

Breakfast & Lunch Menu

SAUCY ITALIAN SPECIALS

Includes choice of Side Salad and a Pickle

Parmigiana Heros **\$12.99†**

w/ Marinara and Mozzarella on Semolina Hero

Choice of

Meatball - Chicken Cutlet - Sausage & Peppers - Eggplant

150. 86th Street Breakfast **\$11.99†**

Italian Sausage, Peppers and Egg Frittata with Onions and Mozzarella on Ciabatta (Sandwich Only)

151. Drunkin' Chicken **\$13.99†**

Chicken Cutlet, Vodka Sauce, Hot Honey, Fresh Mozzarella on Garlic Hero

152. Little Galamad's Special **\$13.99†**

Meatballs, Ricotta, Fresh Basil, Vodka Sauce, Fresh Mozzarella on Ciabatta

PANINI

Includes choice of Side Salad* and a Pickle

\$12.99†

80. Hot Chix and Waffles **87. Chimichurri Chicken**

Southern Fried Chicken, Pepper Jack Cheese, Maple Syrup and Honey Dijon on a pressed Waffle

Grilled Chicken, Covered in Our Authentic Chimichurri sauce, Avocado, Tomatoes w/ Melted Mozz on a Tuscan Square

81. Buffalo Belle

Southern Fried Chicken, Pepper jack and Cheddar, topped w/ Buffalo Sauce and Ranch on a Square Paninni

88. Tuscan Chicken

Chicken Cutlet, Bruschetta, Fresh Mozzarella, Garlic Aioli on a Tuscan Square

82. The Gouda-Father

Roast Beef, Smoked Guoda, Bacon, Caramelized Onion, Chipotle Aioli on Pressed Sourdough!

89. Lil' Petey

Chicken Cutlet, Bacon, Cheddar, Mozzarella and Honey BBQ Sauce on Flat-bread

83. Gobble Gobble

Fresh Turkey, Sweet Potato, Brie, Cranberry Sauce, with Maple Honey Dijon on Flatbread

90. Bang Bang

Southern Buttermilk Chicken, Bacon Jam, Mozzarella, Three Pepper Habanero Cheese, Pickles, and Maple Bourbon Spread on French Bread

84. Logan O'Papi

Cajun Grilled Chicken, Fajita Grilled Peppers & Onions, Cheddar, Chipotle Aioli in a Pressed Burrito

91. Ciabatta Boom

Chicken Cutlet, Prosciutto, Mozzarella, Tomato with Pesto and Balsamic Glaze on Ciabatta

85. They Call Me

Cuban Pete

The Real Deal Cubano! Home Roasted Mojo Pork, w/sliced Ham, Swiss, Pickles, Mayo and Mustard Pressed on a Baguette

92. Caprese

Fresh Mozzarella, Ripe Tomato, Fresh Basil, Spinach, Olive Oil and Balsamic Glaze on a Ciabatta

86. Da Gooch

Grilled Herb Chicken, Fresh Mozzarella, Fresh Basil, Roasted Peppers, Drizzled with a Balsamic Glaze on a Tuscan Square

93. Mona Lisa Vito

Breaded Eggplant, Fresh Mozzarella, Roasted Peppers and Basil Pesto on a Tuscan Square Pannini

99. The Great One

Retired in Honor of Wayne Gretzky!

*Side Salads May Include: Potato, Macaroni, Cole Slaw, Tomato & Cucumber, Pasta Primavera, Asian Chickpea

SOUP SPECIAL

Call for our Daily Soups!

Classic Soups 12 oz. or 16 oz. | Gourmet Soups & Chili's
12 oz. \$3.69† • 16 oz. \$4.49† | 12 oz. \$4.69† • 16 oz. \$6.49†

GRILLS & THRILLS

Includes choice of Side Salad and a Pickle

\$12.99†

130. La Mega

Grilled Chopped Adobo Steak, w/ Fried Hash Browns, Melted Cheddar, Pepper Jack, Let & Tomato w/ Sriracha Aioli Spread in a Grilled Wrap

134. Classic Reuben

Corned Beef w/ Melted Swiss, Sauerkraut w/ Russian Dressing on Grilled Rye

131. Philadelphia Freedom

Philly-style Chopped Steak and Onions covered w/ Cheese Wiz Sauce, on a Grilled Hoagie (or substitute w/ provolone)

135. Druish Princess

Pastrami, Cole Slaw, Swiss and Russian on Grilled Rye

136. Habanero Tuna Melt

Tuna, Melted Cheddar, Habanero Cheese, Sriracha Aioli on Grilled Sourdough

132. Oogee Wawa

Roast Beef, Cheddar, Muenster, Bacon Jam, with Horseradish Sauce on long Prezel Roll.

