

Soups:

Cup: 3.55 Bowl: 4.55
Quart: 7.95

Sandwiches:

Whole 5.95 **Half** 3.55
Add Soup 8.95 **Add Soup** 6.95

You pick 2 items, each additional item

+1.00 for whole or .50 for half:

Meat

Baked Ham, Pastrami, Roast Beef,
Corn Beef, Roast Chicken, Salami,
Smoked Turkey, Turkey Breast,
Chicken Salad, Egg Salad,
Tuna Salad

Cheese

Cheddar, Cream Cheese, Swiss,
Hot Pepper, Provolone, Pimento,
Smoked Gouda

Bread

Wheat, White, Rye, Sourdough,
Pumpernickel, Red Marble, Onion,
Rosemary Sundried Tomato

Add 1.00 for:

Baguette, Croissant, Pillow Puff

House Specialty Sandwiches:

Turkey Delight 6.95
Turkey, Avocado, Sprouts, Lettuce, Tomato,
Almond Butter, Mayo on Rosemary Sundried
Tomato Bread

The Classic Club 6.95
Turkey, Bacon, Lettuce, Tomato, Mayo,
Mustard on Wheat w/ Pickle on the side

Southwest Club 6.95
Smoked Turkey, Bacon, Avocado, Red Onion,
Lettuce, Tomato, Mayo on Wheat

Ruben 6.95
Swiss, Corn Beef, Sauerkraut, Mustard,
Thousand Island dressing on Pumpernickel

Panini 6.95
Grilled Ham, Turkey, Swiss cheese on Onion
Bread

Vegetable 6.95
Avocado, Cucumber, Lettuce, Sprouts,
Tomato, Red Onion on Wheat with Almond
Butter

B.A.L.T 6.95
Bacon, Avocado, Lettuce, Tomato and mayo on
Onion Bread

Santa Fe Sandwich 6.95
Roast Chicken, Hot Pepper Jack Cheese, Lettuce,
Tomato, Avocado, Coconut Butter on Red Marble

M. A. T. 6.95
Fresh Mozzarella Cheese, Avocado and Tomato
On Red Marble Bread

Smoked Salmon 7.95
Salmon, Tomato, Cream Cheese, Red Onion Mayo
on Pumpernickel

Italian Sub 7.95
Ham, Salami, Provolone Cheese, Pepper Ring,
Lettuce, Tomato, Onion, with Italian dressing

French Dip 7.95
Roast Beef on Baguette

Beef Melt 7.95
Roast Beef, Tomato, Avocado, Onion,
Smoked Gouda on Pillow Puff

Saigon Sub 7.95
Ham, Roast Chicken, Cucumber, Jalapeno,
Cilantro, Marinated Carrot & Daikon, Mayo, Pâté

California Club 7.95
Roast Chicken, Bacon, Smoked Gouda, Sprouts,
Lettuce, Tomato, Mayo on Croissant

Salads:

Chicken Salad
Ground Chicken, Boiled Egg, Celery

Egg Salad

Tuna Salad
Ground Tuna, Boiled Egg, Celery

Potato Salad

Cucumber, Tomato & Onion Salad

Fresh Fruit Salad

Fresh Mozzarella Cheese With Grape Tomato & Black Olives

Greek Pasta Salad
Spiral pasta, Cucumber, Onion, Red
And Green Bell Pepper, Black Olives,
Feta Cheese

Lite & Lean
Radiatore pasta, Cucumber, Onion,
Tomato, Red Bell Pepper with
Lite Vinaigrette dressing

Marinated Artichoke Hearts

Quartered Artichoke Hearts with a
Lemon Vinaigrette and Garnish

Santa Fe Salad
Carrots, Celery, Red Bell Pepper, Black
Beans, Corn with fruity Cilantro dressing

Tortellini Salad
Cheese filled Tortellini, Celery, Red Bell
Pepper, Black Olives with lite Vinaigrette
Dressing

Waldorf Salad
Apple, Celery and Walnut in a Sour Cream
Dressing

Entrée Salad:
Chef Salad 7.95
Combination of diced Ham, Turkey,
Hard-boiled egg and Cheddar cheese

Roast Chicken Salad 7.95
Roast Chicken, Lettuce, Tomato, Cucumber

Greek Salad 6.95
Cucumber, Red Onion, Black olive,
Feta Cheese on a bed of lettuce

Smoothies & Juices:

You pick 2 items: 4.75
Each additional item + 1.00
Protein powder + 1.00

Apple	Banana	Blueberries
Carrots	Celery	Beets
Mango	Cucumber	Pineapple
	Strawberry	

House Specials: 4.75

Mango Fix (Smoothie)
Mango, Pineapple, Carrot

Barbados Breeze (Smoothie)
Pineapple, Melon, Banana

Liquid Lunch (Juice)
Carrot, Celery, Cucumber, Beets

Red Mist (Juice)
Apple, Beet, Lemon

Homemade Lemonade: 2.50