

FLAT-BREADS

Includes choice of Side Salad and a Pickle
\$9.99

70. Chicken Tzatziki
Grilled Herb Chicken w Lettuce, Tomatoes and Red Onion topped w/ a cool Greek Tzatziki Yogurt Sauce on Flat-bread Pita

71. Ragin Cajun
Grilled Cajun Chicken, Bacon, Mozzarella, Leaf Lettuce, Tomatoes w Pesto Aioli

72. Tuscan Chicken
Breaded Chicken Cutlet, Fresh Mozzarella, Spinach, Roasted Red Peppers, Roasted Garlic Aioli Dressing

73. Habanero Tuna Melt
Homemade Tuna Salad, Leaf Lettuce and Tomato w Melted Spicy Three Pepper Cheese

74. Caprese
Fresh Mozzarella, Spinach, Sun Dried Tomatoes, Roma Tomato Bruschetta, Fresh Basil and Balsamic Glaze

PANINI

Includes choice of Side Salad* & a Pickle
\$9.99

80. The Oogee Wawa
Grilled Roast Beef, Cheddar, Muenster, smothered in Horseradish Sauce and Topped w/ our Homemade Bourbon Bacon Jam, on a Pressed Pretzel Roll!

81. Buffalo Belle
Southern Buttermilk Chicken, Pepper jack and Cheddar, topped w Buffalo Sauce and Ranch on Ciabatta

82. Monte's Wafflewich
Ham, Smoked Turkey, Maple Bacon, Swiss and Cheddar w Raspberry Jam, Maple Honey Dijon, pressed in a homemade Belgian Waffle!

83. Gobble Gobble
Fresh Turkey, Baked Sweet Potato, Stuffing and Cranberry Sauce on Flatbread

84. Honey Delite
Honey Turkey, Lace Swiss, Cole Slaw and Honey Mustard on Multi grain Panini

85. They Call Me Cuban Pete
The Real Deal Cubano! Home Roasted Mojo Pork, w/sliced Ham, Swiss, Pickles, Mayo and Mustard Pressed in Ciabatta Bread

86. Da Gooch
Grilled Herb Chicken, Fresh Mozzarella, Fresh Basil, Roasted Peppers, Drizzled with a Balsamic Glaze on a Focaccia Roll

87. Chimichurri Chicken
Grilled Chicken, Covered in Our Authentic Chimichurri sauce, Avocado, Tomatoes w Melted Mozz on a Ciabatta Roll

88. Oui Oui
Ham, Brie Cheese, Sliced Granny Smith Apples and Spicy Mustard on a Baguette

89. Lil' Petey
Chicken Cutlet, Bacon, Cheddar, Mozzarella and Honey BBQ Sauce on Flat-bread

90. Bang Bang
Southern Buttermilk Chicken. Bacon Jam, Smoked Mozz, Three Pepper Habanero Cheese, Pickles, and Maple Bourbon Spread on French Bread

91. Baguetteaboutit
Prosciutto, Sliced Tomato, Roasted Peppers, Sun-dried Tomatoes, Smoked Mozzarella & Basil Pesto and EVOO on a baguette

92. Don Corleone
Ham, Genoa, Cappy w Roasted Peppers, Fresh Mozzarella, Fresh Basil and Balsamic Vinaigrette on Ciabatta

93. Mona Lisa Vito
Breaded Eggplant, Fresh Mozzarella, Roasted Peppers and Basil Pesto on Flat-bread

94. Little Italy
Sliced Steak, Grilled Peppers, Caramelized Onions, Fresh Mozz Garlic Aioli on Rustic Bread

***Side Salads May Include: Potato, Macaroni, Cole Slaw, Tomato & Cucumber, Tex Mex Bean, Pasta and Asian Chickpea**

SOUP SPECIAL

Call for our Daily Soups!