137. Little Italy

Grilled Chopped Steak, Peppers, Onions, Fresh Mozzarella, Garlic Aioli on Ciabatta

133. Liberty Bell

Chopped Grilled Chicken, w/ Grilled Peppers and Onions topped w/ Cheese Wiz on a Grilled Hoagie

138. San Gennaro

Festival Style Sausage, Peppers, Onions, w/ Fresh Mozzarella on Garlic Baguette.

SUPER FOOD GRAIN BOWLS

On Top, Mixed in or Chopped Grains are interchangeable

\$11.99† SM - 12.99† LG

Spicy Buddha Bowl

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

Thai Grain Bowl

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

Mexican Grain Salad

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

Grilled Veggie Grain Bowl

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

Power Grain Bowl

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

Mediterranean Quinoa Bowl

Quinoa, Spinach, Feta, Cherry Tomatoes, Cucumber, Red Onion, Bell Pepper Medley, Olives, Hummus and Lemon Juice w/ Tahini Dressing

GOURMET SALADS

\$10.99† SM - 11.99† LG

South Beach

Mixed Greens, Gorgonzola, Avocado, Cranberries, Apple, and Walnuts...
Try w/ FF Raspberry Vinaigrette

Berry Feta Spinach Salad

Baby Spinach, Strawberries, Blueberries, Diced Apple, Feta, Red Onion and Almonds, Topped w/ White Balsamic Berry Vinaigrette...

Tex-Mex Salad

Cajun Grilled Chicken, Romaine, Cheddar, Black Beans, Corn, Pico de Gallo, and Tortilla Strips, w/ a Chipotle Ranch Dressing
Double Chicken is Additional.

Beet & Goat Cheese Salad

Spring Mix Lettuce, Beets, Chèvre Goat Cheese, Pumpkin Seeds & Balsamic Vinaigrette

Cajun Salad

Cajun Shrimp, Romaine, Avocado, Cherry Tomatoes, Red Onion and w/ Creamy Cilantro Lime Dressing

Add Chicken - Additional **\$3.99†**

SALAD SPECIALS

\$10.99† SM - 11.99† LG

Chicken Caesar

Grilled Chicken, Romaine, Homemade Croûtons, Shredded Parmesan w/ Caesar Dressing
Extra Chicken is Additional.

Greek Salad

Romaine/Iceberg Mix, Feta, Cucumbers, Greek Olives, Cherry Tomatoes, Onion w/ Greek Dressing... *Chicken is Additional.*

Cobb Salad

Grilled Chicken, Iceberg/Romaine mix, Hard-Boiled Eggs, Avocado, Gorgonzola, Tomato, Crisp Bacon with Ranch Dressing.
Extra Chicken is Additional.

The GBC Platter

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

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.

\$8.59† SM - 9.99† LG

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: \$2.49†

Avocado or Hummus

Premium Additions: \$3.99†

Grilled Chicken, Cajun Chicken, Turkey, Breaded Chicken, Tuna or Chicken Salad (any style), Grilled Portobello, Grilled Veg Medley

Cajun Shrimp - **\$4.99†**

WANT MORE THAN 5 TOPPINGS?

Additional per Topping - **.89†**

Extra Dressing - .50†

*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.

***Menu prices subject to change.

† All Prices Listed are Credit Card Price.
Receive Cash Discount of 3.5%



"TASTE THE GOURMET DIFFERENCE"

HOURS:

Mon-Fri 5:30am - 4pm

Sat-Sun 6:00am - 3pm

DELIVERY

CATERING AVAILABLE



1105 Old Country RD.,
Riverhead, NY 11901



631.494.7775



631.494.7775



Order Online @
THEGOURMETBAGEL.COM

www.GourmetBagelRiverhead.com

FRESH BAKERY ITEMS

Bagels \$1.55[†] each or by the Dozen \$18.50[†]

BUY 12 GET 3 FREE! (Excludes Holidays)

Plain, Poppy, Sesame, Onion, Salt, Garlic, Everything, Cinnamon Raisin, Egg, Egg Everything, Pumpkin, Whole Wheat, Whole Wheat Everything, and Bialy. New Gourmet Flavors Daily!

