

## Specialty Sandwiches

Your choice of bread. These are specialties of the house.

- CHICKEN SALAD** ..... \$6.25  
Chunky white meat chicken made with apples, pecans and a sprinkling of diced celery. Served with lettuce
- TUNA SALAD** ..... \$6.25  
Light tuna made with a sprinkling of diced celery. Served with lettuce
- EGG SALAD** ..... \$5.00  
Freshly boiled eggs. Served with lettuce
- TUNA & EGG SALAD** ..... \$5.75  
Served with lettuce

## Deli and Clubs

Your choice of bread; whole wheat, marble rye, white, sour dough, French roll or pita. French roll add \$0.60.

- TURKEY** ..... \$5.75  
Served with lettuce and tomato
- HAM** ..... \$5.50  
Served with lettuce and tomato
- ROAST BEEF** ..... \$6.25  
Served with lettuce and tomato
- BLT** ..... \$5.25  
Bacon, lettuce and tomato
- CLUB MFP** ..... \$7.50  
Turkey, ham, bacon, Swiss and American cheese, lettuce, tomato
- CYCLIST** ..... \$8.50  
Turkey, avocado, provolone, lettuce, tomato, 1000 Island
- SWIMMER** ..... \$7.50  
Tuna, avocado, provolone, lettuce, tomato, 1000 Island
- THE TRI ATHLETE** ..... \$9.25  
Roast beef, turkey, ham, bacon, cheddar, lettuce, tomato, mayo, mustard
- THE ROAD RUNNER** ..... \$7.00  
Turkey, provolone, lettuce, tomato, creamy Italian

## Wraps

All items in sun dried tomato tortilla.

- VEGGIE** ..... \$6.00  
Romaine, Swiss, cheddar, mushrooms, tomato, cucumber, choice of dressing
- CHICKEN CAESAR** ..... \$6.75  
Grilled chicken, romaine lettuce, Parmesan cheese, croutons, and Caesar dressing
- CALIFORNIAN** ..... \$6.75  
Romaine lettuce, avocado, Swiss, cucumbers, tomato, and 1000 Island dressing
- WEST COAST TUNA SALAD** ..... \$6.75  
Tuna salad, avocado, cucumbers, lettuce, and tomato
- SOUTHWESTERN TURKEY** ..... \$6.75  
Turkey, avocado, Swiss, lettuce, tomato, cucumbers, and ranch dressing
- WEST COAST CHICKEN SALAD** ..... \$6.75  
Chicken salad, avocado, cucumbers, lettuce, and tomato

## Special Choices

- TEX-MEX BLT** ..... \$7.00  
Lettuce, tomatoes, bacon, turkey, avocado and chili mayo served on white toast
- EGG SALAD BLT** ..... \$6.00

## Hot Melts

All heated in pita bread.

- TUNA MUSHROOM MELT** ..... \$6.75  
Tuna salad, mushrooms, and Swiss cheese in pita bread
- CHICKEN SALAD MELT** ..... \$6.75  
Chicken salad, tomatoes, and cheddar cheese in pita bread
- TURKEY BROCCOLI MELT** ..... \$6.75  
Turkey, broccoli, and mozzarella cheese with 1000 Island (on the side) in pita bread

## Hot Deli Sandwiches

- THE ALL AMERICAN** ..... \$6.25  
Ham and Swiss cheese, honey mustard, onions, and tomatoes on French roll
- THE NEW YORKER** ..... \$6.75  
Corned beef, pastrami, onions, Swiss, and spicy mustard on marble rye
- ROAST BEEF & CHEDDAR** ..... \$8.25  
Roast beef, cheddar, onions, mushrooms, and horseradish sauce on French bread
- REALLY HOT ROAST BEEF** ..... \$8.25  
Roast beef, cheddar, jalapeños, sliced pickles and horseradish sauce on French bread
- TURKEY BACON** ..... \$8.25  
Turkey, bacon, provolone, lettuce, tomato, and creamy Italian
- GRILLED CHICKEN** ..... \$7.25  
Grilled chicken, Swiss, lettuce, tomato, and honey mustard on French roll
- GRILLED CHICKEN MUSHROOM MELT** ..... \$7.75  
Grilled chicken, ham, provolone, mushrooms, and honey mustard on French roll
- GRILLED CHEESE** ..... \$3.25  
American cheese on white bread, grilled

## Reubens\*

\*Ask for it Southern Style-substitute cole slaw instead of sauerkraut.

