

SANDWICHES

All sandwiches served with kettle potato chips (Baked Lays or pretzels available upon request)

Bread choices: white, wheat, swirl rye, pumpernickel, European 7-grain

SZECHUAN TUNA

Peppercorn encrusted Ahi tuna on Ciabatta with romaine, carrots, scallions and pineapple aioli. 9.25

PERCH HOAGIE

Lightly battered fillets on toasted bun with lettuce, tomato and tartar. 8.95

CHICKEN QUESADILLA

Diced char-grilled chicken in a flour tortilla with smoked cheddar, Bermuda onions and sun-dried tomatoes.

Served with ranch salsa. 8.50

LOBSTER AND CRAB CAKE

Sautéed and served over chiffonade of spinach, red cabbage and carrots. Dressed with mango salsa and tortilla crisps. 9.95

SANTA FE BURRITO

Grilled flour tortilla filled with black beans, corn, cilantro, tomatoes, scallions, Fontina and Monterey Jack cheeses.

Served with ranch salsa. 7.95

CORN BEEF AND SWISS

Grilled swirl rye stacked with corned beef, melted Swiss, shredded cabbage slaw and Guinness Stout mustard. 8.75

TURKEY AND PEPPER JACK

Roast turkey on grilled 7-grain with Pepper Jack cheese, roasted red pepper mayonnaise, avocado, lettuce, red onion and tomato. 8.95

TUSCAN PORTABELLO

Sautéed portabello and zucchini splashed with balsamic vinaigrette piled onto grilled 6-grain sourdough with tomato, melted Fontina cheese and roasted garlic-pesto mayonnaise. 8.50

ARUGULA AND CHEESE MELT

Grilled 3-cheese and garlic bread with garden cream cheese, asiago and arugula. 7.95

BUFFALO CHICKEN WRAP

Crisp, Buffalo chicken bites in cilantro-lemon wrap with romaine, red onion, celery and Bleu Cheese dressing. 8.95

PARMESAN CHICKEN WRAP

Strips of char-grilled chicken breast with red leaf lettuce, diced tomatoes, shaved parmesan and ranch dressing in a whole wheat pita. 8.75

GREEK TURKEY WRAP

Turkey, feta cheese, cucumber, red onion, spinach and Aegean dressing in a whole wheat pita wrap. 8.75

MORNINGSTAR VEGGIE BURGER

Served on whole wheat Kaiser with red leaf lettuce, tomato, avocado and Dijon mustard. 7.75

CHAR-GRILLED CHICKEN BREAST 7.95

EXECUTIVE BROADCAST BURGER 8.95

Served with lettuce, tomato, red onion and mayonnaise and your choice of two items: bacon, ham, sautéed onions or mushrooms, green/black olives, avocado, American, Swiss, Monterey Jack, Bleu or Cheddar. Extra toppings 1.00

KOBE MELT

American Kobe Beef patty seared and served on grilled pumpernickel with melted Swiss, sautéed onions, green/black olives and mayonnaise. 9.95

TURKEY CLUB 8.50

BLT 6.50

TURKEY/HAM 5.25

Add cheese +1.00

CHICKEN/TUNA 6.00

On croissant 6.50

GRILLED HAM & CH 6.75

GRILLED CHEESE 5.25

TUNA MELT 7.00

BOXED LUNCH: all sandwiches can be served as boxed lunch with two cookies, fruit cup and mint. Add 3.00

SIDE ITEMS

Baked Potato 2.00

Rice medley 2.00

Potato du jour 2.00

Veg du jour 1.50

Yogurt w/ berries 3.00

Cottage Cheese 2.00

Fruit Cup 2.00

Soup 3.95

Soup (quart) 7.50

Rolls & butter .75

Loaf Herb Bread 3.00

With herb oil 3.50

Chips, Pretzels 1.00

Fries 2.00

Sw Pot Fries 2.00

O. Rings 2.50

Chicken Salad 3.50

Tuna Salad 3.50

Chicken breast 3.50

BEVERAGES

Iced Tea 1.50

Paradise Tea 2.00

Lemonade 1.50

All Sodas 1.50

Canned Soda 2.00

Perrier 3.00

Milk 2.00

Juice 2.00

Bottled H2O 1.50

Cider(in season) 2.00

DESSERTS

Gelato, seasonal varieties 3.00

Sorbet, seasonal varieties 3.00

Ice Cream 2.50

Sherbet 2.50

Sundae 3.00

Cheesecake/Chocolate Torte/Cake 3.50

Cookie/Muffin 1.00

Dozen Cookies/Muffins 9.00

Pie/Cake 3.25

A la mode +1.00

Delivery Time: MON-FRI 11:30am – 2 pm

TO INSURE NOON DELIVERY

PLEASE PLACE ORDERS BY 10:30 AM