Flats \$1.99[†]
Plain, Sesame, Everything and Sunflower in Wheat or White.

Specialty Bagels Asiago, French Toast, Rainbow \$1.99[†]

Gluten Free Bagels Plain or Everything \$3.50[†]

Homemade Cream Cheese Spreads

Plain \$11.99 lb. and all flavors \$12.99 lb

Plain, Scallion, Flavored, Strawberry, Chocolate Chip, Bacon & Herb, Cinnamon Raisin Walnut, Jalapeno Cheddar, Olive Pimiento
New gourmet flavors daily! Lox Spread additional \$1.00[†]

Assorted Pastries \$3.69[†]/ea

Muffins, Croissants, Iced Cinnamon Buns, Black & Whites, M&M Cookies, Rainbow Sprinkle Cookies, Crumb Cake, Cheese Danish, Brownies and more.

Desserts \$4.99[†]

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

Bagel with Spreads

Buttered Bagel, Roll or Bialy	\$3.09 [†]	Flavored Cream Cheese Bagel	\$5.09 [†]
Bagel, Roll or Bialy		Lox Spread on a Bagel	\$5.35 [†]
w/Cream Cheese	\$4.19 [†]	Flat w/Flavored Cream Cheese	\$5.65 [†]
Cream Cheese & Jelly	\$4.99 [†]	Nova & Cream Cheese on a Bagel	\$12.99 [†]
Flat w/Butter	\$3.75 [†]	Specialty Bagels	Add \$0.50 [†]
Flat w/Cream Cheese	\$5.25 [†]	Gluten Free w/Butter	\$4.99 [†]
Peanut Butter & Jelly	\$4.99 [†]	Gluten Free w/Cream Cheese	\$5.49 [†]

BREAKFAST

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

*1 Egg on Bagel, Roll or Bialy	\$5.59 [†]
*2 Eggs on Bagel, Roll or Bialy	\$6.60 [†]
*1 Egg w Bacon, Ham or Sausage	\$6.79 [†]
*2 Eggs w Bacon, Ham or Sausage	\$7.59 [†]
*2 Eggs w Turkey or Turkey Bacon	\$7.99 [†]
*2 Egg Whites on Bagel, Roll or Bial	\$5.99 [†]
*2 Egg Whites w Bacon, Ham or Sausage	\$7.99 [†]
*2 Egg Whites w Turkey or Turkey Bacon	\$7.99 [†]

Sausage or Bacon on Bagel, Roll or Bialy \$5.49[†]
Add Cheese to Any Sandwich \$0.90[†]

***Hungry Man** \$11.99[†]

3 Eggs any style w Bacon, Ham, Sausage and Cheese on a Hero

***The Glutton** \$14.99[†]

4 Eggs w Bacon, Sausage, Ham, Turkey, Peppers, Onions, Homefries, American and Cheese Stuffed in a Hero!

Challah French Toast \$9.19[†]

Belgian Waffle \$9.19[†]

Pancakes \$9.19[†]

***Breakfast Platter #1** \$9.99[†]

2 Eggs, Bacon, Ham or Sausage, Home Fries with Buttered Bagel or Toast & Coffee or OJ

***Breakfast Platter #2** \$9.99[†]

2 Eggs, Bacon, Ham or Sausage, Home Fries with a slice of Challah French Toast & Coffee or OJ

***Classic Omelet** \$10.25[†]

3 Eggs made w your Choice of Bacon, Sausage, or Ham and American Cheese w Home Fries, Bagel and Coffee or OJ

***Grilled Cheese** (Sandwich only) \$6.99[†]

GOURMET OMELETS

Omelets Served w 12oz Coffee or OJ and Side Choice of Homefries or Hashbrown Patty, and Buttered Bagel or Toast | \$11.25[†]