- CORNED BEEF** ..... \$7.00  
Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye
- TURKEY** ..... \$7.00  
Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye
- PASTRAMI** ..... \$7.00  
Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye

## Kids Menu

Includes chips and child size drink. Ages 12 and under.

- HAM SANDWICH** ..... \$5.00
- TURKEY SANDWICH** ..... \$5.00
- GRILLED CHEESE** ..... \$5.00
- KIDS TUNA SANDWICH** ..... \$5.00
- PEANUT BUTTER & JELLY SANDWICH** ..... \$5.00

## Salads

The house dressing is homemade garlic 1000 Island.  
We also offer Caesar, Balsamic vinaigrette, Italian, ranch, light ranch, bleu cheese, honey mustard and a fat free honey dijon dressing.

- GARDEN SALAD** ..... \$4.75  
Romaine lettuce, tomatoes, cucumber, carrots, broccoli, choice of dressing
- CHEF'S SALAD** ..... \$8.25  
Romaine lettuce, ham, turkey, swiss, cheddar, tomatoes, carrots, cucumbers, broccoli, 1/2 hard boiled egg, choice of dressing
- GRILLED CHICKEN** ..... \$7.75  
Romaine lettuce, grilled chicken breast, mozzarella cheese, broccoli, tomatoes, choice of dressing
- CHICKEN CAESAR** ..... \$7.75  
Romaine lettuce, grilled chicken breast, Parmesan cheese, croutons, Caesar dressing
- CHICKEN SALAD** ..... \$7.75  
Romaine lettuce, chicken salad, tomatoes, carrot stick
- TUNA SALAD** ..... \$7.75  
Romaine lettuce, tuna salad, tomatoes, carrot stick
- EGG SALAD** ..... \$6.75  
Romaine lettuce, egg salad, tomatoes, carrot stick
- TUNA & EGG SALAD** ..... \$7.25  
Romaine lettuce, tuna salad, egg salad, tomatoes, carrot stick
- TRIO SALAD** ..... \$8.75  
Romaine lettuce, chicken salad, tuna salad, egg salad, tomatoes, carrot stick
- CHICKEN AVOCADO** ..... \$8.25  
Romaine lettuce, chicken salad, avocado, tomatoes, carrot stick
- TUNA AVOCADO** ..... \$8.25  
Romaine lettuce, tuna salad, avocado, tomatoes, carrot stick

## Soups, Sides & Extras

- CUP/BOWL OF SOUP** ..... \$2.50/\$4.50
- CUP/BOWL PREMIUM SOUP** ..... \$3.50/\$5.50
- CHEESE** ..... \$ .60  
Swiss, Cheddar, Provolone, Mozzarella & American
- LAYS® POTATO CHIPS** ..... \$1.35
- PASTA SALAD** ..... \$1.35
- POTATO SALAD** ..... \$1.35
- COLE SLAW** ..... \$1.35
- CARROT STICKS** ..... \$1.35
- BACON** ..... \$1.35
- AVOCADO** ..... \$1.65
- BEVERAGES** ..... \$1.59/\$1.99

## Desserts

You'll love our desserts! Made with fresh eggs, real vanilla, and fresh ingredients.  
Our cookies are made throughout the day!

- ASSORTED COOKIES (2 Pack)** ..... \$1.95
- CAKES** ..... \$2.95
- BROWNIES** ..... \$2.25