

Sandwich & Panini Menu

Seafood & Smoked Salmon

- 1. CLASSIC TUNA** Roll \$7.49 | Hero \$8.79 | Wrap \$9.99
Tuna Salad, Lettuce, Tomato, and Red Onion
- 2. HEALTHY TUNA** Roll \$7.49 | Hero \$8.79 | Wrap \$9.99
Healthy Tuna Salad, Arugula, and Roasted Peppers
- 3. SMOKED SALMON** Roll \$9.49 | Hero \$12.49 | Wrap \$13.79
Smoked Salmon, Cream Cheese, Tomato, Red Onion, Capers

Cheese and Veggies

Roll \$7.49 | Hero \$8.79 | Wrap \$9.99

- 4. CAPRESE**
Fresh Mozzarella, Fresh Tomato, Fresh Basil and Balsamic Vinaigrette
- 5. SANTA FE**
Pepper Jack Cheese, Avocado, Tomato, Onion, Chipotle Mayonnaise
- 6. GOAT CHEESE DELIGHT**
Goat Cheese, Watercress, Tomato, Roasted Peppers, and Pesto Sauce
- 7. VEGGIES & MOZZARELLA**
Assorted Roasted Veggies, Fresh Mozzarella, Tomato and Pesto Sauce
- 8. VEGETARIAN**
Avocado, Sprouts, Cucumbers, Tomato, Roasted Peppers, Lettuce, Onion, Olives and Balsamic Vinegar
- 9. HUMMUS SALAD**
Hummus, Lettuce, Tomato, Cucumbers, Roasted Peppers, Olives, Onion, Sprouts

Chicken and More

- 10. CHICKEN SALAD** Roll \$7.49 | Hero \$8.79 | Wrap \$9.99
Creamy Chicken Salad, Lettuce, Tomato
- 11. CHICKEN PARMIGIANO** Roll \$9.99 | Hero \$11.49| Wrap \$12.49
Breaded Chicken, Fresh Mozzarella, and Marinara Sauce
- 12. CHICKEN GENOVESE** Roll \$8.79 | Hero \$9.99 | Wrap \$11.49
Grilled Chicken, Mozzarella, Sundried Tomato, Arugula, Roasted Peppers and Pesto Sauce
- 13. GRILLED CHICKEN** Roll \$8.79 | Hero \$9.99 | Wrap \$11.49
Grilled Chicken, Avocado, Watercress, Cucumbers, Tomato, and Yogurt Dill Sauce
- 14. CHICKEN MILANESE** Roll \$8.79 | Hero \$9.99 | Wrap \$11.49
Breaded Chicken, Lettuce, Cheddar Cheese and Chipotle Sauce
- 15. CHICKEN CAESAR** Roll \$8.79 | Hero \$9.99 | Wrap \$11.49
Grilled Chicken, Romaine Lettuce, Croutons, Parmigiano Cheese and Caesar Dressing

Turkey and More

Roll \$8.79 | Hero \$9.99 | Wrap \$11.49

- 16. TURKEY & SWISS**
Honey Maple Turkey, Swiss cheese, Lettuce, Tomato and Mayonnaise
- 17. TURKEY & BRIE**
Fresh Roasted Turkey, French Brie, Cranberry Sauce, and Granny Smith Apple
- 18. SMOKED TURKEY & MOZZARELLA**
Smoked Turkey, Fresh Mozzarella, Arugula, Tomato, Balsamic Vinaigrette
- 19. LIGHT TURKEY & CHEESE**
Light Turkey, Alpine Lace Swiss cheese, Arugula, Tomato, Cucumber, Roasted Pepper, and Balsamic Vinaigrette

Roasted Beef and More

Roll \$8.79 | Hero \$9.99 | Wrap \$11.49

- 20. GRILLED PASTRAMI & SWISS**
Pastrami, Swiss cheese, Lettuce, Tomato, and Dijon Mustard
- 21. HOT CORNED BEEF**
Corned Beef, Cheddar Cheese, Lettuce, Tomato, and Dijon Mustard
- 22. CLASSIC ROAST BEEF**
House Roast Beef, Cheddar, Watercress, Tomato, Red Onion, Creamy Horseradish Sauce
- 23. ROAST BEEF & SWISS**
House Roast Beef, Swiss cheese, Lettuce, Tomato, and Creamy Horseradish Sauce
- 24. RUSSIAN ROAST BEEF**
House Roast Beef, Sharp Cheddar Cheese, Coleslaw, and Russian dressing

