

Specialty Sandwiches

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

CHICKEN SALAD <i>Chunky white meat chicken made with apples, pecans and a sprinkling of diced celery. Served with lettuce</i>	\$6.75
TUNA SALAD <i>Light tuna made with a sprinkling of diced celery. Served with lettuce</i>	\$6.25
EGG SALAD <i>Freshly boiled eggs. Served with lettuce</i>	\$5.25
TUNA & EGG SALAD <i>Served with lettuce</i>	\$5.95

Deli and Clubs

Your choice of whole wheat, marble rye, French, white, or pita.

TURKEY <i>Served with lettuce and tomato</i>	\$6.35
HAM <i>Served with lettuce and tomato</i>	\$6.35
ROAST BEEF <i>Served with lettuce and tomato</i>	\$6.75
BLT <i>Bacon, lettuce and tomato</i>	\$5.25
CLUB MFP <i>Turkey, ham, bacon, Swiss and American cheese, lettuce, tomato</i>	\$7.50
THE CYCLIST <i>Turkey, avocado, provolone, lettuce, tomato, 1000 Island</i>	\$8.50
THE SWIMMER <i>Tuna, avocado, provolone, lettuce, tomato, 1000 Island</i>	\$7.50
THE TRI ATHLETE <i>Roast beef, turkey, ham, bacon, cheddar, lettuce, tomato, mayo, mustard</i>	\$9.25
THE ROAD RUNNER <i>Turkey, provolone, lettuce, tomato, creamy Italian</i>	\$7.00

Wraps

All items in sun-dried tomato tortilla.

VEGGIE <i>Romaine, Swiss, cheddar, mushrooms, tomato, cucumber, choice of dressing</i>	\$6.00
CHICKEN CAESAR <i>Grilled chicken, romaine lettuce, Parmesan cheese, croutons, and Caesar dressing</i>	\$6.75
CALIFORNIAN <i>Romaine lettuce, avocado, Swiss, cucumbers, tomato, and 1000 Island dressing</i>	\$6.95
WEST COAST TUNA SALAD <i>Tuna salad, avocado, cucumbers, lettuce, and tomato</i>	\$6.95
SOUTHWESTERN TURKEY <i>Turkey, avocado, Swiss, lettuce, tomato, cucumbers, and ranch dressing</i>	\$7.25
WEST COAST CHICKEN SALAD <i>Chicken salad, avocado, cucumbers, lettuce, and tomato</i>	\$7.50

Bread Choices

WHITE, WHEAT, MARBLE RYE, SOURDOUGH, PUMPERNICKEL, PITA (WHITE & WHEAT), FRENCH, SUN-DRIED TOMATO WRAP

Hot Melts

All heated in pita bread.

TUNA MUSHROOM MELT <i>Tuna salad, mushrooms, and Swiss cheese in pita bread</i>	\$6.95
CHICKEN SALAD MELT <i>Chicken salad, tomatoes, and cheddar cheese in pita bread</i>	\$6.95
TURKEY BROCCOLI MELT <i>Turkey, broccoli, and mozzarella cheese with 1000 Island (on the side) in pita bread</i>	\$6.75

Hot Deli Sandwiches

THE ALL AMERICAN <i>Ham and Swiss cheese, honey mustard, onions, and tomatoes on French roll</i>	\$6.85
THE NEW YORKER <i>Comed beef, pastrami, onions, Swiss, and spicy mustard on marble rye</i>	\$7.00
ROAST BEEF & CHEDDAR <i>Roast beef, cheddar, onions, mushrooms, and horseradish sauce on French bread</i>	\$8.25
REALLY HOT ROAST BEEF <i>Roast beef, cheddar, jalapeños, sliced pickles and horseradish sauce on French bread</i>	\$8.75
TURKEY BACON <i>Turkey, bacon, provolone, lettuce, tomato, and creamy Italian</i>	\$8.50
GRILLED CHICKEN <i>Grilled chicken, Swiss, lettuce, tomato, and honey mustard on French roll</i>	\$7.25
GRILLED CHICKEN MUSHROOM MELT <i>Grilled chicken, ham, provolone, mushrooms, and honey mustard on French roll</i>	\$7.75
GRILLED CHEESE <i>American cheese on white bread, grilled</i>	\$3.75

Reubens*

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

CORNERED BEEF <i>Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye</i>	\$7.00
TURKEY <i>Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye</i>	\$7.00
PASTRAMI <i>Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye</i>	\$7.00

Kids Menu

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

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

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 <i>Romaine lettuce, tomatoes, cucumbers, carrots, broccoli, choice of dressing</i>	\$5.25
CHEF SALAD <i>Romaine lettuce, ham, turkey, Swiss, cheddar, tomatoes, carrots, cucumbers, broccoli, 1/2 hard boiled egg, choice of dressing</i>	\$8.25
GRILLED CHICKEN <i>Romaine lettuce, grilled chicken breast, mozzarella cheese, broccoli, tomatoes, choice of dressing</i>	\$7.75
CHICKEN CAESAR <i>Romaine lettuce, grilled chicken breast, Parmesan cheese, croutons, Caesar dressing</i>	\$7.75
CHICKEN SALAD <i>Romaine lettuce, chicken salad, tomatoes, carrot stick</i>	\$7.75
TUNA SALAD <i>Romaine lettuce, tuna salad, tomatoes, carrot stick</i>	\$7.75
EGG SALAD <i>Romaine lettuce, egg salad, tomatoes, carrot stick</i>	\$6.75
TUNA & EGG SALAD <i>Romaine lettuce, tuna salad, egg salad, tomatoes, carrot stick</i>	\$7.25
TRIO SALAD <i>Romaine lettuce, chicken salad, tuna salad, egg salad, tomatoes, carrot stick</i>	\$8.75
CHICKEN AVOCADO <i>Romaine lettuce, chicken salad, avocado, tomatoes, carrot stick</i>	\$8.25
TUNA AVOCADO <i>Romaine lettuce, tuna salad, avocado, tomatoes, carrot stick</i>	\$8.25

Soups, Sides & Extras

CUP/BOWL OF SOUP	\$2.50/\$4.50
CUP/BOWL OF PREMIUM SOUP	\$3.50/\$5.50
CHEESE	\$6.00
<i>Swiss, Cheddar, Provolone, Mozzarella & American</i>	
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