Classic Soups 8 oz ...\$2.99 16 oz ...\$4.99
Gourmet Soups & Chili's\$5.99

Add an 8 oz Side soup to any Sandwich or Salad for just \$1.59

GRILLS & THRILLS

Includes choice of Side Salad & a Pickle
\$9.99

130. La Mega
Grilled Thinly sliced Adobo Steak, w Fried Hash Browns, Melted Cheddar, Pepper Jack, Let & Tomato w Sriracha Aioli Spread in a Grilled Wrap

131. Philadelphia Freedom
Philly-style Chopped Steak and Onions covered w Cheese Wiz Sauce, on a Hoagie ... (or substitute w provolone)

132. Badda Boom
Grilled Roast Beef, Mozzarella, Bacon, Sautéed Peppers & Onions on a Garlic Hero

133. Liberty Bell
Chopped Grilled Chicken, w Grilled Peppers and Onions topped w Melted cheddar on a Hoagie

134. Classic Reuben
Corned Beef w Melted Swiss, Sauerkraut w Russian Dressing on Grilled Rye

135. Druish Princess
Pastrami, Cole Slaw, Swiss and Russian on Grilled Rye

SUPER FOOD GRAIN BOWLS

On Top, Mixed in or Chopped.....Sm \$9.99 Lg \$10.99
Grains are interchangeable.....Add Chicken to any bowl \$2.79

Spicy Buddha Bowl
Quinoa, Spinach, Sweet Potatoes, Avocado, Sriracha Chick Peas, Cherry Tomatoes, Bell Pepper Medley and Scallions, Drizzled w Tahini and Sriracha Dressing

Mexican Grain Salad
Brown Rice, Avocado, Black Beans, Cherry Tomatoes, Bell Pepper Medley, Corn, Red Onion, Scallion, Fresh Cilantro, Olive Oil & Lime Juice

Power Grain Bowl
Quinoa, Kale, Purple Cabbage, Sweet Potato, Broccoli, Sunflower Seeds and topped w Hummus and Lemon Juice

Thai Grain Bowl
Quinoa, Sriracha Chick Peas, Purple Cabbage, Carrots, Bell Pepper Medley, Cucumbers, Peanuts, Scallion, Cilantro, Drizzled w Lime and Thai Peanut dressing.

Grilled Veggie Grain Bowl
Brown Rice, Spinach, Grilled Vegetable Medley, Roasted Sweet Potatoes and Pumpkin Seeds Topped w EV Olive Oil & Balsamic Vinegar

Mediterranean Quinoa Bowl
Quinoa, Spinach, Feta, Plum Tomatoes, Cucumber, Red Onion, Bell Pepper Medley, Olives, Hummus and Lemon Juice w Tahini Dressing

GOURMET SALADS

South Beach \$9.49 sm
Mixed Greens, Gorgonzola, Avocado, Cranberries, Apple, and Walnuts... Try w/ FF Raspberry Vinaigrette

Tex-Mex Salad \$9.49 sm
Cajun Grilled Chicken, Romaine, Cheddar, Black Beans, Corn, Pico de Gallo, and Tortilla Strips, w/ a Chipotle Ranch Dressing

Cajun Salad \$9.49 sm
Cajun Shrimp, Romaine, Avocado, Cherry Tomatoes, Red Onion and w/ Creamy Cilantro Lime Dressing

Berry Feta Spinach Salad \$9.49 sm
Baby Spinach, Strawberries, Blueberries, Diced Apple, Feta, Red Onion and Almonds, Topped w White Balsamic Berry Vinaigrette... Add Chicken \$2.49

Beet & Goat Cheese Salad \$9.49 sm
Spring Mix Lettuce, Beets, Chèvre, Pumpkin Seeds & Balsamic Vinaigrette

UPGRADE TO LARGE - \$1 EXTRA

SALAD SPECIALS

Chicken Caesar \$9.49 sm
Grilled Chicken, Romaine, Homemade Croûtons, Shredded Parmesan w/ Caesar Dressing

Cobb Salad \$9.49 sm
Grilled Chicken, Iceberg/Romaine mix, Hard-Boiled Eggs, Avocado, Gorgonzola, Tomato, and Crisp Bacon

Greek Salad \$9.49 sm
Romaine/Iceberg Mix, Feta, Cucumbers, Greek Olives, Cherry Tomatoes, Onion w Greek Dressing Add Chicken \$2.79

The GBC Platter \$9.49 sm
Choice of Any style Tuna or Chicken Salad, over a bed of Iceberg w Tomato and Cucumbers and any of our two Side Salads, side of Flat-bread

UPGRADE TO LARGE - \$1 EXTRA

BUILD YOUR OWN SALAD

Includes choice of 5 toppings! Dressing can be mixed in or on the side.
Salads can also be chopped or mixed.
Sm \$7.59 Lg \$8.59

