus / Cheddar Carm Onion Spread / Cheddar Jalapeno Spread / Assortment of Hard & Soft Cheese

Salsas: Mango / Black Bean & Corn / Hot & Mild

Packaged Goods: Tortilla Chips / Potato Chips / Crackers / Olives

Muffins: Blueberry / Morning Harvest

Soups to Heat at Home: Chicken Noodle / Vegetable Bounty / Beef Barley w/Porcini Broth

Raw & Frozen Seafood Availability

With 1 to 2 day notice we can special order almost anything

Canadian Farmed Salmon / 13/15 Farmed Shrimp / Wild Mexican "Ocean Garden" 21/25 Shrimp \$19.99 lb. / Flash Frozen Dry Scallops / Frozen & Cryovaced Tuna Steaks & Tilapia

Everyday Sandwiches

- 1.** Chicken Milanese, Fresh Mozzarella, Tomato, Baby Arugula & Balsamic Vinaigrette on a Ciabatta... 9.99
- 2.** Chicken Cutlet, Melted Cheddar, Bacon, Lettuce & Tomato with Mayo on a Focaccia... 9.99
- 3.** Panko Crusted Eggplant with Roasted Red Peppers, Fresh Mozzarella & Baby Spinach with Balsamic Vinaigrette in a Wrap... 9.50
- 4.** Grilled Chicken, Broccoli Rabe, Melted Mozzarella with Balsamic Vinaigrette on a Ciabatta... 9.99
- 5.** Boar's Head Sliced Maple Ham with Brie, Leaf Lettuce & Honey Mustard on a Ciabatta... 9.99
- 6.** Boar's Head Sliced Maple Turkey with Melted Jarlsberg, Lettuce, Tomato & Honey Mustard on 7-Grain... 8.99
- 7.** Cajun Grilled Chicken with Roasted Peppers, Melted Pepper Jack, Buffalo Mayo and Lettuce on a Focaccia... 8.99
- 8.** Italian Tuna: Our Tuna Salad, Roasted Red Pepper, Provolone, Lettuce & Italian Vinaigrette on a Ciabatta... 8.99
- 9.** Fresh Roasted Turkey, BLT, Avocado, Cranberry Mayo, Rye Bread... 9.99
- 10.** Roast Beef & Swiss, Lettuce, Tomato, Horseradish Sauce on Rye... 9.99
- 11.** Homemade Turkey Burger, Melted Cheddar, Avocado, Lettuce, Tomato, Mayo & Ketchup on a Toasted Brioche Roll... 9.99
- 12.** Grilled Portobello, Fresh Mozzarella, Basil, Tomato & Balsamic Vinaigrette on a Ciabatta... 9.99

Dear Valued Clients:

Due to the rising cost of credit card processing we are making a change in the way we accept credit card sales. Please note effective immediately, we will assess a small convenience fee (3.5%) for using a credit card. **You can continue to get great value we offer for our services without the charge by paying in cash or check.**