



Deli and Clubs

Your choice of bread.

TURKEY\$7.75
Served with lettuce and tomato	
HAM\$7.50
Served with lettuce and tomato	
ROAST BEEF\$8.25
Served with lettuce and tomato	
BLT\$6.50
Bacon, lettuce and tomato	
CLUB MFP\$9.25
Turkey, ham, bacon, Swiss and American cheese, lettuce, tomato	
THE CYCLIST\$9.95
Turkey, avocado, provolone, lettuce, tomato, 1000 Island	
THE SWIMMER\$9.25
Tuna, avocado, provolone, lettuce, tomato, 1000 Island	
THE TRI ATHLETE\$10.50
Roast beef, turkey, ham, bacon, cheddar, lettuce, tomato, mayo, mustard	
THE ROAD RUNNER\$8.75
Turkey, provolone, lettuce, tomato, creamy Italian	

Specialty Sandwiches

TEX-MEX BLT\$8.95
Lettuce, tomatoes, bacon, turkey, avocado and chili mayo served on white toast	
EGG SALAD BLT\$7.95
Egg salad served on your choice of bread	

Specialty Sandwiches

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

CHICKEN SALAD\$7.95
Chunky white meat chicken made with apples, pecans and a sprinkling of diced celery. Served with lettuce	
TUNA SALAD\$8.95
Light tuna made with a sprinkling of diced celery. Served with lettuce	
EGG SALAD\$6.95
Freshly boiled eggs. Served with lettuce	
TUNA & EGG SALAD\$7.95
Served with lettuce	

Wraps

Your choice of sun dried tomato or spinach tortilla.

VEGGIE\$7.50
Romaine, Swiss, cheddar, mushrooms, tomato, cucumber, choice of dressing	
CHICKEN CAESAR\$9.00
Grilled chicken, romaine lettuce, Parmesan cheese, croutons, and Caesar dressing	
CALIFORNIAN\$8.25
Romaine lettuce, avocado, Swiss, cucumbers, tomato, and 1000 Island dressing	

WEST COAST TUNA SALAD\$8.50
Tuna salad, avocado, cucumbers, lettuce, and tomato	
SOUTHWESTERN TURKEY\$8.50
Turkey, avocado, Swiss, lettuce, tomato, cucumbers, and ranch dressing	
WEST COAST CHICKEN SALAD\$8.50
Chicken salad, avocado, cucumbers, lettuce, and tomato	

Hot Melts

All heated in pita bread.

TUNA MUSHROOM MELT\$8.25
Tuna salad, mushrooms, and Swiss cheese in pita bread	
CHICKEN SALAD MELT\$8.50
Chicken salad, tomatoes, and cheddar cheese in pita bread	
TURKEY BROCCOLI MELT\$8.25
Turkey, broccoli, and mozzarella cheese with 1000 Island (on the side) in pita bread	

Hot Deli Sandwiches

THE ALL AMERICAN\$8.25
Ham and Swiss cheese, honey mustard, onions, and tomatoes on French roll	
THE NEW YORKER\$9.00
Corned beef, pastrami, onions, Swiss, and spicy mustard on marble rye	
ROAST BEEF & CHEDDAR\$9.95
Roast beef, cheddar, onions, mushrooms, and horseradish sauce on French bread	
REALLY HOT ROAST BEEF\$9.95
Roast beef, cheddar, jalapeños, sliced pickles and horseradish sauce on French bread	
TURKEY BACON\$9.95
Turkey, bacon, provolone, lettuce, tomato, and creamy Italian	
GRILLED CHICKEN\$9.25
Grilled chicken, Swiss, lettuce, tomato, and honey mustard on French roll	
GRILLED CHICKEN MUSHROOM MELT\$9.50
Grilled chicken, ham, provolone, mushrooms, and honey mustard on French roll	

Salads

The house dressing is homemade garlic 1000 Island. We also offer Caesar, Balsamic vinaigrette, Italian, ranch, light ranch, blue cheese and honey mustard dressing.

GARDEN SALAD\$6.50

Romaine lettuce, tomatoes, cucumber, carrots, broccoli, choice of dressing

CHEF SALAD\$9.95

Romaine lettuce, ham, turkey, swiss, cheddar, tomatoes, carrots, cucumber, broccoli, 1/2 hard boiled egg, choice of dressing

GRILLED CHICKEN\$9.50

Romaine lettuce, grilled chicken breast, mozzarella cheese, broccoli, tomatoes, choice of dressing

CHICKEN CAESAR\$9.50

Romaine lettuce, grilled chicken breast, Parmesan cheese, croutons, Caesar dressing

SOUP and SALAD\$9.50

Cup of soup with garden salad

CHICKEN SALAD\$9.50

Romaine lettuce, chicken salad, tomatoes, carrot stick

TUNA SALAD\$9.50

Romaine lettuce, tuna salad, tomatoes, carrot stick

EGG SALAD\$8.25

Romaine lettuce, egg salad, tomatoes, carrot stick

TUNA & EGG SALAD\$9.00

Romaine lettuce, tuna salad, egg salad, tomatoes, carrot stick

TRIO SALAD\$9.95

Romaine lettuce, chicken salad, tuna salad, egg salad, tomatoes, carrot stick

CHICKEN AVOCADO\$9.95

Romaine lettuce, chicken salad, avocado, tomatoes, carrot stick

TUNA AVOCADO\$9.95

Romaine lettuce, tuna salad, avocado, tomatoes, carrot stick

Reubens*

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

CORNED BEEF\$8.95

Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye

TURKEY\$8.95

Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye

PASTRAMI\$8.95

Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye

Desserts

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

ASSORTED COOKIES\$1.99

CAKE\$3.50

BROWNIES\$3.50

Whole Cakes Are Available!

Soups, Sides & Extras

CUP/BOWL OF SOUP\$3.95/\$5.50

CUP/BOWL PREMIUM SOUP ..\$4.95/\$6.50

CHEESE\$.99

Swiss, Cheddar, Provolone, Mozzarella & American

LAYS® POTATO CHIPS\$1.75

PASTA SALAD\$2.50

POTATO SALAD\$2.50

COLE SLAW\$2.25

CARROT STICKS\$2.25

BACON\$1.99

AVOCADO ...1/4.....\$1.95

BEVERAGES\$2.25/\$2.95