Ham and More

- 25. HAM & BRIE** Roll \$8.79 | Hero \$9.99 | Wrap \$11.49
Black Forest Ham, French Brie, Watercress, Tomato, and Honey Mustard
- 26. HAM & PROVOLONE** Roll \$8.79 | Hero \$9.99 | Wrap \$11.49
Honey Maple Ham, Provolone, Spinach, Roasted Peppers, and Honey Mustard
- 27. CLASSIC HAM** Roll \$8.79 | Hero \$9.99 | Wrap \$11.49
Ham, Swiss cheese, Lettuce, Tomato, Dijon Mustard
- 28. PROSCIUTTO&MOZZARELLA** Roll \$9.99|Hero \$11.49| Wrap \$12.49
Italian Prosciutto, Fresh Mozzarella, Basil, Roasted Pepper, Balsamic Vinaigrette
- 29. ITALIAN SURPRISE** Roll \$11.49 | Hero \$12.49| Wrap \$13.79
Italian Prosciutto, Watercress, French Brie, Ripe Mango, and Balsamic Vinaigrette
- 30. SERRANO & MANCHEGO** Roll \$13.79 | Hero \$17.49| Wrap \$18.79
Serrano Ham, Manchego, Roasted Pepper, Arugula, and Balsamic Vinaigrette

Special Italian Combos

- 31. ITALIAN CONNECTION** Hero \$12.49
Grilled Chicken, Prosciutto Di Parma, Mozzarella, Tomato, Basil, Balsamic Vinaigrette
- 32. GOD FATHER** Roll \$11.49 | Hero \$12.49
Italian Ham, Italian Mortadella, Basil, Provolone, Roasted Pepper, Balsamic Vinaigrette
- 33. MILANNESE** Roll \$12.49 | Hero \$13.79
Mortadella, Copicola Ham, Genoa Salami, Prosciutto Di Parma, Fresh Mozzarella, Tomato, Basil, Balsamic Vinaigrette

Hot Combos and Paninis

- Roll \$9.99 | Hero \$11.49| Wrap \$12.49
- 34. PHILLY CHEESE STEAK**
Roast Beef, Swiss Cheese, Caramelized Onion, Tomato, and Russian Dressing
- 35. DELI SUPREME**
Pastrami, Corned Beef, Swiss Cheese, Coleslaw, and Russian Dressing
- 36. REUBEN**
Corned Beef, Melted Swiss Cheese, Sauerkraut, and Russian Dressing
- 37. NEW YORKER**
Roast Beef, Roast Turkey, Melted Swiss Cheese, Coleslaw, and Russian dressing
- 38. CUBAN**
Roast Pork, Ham, Melted Swiss Cheese, Pickle, Dijon Mustard, and Mayonnaise
- 39. CHICKEN & HAM**
Chicken Cutlet, Virginia Ham, Melted Monterey Jack Cheese, Tomato, and Blue Cheese Dressing
- 40. TURKEY CLUB**
Roasted Turkey, Bacon, Melted Cheddar, Lettuce, Tomato and Mayonnaise

Super Heroes

* 24 hour notice required. All Super Heroes accompanied by homemade potato salad and homemade coleslaw.

3 Foot Hero - \$89.99 | 4 Foot Hero - \$124.99 | 6 Foot Hero - \$164.99

AMERICAN COMBO: Oven Roasted Turkey, Black Forest Ham, Rare Roast Beef, American Cheese, Romaine Lettuce, Ripened Tomato and Hot Cherry Peppers. Served with Dijon Mustard and Mayonnaise on the side.

ITALIAN COMBO: Prosciutto Di Parma, Italian Mortadella with Pistachios, Sweet Sopressata, Hot Copicola Ham, Pepperoni, Provolone Cheese, Romaine Lettuce and Hot Cherry Peppers. Served with Balsamic Vinaigrette Dressing, Dijon Mustard, and Mayonnaise on the side.