Choose your base:

Mixed Greens, Iceberg, Romaine or Baby Spinach

Choose your toppings:

Artichoke Hearts, Apple, Bacon Bits, Beets, Bell Pepper Medley, Black Beans, Black Olives, Broccoli, Carrots, Celery, Cheddar, Chickpeas, Corn, Cucumbers, Cranberries, Feta Cheese, Fresh Mozz, Glazed Walnuts, Goat Cheese, Gorgonzola, Grapes, Green Olives, Hard Boiled Egg, Kale, Maple Bacon Crumbles, Parmesan Cheese, Pumpkin Seeds, Purple Cabbage, Quinoa, Raisins, Red Onions, Roasted Red Peppers, Sliced Almonds, Sun-Dried Tomatoes, Sweet Potatoes, Spicy Chickpeas, Sunflower Seeds, Tomatoes, Walnuts

Choose your Dressing:

Sesame Ginger, Honey Mustard, Russian, Creamy Italian, Ranch, Lite Ranch, Bleu Cheese, Creamy Caesar, Greek, FF Italian, FF Raspberry Vinaigrette, EV Olive Oil, Red Wine Vinegar, Balsamic Vinegar, Fresh Squeezed Lemon or Lime, Balsamic Vinaigrette, Chipotle Ranch, House Vinaigrette, White Balsamic Berry Vinaigrette, Cilantro Lime, Thai Peanut (Spicy), Tzatziki (Greek Yogurt)

Additions \$1.59:

Avocado or Hummus

Premium Additions \$2.79:

Grilled Chicken, Cajun Chicken, Turkey, Breaded Chicken, Tuna or Chicken Salad (any style), Grilled Portobello, Grilled Veg Medley, Cajun Lime Shrimp (\$2.99)

Want More than 5 Toppings?

Add .59¢ per Topping.



“Taste The Gourmet Difference”

1360 LAKELAND AVE
BOHEMIA, NY 11716

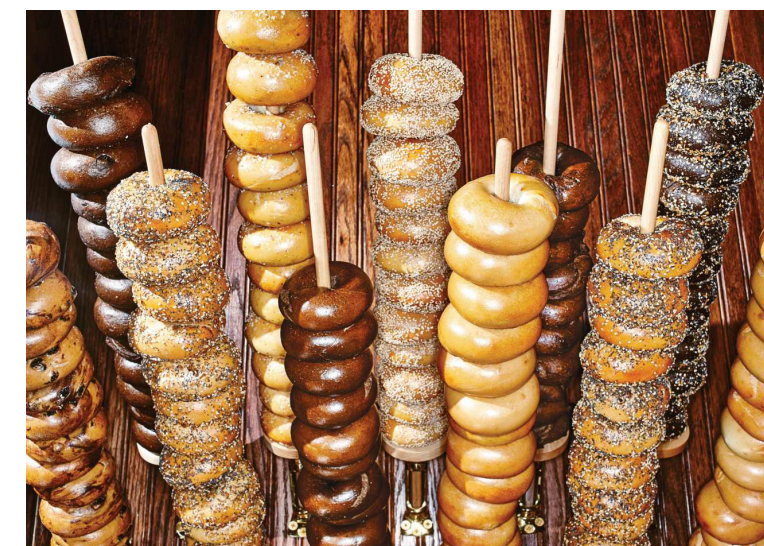
HOURS:

MON-FRI 5am - 3pm
SAT 5:30am - 2pm
SUN 5:30am - 2pm

**FREE DELIVERY
CATERING AVAILABLE**

PH: 631.750.0765 • 631.750.0766
FAX: 631.750.0767

**ORDER ONLINE @
WWW.THEGOURMETBAGEL.COM**



*This menu item can be cooked to your liking. Consuming raw or undercooked meats, fish, shellfish, or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions. **If you have any allergies please let your server know.

FRESH BAKERY ITEMS

Bagels \$1.25 each - by the Dozen \$14

BUY 12 GET 3 FREE!

Plain, Poppy, Sesame, Onion, Salt, Garlic, Everything, Cinnamon Raisin, Egg, Egg Everything, Pumpernickel, Whole Wheat, Whole Wheat Everything, French Toast, Rainbow, Asiago, Sunflower and Bialy. New Gourmet Flavors Daily!

