

Saturday, August 13, 2022

Monday - Friday OPEN 9-5 pm

Saturday OPEN 9-3 PM

CLOSED Sunday

SHRIMP COCKTAIL SPECIAL \$29.99 LB.

VACATION NOTICE:

CLOSED: August 15 through August 20

RE-OPEN: TUESDAY August 23

Sandwich Specials

A. Shrimp Salad, L&T, Avocado in a Wrap... \$11.99

B. Turkey Burger, Melted Vermont Cheddar, Sweet & Spicy Pickle Chips, Cole Slaw & BBQ Sauce, Toasted Kaiser or Focaccia Roll... \$10.99

C. Blackened Chicken, Melted Pepper Jack, L&T, Avocado, Buffalo Mayo in a Wrap... \$11.99

(See Everyday Sandwich List Below)

Salads / Sides / Entrees

SALADS: Quinoa w/Quinoa / Slaw / Plain Quinoa / Tuna / Grans Potato / Shrimp / Orzo / Health / Mac / Sesame Noodles w/Veggies

PASTA: Cavatelli & Broccoli

POTATOES: Roasted Yukon / Mashed

VEGGIES: Panko Eggplant / Rabe

CHICKEN: Milanese / Grilled / Blackened / Parm

SEAFOOD: Salmon Honey Mustard & Grilled / Shrimp cocktail Special

MISC: Turkey Burgers / Spanikopita

Fresh Baked / Grab & Go

Grab and Go: Veggie and or Vanilla Dip / Chobani Yogurts / Homemade Hummus / Chicken Fingers / Fresh Fruit / Mac & Cheese / Chicken Salad w/Grapes / Crudite / Tossed Salads / Caesar Salads

Sweet Treats: Fudge Brownies / Chocolate Chip Cookies / Peanut Butter Cookies / Oatmeal Raisin / Snicker Doodles / Red Velvet

Appetizer from Our Freezers: Spinach & Artichoke Dip / Bacon Wrapped Wagyu Beef (8 pcs for \$9.99)

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

Soup for Home: Vegetarian Chili / Lentil Soup / Potato Leek Soup

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 Tilapia

Everyday Sandwiches

Please note price changes

- 1. Chicken Milanese, Fresh Mozzarella, Tomato, Baby Arugula & Balsamic Vinaigrette on a Ciabatta Roll \$11.99**
- 2. Chicken Cutlet, Melted Cheddar, Bacon, Lettuce & Tomato with Mayo on a Focaccia Roll \$10.99**
- 3. Panko Crusted Eggplant with Roasted Red Peppers, Fresh Mozzarella & Baby Spinach with Balsamic Vinaigrette in a Wrap \$10.99**
- 4. Grilled Chicken, Broccoli Rabe, Melted Mozzarella with Balsamic Vinaigrette on Focaccia Roll \$11.99**
- 5. Boar's Head Sliced Maple Ham with Brie, Leaf Lettuce & Honey Mustard on a Ciabatta \$10.99**
- 6. Boar's Head Sliced Maple Turkey with Melted Jarlsberg, Lettuce, Tomato & Honey Mustard on Mutli-Grain Bread \$9.99**
- 7. Cajun Grilled Chicken with Roasted Peppers, Melted Pepper Jack, Buffalo Mayo and Lettuce on a Focaccia Roll \$10.99**
- 8. Italian Tuna: Our Tuna Salad, Roasted Red Pepper, Provolone, Lettuce & Italian Vinaigrette on a Ciabatta Roll \$9.99**
- 9. Fresh Roasted Turkey, BLT, Avocado, Cranberry Mayo, Rye Bread... \$11.99**
- 10. Roast Beef & Swiss, Lettuce, Tomato, Horseradish Sauce on Rye... \$10.99**
- 11. Homemade Turkey Burger, Melted Cheddar, Avocado, Lettuce, Tomato, Mayo & Ketchup on a Toasted Brioche Roll \$10.99**
- 12. Grilled Portobello, Fresh Mozzarella, Basil, Tomato & Balsamic Vinaigrette on a Ciabatta Roll \$10.99**

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.**