Breakfast Menu

Available everyday till 11:00 pm. Served with choice of tea or coffee

EGG WRAP \$8.49
Choice of Spinach and Feta, Bacon & Swiss, or Sausage & Cheddar
Served with choice of tea or coffee

YOGURT & GRANOLA \$6.99
Crunchy Homemade Granola, Low Fat Greek Yogurt, Seasonal Berries & Honey. Served with choice of tea or coffee

BACON & EGG \$11.99
Scrambled Egg with crispy bacon & sausages, served with home fries and choice tea or coffee.

NY CLASSIC BREAKFAST \$15.99
Freshly sliced salmon arranged with cream cheese, red onion, tomatoes, capers, sliced lemon, and Kalamata olives. Served with bagel and choice of tea or coffee.

POWER BREAKFAST \$12.99
Greek Yogurt w/Homemade Granola, Seasonal Berries, Sliced Fruit. Served with choice of muffin or bagel. And Choice of tea or coffee.

Breakfast Extras *Add-on items

Bagels Plain, Everything, Whole Wheat, \$1.29
Multi Grain, Garlic, Poppyseed, Cinnamon Raisin, Sesame, Onion, Pumpernickel

Bagel w/Peanut Butter \$2.29
Bagel w/Cream Cheese \$2.79
Bagel w/Butter & Cream Cheese \$2.79
Bagel w/Jelly and Cream Cheese \$2.79
Bagel w/Pumpkin Cream Cheese \$3.49
Bagel w/Raisin Walnut Cream Cheese \$3.49
Bagel w/Ham Roasted Pepper, Onion Cream Cheese \$3.49

Croissants Plain, Almond, Chocolate Chip \$2.49

Muffins Chocolate, Oatmeal Raisin, \$2.49
Apple Turnover, Cappuccino, Bran, Cornbread

Danishes Cheese, Cinnamon \$2.49
Scones Plain, Cranberry \$2.49

Fresh Squeezed Orange Juice 16floz \$4.99

Hot Drinks *Add-on items

	Small	Large
Tea	\$1.49	\$2.29
Tea (Herbal)	\$1.99	\$2.79
Black Coffee	\$1.99	\$2.49
Espresso	\$2.79	\$3.49
Mochaccino	\$3.79	\$4.79
Cappuccino	\$2.99	\$3.99
Café Latte	\$2.99	\$3.99
Macchiato	\$2.49	—
Americano	\$2.29	\$2.99
Hot Chai	\$2.99	—
Hot Chocolate	\$2.99	\$3.99

Iced Drinks *Add-on items

Iced Tea - Small	\$1.99
Iced Tea - Large	\$2.99
Iced Coffee - Small	\$1.99
Iced Coffee - Large	\$2.99
Iced Cappuccino - Small	\$2.99
Iced Cappuccino - Large	\$3.99

Choice of Rolls

White Bread | Whole Wheat Bread | Multi Grain Bread | Rye Bread
Pumpernickel Bread | Portuguese Roll | Whole Wheat Roll | Sourdough Roll

Choice of Heroes

7 Grain Hero | Whole Wheat Hero |White Italian Hero

Choice of Wraps

Plain Wrap | Whole Wheat Wrap | Sun-Dried Tomato Wrap
Roasted Pepper Wrap | Spinach Wrap

Add Extra Meat \$1.49

Bacon | Salami | House Roast Beef
Corned Beef | Ham | Black Forest Ham
Honey Maple Ham | Italian Prosciutto Serrano Ham | Prosciutto di Parma
Italian Ham | Capicola Ham | Italian Mortadella
Chicken Salad || Breaded Chicken Cutlet
Fresh Smoked Turkey | Honey Maple Turkey
Fresh Roasted Turkey | Light Turkey Tuna Salad
Healthy Tuna Salad

Add Extra Cheese \$0.79

Swiss or American
Fresh Mozzarella
Cheddar Cheese
Manchego Cheese
Provolone Chees
French Brie Cheese
Parmigiano Cheese
Cream Cheese
Pepper Jack Cheese

Free of Add-ons

Pickle | Mesclun | Onion | Grilled Onion
Pitted Olive | Olive Oil | Sprouts | Jalapeno
Pepper | Arugula | Watercress | Spinach |
Cucumber | Chives | Coleslaw | Basil

Other Extras: \$0.79

Roasted Pepper | Mushroom | Artichokes
Avocado | Sun-Dried Tomato