Flats \$1.50

Plain, Sesame, Everything and Sunflower in Wheat or White.

Homemade Cream Cheese Spreads \$7.99-\$8.99 lb

Plain, Scallion, Vegetable, Strawberry, Chocolate Chip, Bacon & Herb, Cinnamon Raisin Walnut, Jalapeno Cheddar, Olive Pimiento

New gourmet flavors daily! **Lox Spread \$9.99 lb**

Assorted Pastries \$2.59 each

EVERYDAY SPECIAL - BUY 3 AND GET A 4TH FREE!

Muffins, Croissants, Iced Cinnamon Buns, Black & Whites, M&M Cookies
Rainbow Sprinkle Cookies, Raspberry Linzer Tart, Crumb Cake, Brownies

Desserts \$3.99

Rice Pudding, Chocolate Parfait, Yogurt Parfaits, Oreo DeLite, Fruit Salads & More!

Bagel Spreads

Buttered Bagel, Roll or Bialy	\$2.25
Bagel, Roll or Bialy w cream cheese	\$3.25
Cream Cheese & Jelly	\$3.75
Flat w/Cream Cheese	\$3.50
Peanut Butter & Jelly	\$3.99
Flavored Cream Cheese Bagel	\$3.75
Lox Spread on a Bagel	\$3.99
Flat w/Flavored Cream Cheese	\$3.99
Nova & Cream Cheese on a Bagel	\$8.99

BREAKFAST

Eggs Served All Day!
Free 12oz Coffee, Tea or OJ w Breakfast Special until 11am

*1 Egg on Bagel, Roll or Bialy	\$3.09
*2 Eggs on Bagel, Roll or Bialy	\$3.59
*1 Egg w Bacon, Ham or Sausage	\$4.59
*2 Eggs w Bacon, Ham or Sausage	\$4.99
*2 Eggs w Turkey or Turkey Bacon	\$5.29
*2 Egg Whites on Bagel, Roll or Bialy	\$3.79
*2 Egg Whites w Bacon, Ham or Sausage	\$5.29
*2 Egg Whites w Turkey or Turkey Bacon	\$5.49
Sausage or Bacon on Bagel, Roll or Bialy	\$4.49
Add Cheese to Any Sandwich	.50¢
*Hungry Man	\$8.49
3 Eggs any style w Bacon, Ham, Sausage and Cheese on a Hero	
*The Glutton	\$11.99
4 Eggs w Bacon, Sausage, Ham, Turkey, Peppers, Onions, Homefries, American and Cheese Sauce Stuffed in a Hero!	
Challah French Toast	\$6.99
Belgian Waffle	\$6.99
Pancakes	\$6.99
*Breakfast Platter #1	\$7.49
2 Eggs, Bacon, Ham or Sausage, Home Fries with Buttered Bagel or Toast and Coffee	
*Breakfast Platter #2	\$7.49
2 Eggs, Bacon, Ham or Sausage, Home Fries with a slice of Challah French Toast & Coffee	
*Classic Omelet	\$7.99
3 Eggs made w your Choice of Bacon, Sausage, or Ham and American Cheese w Home Fries, Bagel and Coffee	

*This menu item can be cooked to your liking. Consuming raw or undercooked meats, fish, shellfish, or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

**If you have any allergies please let your server know.

GOURMET OMELETS

Omelets Served w 12oz Coffee and Side Choice of Homefries, Hash Brown Patty, and Buttered Bagel or Toast

*Tex-Mex	\$8.59	*Protein	\$8.59
3 Eggs, Ham, Sausage, Peppers, Onion, Pico de Gallo and Chipotle Gouda		4 Egg Whites, Grilled Chicken, Spinach and Cheddar	
*Western	\$8.59	*Lite Turkey	\$8.59
3 Eggs, Ham, Peppers and Onions		3 Egg Whites, Turkey, Broccoli, Onions and Lite Swiss	
*Mediterranean	\$8.59	*Meat Lovers	\$8.59
3 Eggs, Grilled Chicken, Spinach, Sun-dried Tomatoes and Feta		3 Eggs w Bacon, Sausage and Ham w Onions and Cheese	
*Veggie Deluxe	\$8.59		
3 Egg Whites, Grilled Tomatoes, Spinach, Mushroom and Broccoli			