*Tex-Mex

3 Eggs, Ham, Sausage, Peppers, Onion, Pico de Gallo and Chipotle Gouda

*Western

3 Eggs, Ham, Peppers and Onions

*Mediterranean

3 Eggs, Grilled Chicken, Spinach, Sun-dried Tomatoes and Feta

*Veggie Deluxe

3 Egg Whites, Grilled Tomatoes, Spinach, Mushroom and Broccoli

*Protein

4 Egg Whites, Grilled Chicken, Spinach and Cheddar

*Lite Turkey

3 Egg Whites, Turkey, Broccoli, Onions and Lite Swiss

*Meat Lovers

3 Eggs w Bacon, Sausage and Ham w Onions and Cheese

BREAKFAST SIDES

Bacon (3pc), Sausage or Ham \$3.25[†]

Turkey or Turkey Bacon \$3.29[†]

Hash Brown Patty \$1.99[†]

Home Fries Side \$4.59[†]

ADD: Home Fries to Sandwich \$1.99[†]

ADD: Avocado to Sandwich \$2.49[†]

GOURMET BREAKFAST SPECIALS \$11.25[†]

*Gouda and Spicy!

Scrambled Eggs, Grilled Chicken, Bacon, Caramelized Onions, w/ Chipotle Gouda & Hot Sauce in a Wrap

*The Mexcellent

Breakfast Burrito

Scrambled Eggs Loaded w Bacon, Sausage, Peppers, Onions, and Jalapeno, topped w Home Fries, Cheddar, Avocado, Sour Cream and Salsa!

*El Guapo Wrap

2 Fried Eggs, Sliced Adobo Steak, Hash Browns, Lettuce, Tomatoes, Cheddar, and Sriracha Aioli in a Wrap

*"I'm So imPRESSED"

Wafflewich

2 Eggs, Maple Bacon, Honey Ham w Smoked Gouda, Drizzled w Maple Syrup in a Pressed Waffle

*Croissanwich 2.0

Grilled Honey Ham, Honey Turkey, Scrambled Eggs, Swiss, Honey Maple Spread on a Toasted Croissant

*Ragin' Gigi

Scrambled Eggs, Sausage, Bacon Jam, American Cheese with Maple Bourbon Sauce on Grilled Maple Butter Sourdough

HEALTHY BREAKFAST WRAPS

Choice of Plain, Wheat, Spinach, Sun-Dried or Garlic and Herb Tortilla. (Gluten-Free Add. \$2.99) | \$10.25[†]

*BK Wrap 1

3 Egg Whites, Honey Turkey, and Lacey Swiss

*BK Wrap 2

3 Egg Whites, Turkey, Avocado, Pico and Chipotle Gouda

*BK Wrap 3

3 Egg Whites, Turkey Bacon, Avocado, Tomato and Cheddar

*BK Wrap 4

3 Egg Whites, Grilled Chicken and Spinach

*BK Wrap 5

3 Egg Whites, Grilled Chicken, Jalapeno, and Cheddar Cheese

*BK Wrap 6

3 Egg Whites, Feta, Spinach, Sun Dried Tomatoes and Pesto

*BK Wrap 7

3 Egg Whites, Spinach, Tomato and Avocado

*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. ***Menu prices subject to change. Tax Additional.

† All Prices Listed are Credit Card Price. Receive Cash Discount of 3.5%

COLD CUT & CHEESE SANDWICHES

All Sandwiches on Bread, Bagel or Roll
All Our Sandwiches Come with a Complimentary Homemade Side Salad & Pickle | Extra Meat additional

BOLOGNA	\$8.99 [†]	ADD ONS
Ham · Honey Ham · Ham Cappy · Genoa	\$9.99 [†]	Lettuce \$0.89 [†]
Pepperoni · Oven Gold Turkey · Honey Maple Turkey		Onion \$0.89 [†]
Cracked Pepper · Turkey · Buffalo Chicken Breast		Tomato \$0.89 [†]
Roast Beef		Avocado \$2.49 [†]
Prosciutto di Parma	\$10.99 [†]	Bacon Jam \$2.49 [†]
American · Cheddar · Monterey Jack · Lacey Swiss	\$7.99 [†]	Hummus \$2.49 [†]
Swiss · Fresh Mozz Mozzarella · Smoked Mozzarella		Cheese \$0.90 [†]
Muenster · Provolone · 3 Pepper Habanero		Roasted Peppers \$0.99 [†]
Pepper Jack · Chipotle Gouda · Smoked Gouda		Caramelized Onions \$0.99 [†]
Grilled or Breaded Chicken Cutlets	\$9.99 [†]	Hero \$1.50 [†]
BLT Bacon, Lettuce, Tomato	\$9.45 [†]	Wrap \$1.00 [†]
Grilled Cheese (sandwich only)	\$6.99 [†]	

