



{ LUNCH MENU }

MAKE YOUR OWN SANDWICH

Whole...\$7.95, Half...\$4.50

Roasted Turkey, Roast Beef, Ham, Smoked Turkey, Tuna, Egg Salad, Chicken Salad, Cheddar, Swiss, American, Provolone, Chevre, Pepper Jack, Feta

Bacon...Add \$2.00

Lettuce, Tomato, Roasted Red Peppers, Red Onion, Cucumbers, Spinach, Avocado, Black Bean Hummus, Pesto, Mediterranean Pesto, Spicy Mustard, Dijon Mustard, Mayonnaise, Cranberry Orange Chutney, 1000 Island, and Balsamic Vinaigrette

Sourdough, Multi-Grain Wheat, Marbled Rye, Everything Bagel, Baguette

SOUP

Bowl...\$5.00

Soup and 1/2 Sandwich...\$8.95

Add \$1 for Specialty Sandwich

MAKE YOUR OWN SALAD... \$8.95

Lettuce, Spinach, Tomato, Red Onion, Peppers, Cucumbers, Mushrooms, Carrots, Celery

Bacon, Hard Boiled Egg, Pecans, Apple, Olives, Black Beans, Broccoli

Chevre, Cheddar, Swiss, American, Provolone, Pepperjack, Parmesan, Blue Cheese, Feta

Balsamic Dressing, Blue Cheese, 1000 Island, Citrus Vinaigrette, Caesar

Tuna, Chicken Salad, Roast Turkey, Smoked Turkey, Ham...Add \$3.00
Chicken Breast...Add \$4.00
Shrimp or Steak...Add \$5.00

SPECIALTY SALADS

Cobb Salad—local artisan greens, rosemary grilled chicken, hard boiled egg, roasted peppers, bacon, red onion and tomato..... \$12.95

SPECIALTY SANDWICHES

John's Gobbler—fresh roast turkey, cranberry orange chutney, cheddar cheese, fresh apple on multi-grain bread \$8.95

The Josh—smoked ham or roast beef, Mediterranean pesto, Swiss cheese, mayo, tomato, red onion on a baguette \$8.95

The Mara—roast beef, horseradish mayo, roasted red pepper, lettuce, tomato, red onion on a baguette..... \$8.95

The Shannon—smoked or fresh roast turkey with lettuce, tomato, mayo and bacon in a wrap..... \$8.95

The Chubka—fresh albacore tuna, tomato, onion and cheese melted on your choice of bread \$7.95

The Brie—Caribbean chicken salad with balsamic dressing, lettuce, roasted red pepper, chevre on a baguette..... \$8.95

The Nancy—lettuce, tomato, cucumber, black bean hummus, avocado & pine nuts on multi-grain bread \$7.95

The Maui North—turkey or roast beef, balsamic dressing, lettuce, provolone, tomato and hot pepper spread on baguette..... \$8.95

The Yodel—ham, swiss and roasted garlic & dill aioli grilled on sourdough \$8.95

The Sullivan—smoked turkey, cheddar cheese and apple butter grilled on multi-grain bread \$8.95

The Samuel—smoked salmon, spinach, tomato, onion & roasted red pepper cream cheese in a wrap..... \$8.95

The Donatello—grilled cheese sandwich with provolone cheese, marinated red onion, fresh avocado and tomato, grilled on sourdough bread \$8.95

The Sentinel—grilled cheese with fresh mozzarella cheese, basil mint pesto, and fresh tomato grilled, on sourdough bread..... \$8.95

Placid Lake—rosemary grilled chicken, fresh mozzarella, roasted peppers, wild arugula, pesto mayo \$9.95