BREAKFAST SIDES

Bacon (3pc), Sausage or Ham	\$1.75
Turkey or Turkey Bacon	\$1.99
Hash Brown Patty	\$1.49
Home Fries	(side) \$3.49
Add to Sandwich	\$1.49
Add Avocado to Sandwich	\$1.59

GOURMET BREAKFAST SPECIALS

*Gouda and Spicy!	\$8.49	**I'm So imPRESSED"	
Scrambled Eggs, Grilled Chicken, Bacon, Carmalized Onions, w/ Chipotle Gouda & Hot Sauce in a Wrap		Wafflewich	\$8.99
*The Mexcellent Breakfast		2 Eggs, Maple Bacon, Honey Ham w Smoked Gouda, Drizzled w Maple Syrup in a Pressed Waffle	
Burrito	\$8.49	*Ciabatta be Kidding Me	\$7.49
Scrambled Eggs Loaded w Bacon, Sausage, Peppers, Onions, and Jalapeno, topped w Home Fries, Cheddar, Avocado, Sour Cream and Salsa!		Fresh Herbed Egg Whites, Turkey, Sun-Dried Tomatoes, Muenster Cheese, and Pesto on Ciabatta	
*El Guapo Wrap	\$8.49	*Ragin' Waffle	\$8.99
2 Fried Eggs, Sliced Adobo Steak, Hash Browns, Lettuce, Tomatoes, Cheddar, and Sriracha Aioli in a Wrap		Scrambled Eggs, Bourbon Bacon Jam, Sausage, Cheese, Drizzled w Cajun Maple Spread in a Jalapeno-Cheddar Waffle	

BREAKFAST WRAPS

Choice of Plain, Wheat, Spinach, Sun-Dried or Garlic & Herb Tortilla. (Gluten-Free +1.50¢)			
*BK Wrap 1	\$7.99	*BK Wrap 5	\$7.99
3 Egg Whites, Honey Turkey, and Lacey Swiss		3 Egg Whites, Grilled Chicken, Jalapeno, and Cheddar Cheese	
*BK Wrap 2	\$7.99	*BK Wrap 6	\$7.99
3 Egg Whites, Turkey, Broccoli, Mushroom, and Onion		3 Egg Whites, Feta, Spinach, Sun Dried Tomatoes and Pesto	
*BK Wrap 3	\$7.99	*BK Wrap 7	\$7.99
3 Egg Whites, Turkey Bacon, Avocado, Tomato and Cheddar		3 Egg Whites, Spinach, Tomato, Avocado	
*BK Wrap 4	\$7.99		
3 Egg Whites, Grilled Chicken & Spinach			

COLD CUT & CHEESE SANDWICHES

All Sandwiches on Bread, Bagel or Roll

All Our Sandwiches Come with a Complimentary Homemade Side Salad & Pickle	
Bologna	\$5.99
Ham • Smoked Ham • Ham Cappy • Genoa • Pepperoni	\$7.49
Oven Gold Turkey • Honey Maple Turkey • Cracked Pepper Turkey • Buffalo Chicken Breast • Roast Beef	
Prosciutto di Parma	\$8.99
American • Cheddar • Monterey Jack • Lacey Swiss • Swiss	\$5.99
Fresh Mozz • Mozzarella • Smoked Mozzarella • Muenster	
Provolone • 3 Pepper Habanero • Pepper Jack • Chipotle Gouda	
Smoked Gouda	
Grilled or Breaded Chicken Cutlets	\$7.49
BLT- Bacon, Lettuce, Tomato	\$6.99
Grilled Cheese (sandwich only)	\$5.49

ADD ONS

Lettuce, Tomato or Onion	\$0.50
Avocado, Bacon Jam or Hummus	\$1.59
Cheese, Roasted Peppers or Caramelized Onions	\$0.75
Hero	\$1.25
Wrap	\$0.85
Roll	\$0.25

SPECIALTY SANDWICHES

All Our Sandwiches Come with a Complimentary Homemade Side Salad & Pickle **\$9.99***