SPECIALTY SANDWICHES

All Our Sandwiches Come with a Complimentary Homemade Side Salad & Pickle | \$12.99[†] (*excludes Two Yutes)

1. The Brooklyn SanGwich

Ham Cappy, Salami, Pepperoni, Provolone, Lettuce, Tomato, Roasted Peppers, Red Onion on a Semolina Hero w/ House Vinaigrette

2. Two Yutes \$13.99[†]

Prosciutto di Parma with Fresh Mozzarella, Roasted Red Peppers, Fresh Basil w Balsamic Glaze & Olive Oil on Ciabatta

3. The Balboa

Honey Maple Turkey, Bacon, Muenster, Honey Mustard, Lettuce & Tomato on roll

4. Enzo the Baker

Roasted Turkey, Breaded Eggplant w/ Fresh Mozzarella, Roasted Peppers & Balsamic Glaze on Toasted Tuscan Square

5. Big Joe

Hot Roast Beef, Melted Mozzarella, Brown Gravy on a Toasted Garlic Hero

6. Johnny Right Swiper

Roast Beef, Muenster, Bourbon Caramelized onions, Jalapenos, and Coleslaw Topped w BBQ & Horseradish Sauce on a Pretzel Roll

7. Don't Cry For Me Argentina

Chopped Grilled Beef, Smothered in our Argentinean Chimichurri, w Sautéed Peppers & Onions, Mozzarella & Provolone on Ciabatta

8. American Pride!

Roast Beef, Ham, Turkey, Swiss, American Cheese, Lettuce & Tomato on a Hero

9. Smokin' Joey

Turkey, Smoked Ham, Maple Bacon, Melted Smoked Gouda, Lettuce, Tomato and Russian Dressing on roll

10. Cha Cha Cha

Cracked Pepper Turkey, Pepper Jack, Leaf Lettuce and Tomato Topped w Chipotle Ranch Dressing on Toasted Sourdough

11. 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

12. Cluck Norris

Southern Fried Chicken, 3 Pepper Colby, Hot Honey Slaw, Pickles, Sriracha Aioli on long Pretzel Roll

13. How You Doin'?

Chicken Cutlet, Melted Cheddar, Bacon, Leaf Lettuce & Tom Topped w Russian Dressing on a Hero

14. Fat Tony

Chicken Cutlet, Maple Bacon, Melted Mozzarella, w Sriracha BBQ on a Toasted Garlic Hero

15. Bread Zeppelin

Cajun Grilled Chicken, Melted Mozzarella, Bacon Jam, Leaf Lettuce and Topped w Our Maple Bourbon Aioli on a Roll

16. Bruce LeeRoy

Cajun Chicken, w/Bbq, Cheddar, Caramelized onions, jalapenos, and Coleslaw on long Pretzel Roll

17. Skinny Tony

Grilled Portobello Mushrooms, Grilled Red Peppers, Melted Mozzarella & Pesto Aioli on a Toasted Health Roll

18. The Pope of Riverhead

Roast Beef, Turkey, Bacon, Muenster, and Brown Gravy on Toasted Garlic Roll

19. Pete the Greek

Grilled Chicken, Lettuce, Tomato, Red Onion, with Tzatziki Yogurt Sauce on Flat Bread Pita

20. Badda Bing

Turkey, Bacon, Smoked Gouda, Lettuce, Tomato and Roasted Garlic Aioli on a Baguette

21. The Urban Sombrero

Grilled Chicken, Bacon, Mozzarella, Lettuce, Tomato, Ranch on Toasted Sourdough

22. Jurassic Pork

Roast Pork, Cheddar, Bacon, Caramelized Onions, Shredded Cabbage with Sriracha BBQ sauce, on Toasted Sourdough.

23. The French Mistake

Chicken Cutlet, Smoked Ham and Melted Swiss, Lettuce and Tomato, w Maple Honey Dijon on a Baguette

24. The G.O.A.T.

Honey Turkey, Spinach, Goat Cheese and Raspberry Jam on Toasted Health Roll

25. French Connection

Turkey, Avocado, Bacon, Leaf Lettuce and Tomato w Honey Dijon on a Croissant

SALAD SANDWICHES

Choices Vary Daily

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

Egg Salads \$8.49[†] **Chicken Salads** \$8.49[†]

Egg Salad · Egg White & Spinach Mushroom, Onion & Egg Salad

Classic Chicken · Cranberry Chicken · Orchard Chicken Balsamic · Grilled Honey Mustard Spicy Thai Asian · Buffalo and Many More!

Tuna Salads \$8.49[†]

Classic Tuna · Veggie Tuna Protein Power (w Spinach & Egg Whites)

Shrimp Salads \$9.99[†]

Classic Shrimp · Cilantro Lime Shrimp Salad · Cajun Shrimp

ADD ONS

Lettuce or Onion \$0.89[†] | Tomato \$0.89[†] | Avocado, Bacon Jam or Hummus \$2.49[†] | Cheese \$0.99[†] | Roasted Peppers or Caramelized Onions \$0.99[†] | Hero \$1.50[†] | Wrap \$1.00[†] | All Salads and Cold Cuts available by the Pound

WRAPS

Choice of Plain, Wheat, Spinach, Sun-Dried or Garlic & Herb Tortilla. (Gluten-Free Add. \$2.99[†])

All Our Sandwiches come with a Complimentary Homemade Side Salad & Pickle | \$12.99[†]

40. Napolitano

Grilled Italian Herb Chicken, Fresh Mozzarella, Roma Tomato Bruschetta, Romaine Lettuce Topped w Pesto Aioli

47. My Cousin Vinny

Turkey Breast, Swiss, Crispy Bacon, Leaf Lettuce and Tomato with Ranch Dressing

41. The Vasili

Herb Grilled Chicken, Feta, Leaf Lettuce, Tomatoes, Cucumber, Olives, Red Onion and Greek Dressing

48. BLTA Express

Our Maple Bacon, Topped w Avocado, Leaf Lettuce, Tomatoes and Roasted Garlic Aioli spread.

42. Edward Caesar Hands

Grilled Cajun Chicken, Mixed w Romaine Hearts, Shredded Parmesan, Croûtons and Creamy Caesar Dressing.

49. Spicy Tuna

Tuna Salad, w Avocado, Carrots and Cucumber Topped w Sriracha Aioli

43. The Moon Wok

Grilled Chicken with chopped: Carrots, Broccoli, Purple Cabbage, Sunflower Seeds, Red Onion w Sesame Ginger Dressing

50. Shrimpcado

Blackened Shrimp, with Fresh Avocado, Pico de Gallo, Shredded Cabbage and Cilantro-Lime Dressing

44. Luca Brasi

Breaded Chicken Cutlet, Smoked Gouda, Maple Bacon, Leaf Lettuce, Tomato and our Chipotle Aioli

51. Turkey Cobb

Pepper Turkey, Bacon, Avocado, Romaine, Tomato and Bleu Cheese Dressing

45. Iron Pier Beach

Grilled Chicken, Gorgonzola, Dried Cranberries, Diced Apple w Field Greens Topped w Our White Balsamic Berry Vinaigrette.

52. The Flacco Grande

Boar's Head Buffalo Chicken, Cheddar, 3 Pepper Cheese, Guac, Tortilla Strips, Lettuce, Tomato and Chipotle Ranch

46. Bohemian Rhapsody

Grilled Chicken, Assorted Grilled Veggies, Mozzarella, w Leaf Lettuce and Pesto Aioli

53. Bean Me Up

Homemade Roasted Garlic Hummus, Spinach, Feta, Olives, Cucumber & Fresh Pesto

LETTUCE WRAPS

Wrapped in Iceberg Lettuce Leaves Or Create Your Own!

Try in a Tortilla Wrap too! | \$12.99[†]

60. Thai and Mighty

Grilled Chicken, Shredded Carrot, Mixed Shredded Cabbage, Cilantro & Scallions Topped w Thai Peanut Dressing

63. Spicy Vegetarian

H