- The Brooklyn SanGwich**
Ham Cappy, Salami, Pepperoni, Provolone, Lettuce, Tomato, Roasted Peppers, Red Onion on a Hero w/ Vinaigrette
- Two Yutes*** **\$10.99**
Prosciutto di Parma with Fresh Mozzarella, Roasted Red Peppers, Fresh Basil w Balsamic Glaze & Olive Oil on French bread
- The Balboa**
Honey Maple Turkey, Bacon, Muenster, Honey Mustard, Lettuce & Tomato on roll
- Enzo the Baker**
Roasted Turkey, Breaded Eggplant w/ Fresh Mozzarella, Roasted Peppers & Balsamic Glaze on Toasted Ciabatta
- Big Joe**
Hot Roast Beef, Melted Mozzarella, Brown Gravy on a Toasted Garlic Hero
- Johnny Right Swiper**
Roast Beef, Muenster, Bourbon Caramelized onions, Jalapenos, and Coleslaw Topped w BBQ & Horseradish Sauce on a Pretzel Roll
- Don't Cry For Me Argentina**
Sliced Grilled Beef, Smothered in our Argentinean Chimichurri, w Sautéed Peppers & Onions, Mozzarella & Provolone on Ciabatta
- American Pride!**
Roast Beef, Ham, Turkey, Swiss, American Cheese, Lettuce & Tom on a Hero
- Smokin' Joey**
Smoked Turkey, Smoked Ham, Maple Bacon, Melted Smoked Gouda, Lettuce, Tomato and Russian Dressing on roll
- Cha Cha Cha**
Cracked Pepper Turkey, Pepper Jack, Leaf Lettuce and Tomato Topped w Chipotle Ranch Dressing on Toasted Sourdough
- Who am I to Dis-a-Brie?**
Fresh Roasted Turkey Breast with Creamy Brie, Sliced Granny Smith Apples, Mixed Greens & Honey Dijon Mustard on French Baguette
- Hot Chix n Waffles**
Southern Buttermilk Chicken, Maple Bacon and Smoked Gouda, Topped w Honey Maple Dijon Dressing on Our Jalapeno & Cheddar Belgian Waffle!
- How You Doin'?**
Chicken Cutlet, Melted Cheddar, Bacon, Leaf Lettuce & Tom Topped w Russian Dressing on a Hero
- Fat Tony**
Chicken Cutlet, Maple Bacon, Melted Mozzarella, w Sriracha BBQ on a Toasted Garlic Hero
- Bread Zeppelin**
Cajun Grilled Chicken, Melted Smoked Mozzarella, Bacon Jam, Leaf Lettuce and Topped w Our Maple Bourbon Aioli on a Roll
- Bruce LeeRoy**
Cajun Chicken, w/Sriracha Bbq, Cheddar, Caramelized onions, jalapenos, and Coleslaw on a Pretzel Roll
- Skinny Tony**
Grilled Portobello Mushrooms, Grilled Zucchini, Roasted Peppers, Melted Smoked Mozzarella & Basil Pesto on a Wheat Roll
- The Pope of Bohemia**
Roast Beef, Turkey, Bacon, Muenster, and Brown Gravy on Toasted Garlic Roll
- Yada Yada Yada**
Grilled Chicken, Lacey Swiss, Berry Aioli, Mixed Greens and Tomatoes on a Wheat Roll
- Badda Bing**
Turkey, Bacon, Smoked Gouda, Lettuce, Tomato and Roasted Garlic Aioli on a Baguette
- LoneStar**
Sliced Boars Head Buffalo Chicken, Chipotle Cheese, Roasted Peppers, Leaf Lettuce, Tomato, Topped w Avocado & Ranch Dressing on a Roll
- Hawaii 5-ohhh**
Grilled Chicken Smothered in Hawaiian Pineapple BBQ sauce, Cheddar, Grilled Onions, Jalapenos, Leaf Lettuce and Tomato on a Roll
- The French Mistake**
Chicken Cutlet, Smoked Ham and Melted Swiss, Lettuce and Tomato, w Maple Honey Dijon on a Baguette
- The G.O.A.T.**
Honey Turkey, Spinach, Goat Cheese and Raspberry Jam on Sliced Whole Grain Bread
- French Connection**
Turkey, Avocado, Bacon, Leaf Lettuce and Tomato w Honey Dijon on a Croissant

*\$9.99 Excludes Two Yutes

SALAD SANDWICHES

Choices Vary Daily

All Our Sandwiches Come with a Complimentary Homemade Side Salad & Pickle

Egg Salads	\$6.59	Chicken	\$7.99
Egg Salad • Egg White & Spinach • Mushroom, Onion & Egg Salad		Chicken Salad • Sriracha & Maple Bacon Cranberry Chicken • Orchard Chicken Chipotle Chicken • Bourbon • Balsamic Grilled Honey Mustard • Cajun • Spicy Thai Asian • Buffalo • Chipotle • Sriracha Chicken Bacon Cheddar and Many More!	
Tuna	\$7.99	Seafood	\$9.59
Tuna Salad • Veggie Tuna Salad • Cranberry Apple • White Balsamic Italian Tuna • Honey Mustard • Spicy Sriracha • Mediterranean Protein Power (w Spinach & Egg Whites)		• Shrimp • Cilantro Lime Shrimp Salad • Cajun Shrimp • Whitefish Salad	
Roasted Garlic Hummus	\$6.50		
Grilled Veggie Medley	\$7.99		

ADD ONS

Lettuce, Tomato or Onion	\$0.50
Avocado, Bacon Jam or Hummus	\$1.59
Cheese, Roasted Peppers or Caramelized Onions	\$0.75
Hero	\$1.25
Wrap	\$0.85
Roll	\$0.25

All Salads and Cold Cuts available by the Pound

WRAPS

Choice of Plain, Wheat, Spinach, Sun-Dried or Garlic & Herb Tortilla. (Gluten-Free +1.50¢)
All Our Sandwiches come with a Complimentary Homemade Side Salad & Pickle **\$9.99**

- Napolitano**
Grilled Italian Herb Chicken, Fresh Mozzarella, Roma Tomato Bruschetta, Romaine Lettuce Topped w Pesto Aioli
- My Cousin Vinny**
Turkey Breast, Swiss, Crispy Bacon, Leaf Lettuce and Tomato with Ranch Dressing
- BLTA Express**
Our Maple Bacon, Topped w Avocado, Leaf Lettuce, Tomatoes and Roasted Garlic Aioli spread.
- Spicy Tuna**
Tuna Salad, w Avocado, Carrots and Cucumber Topped w Sriracha Aioli
- Shrimpodado**
Blackened Shrimp, with Fresh Avocado, Pico de Gallo, Shredded Cabbage and Cilantro-Lime Dressing
- Turkey Cobb**
Pepper Turkey, Bacon, Avocado, Romaine, Tomato and Bleu Cheese Dressing
- Luca Brasi**
Breaded Chicken Cutlet, Smoked Gouda, Maple Bacon, Leaf Lettuce, Tomato and our Chipotle Aioli
- South Beach**
Grilled Chicken, Gorgonzola, Dried Cranberries, Diced Apple w Field Greens Topped w Our White Balsamic Berry Vinaigrette.
- Bohemian Rhapsody**
Grilled Chicken, Assorted Grilled Veggies, Smoked Mozzarella, w Leaf Lettuce and Balsamic Vinaigrette
- Bean Me Up**
Homemade Roasted Garlic Hummus, Spinach, Feta, Olives, Cucumber & Fresh Pesto
- Ciao Down**
Our Marinated Grilled Vegetable mix (Portobello, Zucchini, Squash, Carrots, Peppers, Eggplant and Onions) Topped w/ Fresh Mozz and Balsamic Glaze
- Thai and Mighty**
Grilled Chicken, Shredded Carrot, Mixed Shredded Cabbage, Cilantro & Scallions Topped w Thai Peanut Dressing
- Guac and Roll**
Turkey, Avocado, Bacon, and Tomato Topped w Pesto Aioli
- Spring Chicken**
Herb Grilled Chicken w our Refreshing Cabbage & Fennel Slaw (Mayo-Free), Topped w Diced Grapes
- Spicy Vegetarian**
Hummus, Sriracha Chickpeas, Avocado, Cherry Tomatoes, Purple Cabbage, Cilantro, Pumpkin and Sunflower Seeds, with Greek Yogurt Dressing
- Cowboy Shrimp**
Blackened Shrimp, w Tomato and Cowboy Caviar (Avocado Bean Salad)

LETTUCE WRAPS

Wrapped in Iceberg Lettuce Leaves Or Create Your Own! Try in a Tortilla Wrap too! **\$9.99**