

## SANDWICHES & WRAPS

### ITALIANO SUB \$10.00

Salami, Ham, Capicola, Provolone Cheese, Pickles, Chili, Tomato, Romaine Leaf, on a Sub

### GRAND SLAM \$10.00

Roast Beef, Turkey, Ham, USA Cheese, Lettuce, Tomato, Mustard, Mayo, on a Sub

### HAM & SWISS \$8.00

Ham, Swiss Cheese, Onion, Romaine Leaf, Tomato, Mustard, Mayo, on a Sub

### MEATY - MEATY \$10.00

Thinly sliced Pastrami, Rye Bread, Whole Grain Mustard, Balsamic Syrup, Lettuce, Tomato, Onion, Swiss Cheese

### TUNA SALAD SUB \$7.00

Tuna Salad, Cheddar Cheese, Shredded Lettuce, on a Sub

### CAESAR CLUB \$8.00

Breaded Chicken, Lettuce, Provolone Cheese, Caesar Dressing, on a Ciabatta

### PRINCESS CLUB \$9.00

Roast Chicken, Feta, Carrots, Tomato, Shredded Lettuce, Mayo, on a Ciabatta

### GREEK CLUB \$10.00

Roast Chicken Breast, Feta, Olive Tapenade, Chili, Tomato, Cucumber, Bell Pepper, Red Onion, on a Ciabatta (Balsamic & Olive Oil on the side)

### TURKEY TORTA \$9.00

Smoked Turkey, Crispy Bacon, Dill Havarti Cheese, Carrots, Tomato, Lettuce, Blue Cheese Dressing, in a Wrap

### HOT DOCK WRAP \$9.00

Jerk Chicken, Provolone Cheese, Cucumber, Guacamole, Red Onion, Shredded Lettuce, in a Wrap

### CUBANO FLAT-OUT \$10.00

Thinly sliced Ham, Whole Grain Mustard, Sliced Pickles, Tomato, Swiss Cheese, on a bread of your choice

### TROPICAL WRAP \$9.00

Roast Chicken Breast, Onion, Cucumber, Carrots, Sprouts, Shredded Cheddar Cheese, Homemade Chutney, on a Sub or Wrap

### HONEY MUSTARD WRAP \$9.00

Honey Mustard Chicken Salad, Provolone Cheese, Carrots, Shredded Lettuce, in a Wrap

### CHILLY RUBEN \$10.00

Shaved Corned Beef Brisket, Swiss Cheese, Cole Slaw, Russian Dressing, on a Rye

### CHICKEN PARMESAN \$9.00

Breaded Chicken Breast, Marinara Sauce, Provolone Cheese, Parmesan Cheese, on a Wrap/Sub

### OASIS \$9.00

Breaded Chicken Breast, Sun-dried Tomato Pesto, Cole Slaw, Provolone Cheese, in a Wrap

### EGGPLANT PARMESAN \$8.00

Breaded Eggplant, Marinara Sauce, Parmesan Cheese, Provolone Cheese, in a Wrap

### VEGE DELUXE \$7.00

Roasted Vegetable Salad, Goat Cheese in a Wrap



### VEGGIE QUESADILLA \$9.00

Toasted Wrap, Bell Pepper, Cilantro, Onion, Tomato, Corn, Deli 3-Bean, Shredded Cheese, with Sour Cream Cilantro Sauce

### SHAWARMA BEEF \$12.00

### SHAWARMA CHICKEN \$10.00

Marinated Beef or Chicken, Cucumber, Tomato, Bell Peppers, Lettuce, Tahini Sauce, Onion, with Shawarma White Sauce on the side, on Pita Bread or Wrap

### PEPPERCORN ROAST BEEF \$10.00

Thinly sliced Roast Beef, Swiss Cheese, Whole Grain Mustard, Horseradish Peppercorn Mayonnaise, Lettuce, Tomato, Onion, Banana pepper, on a bread of your choice

### GREEK CLUB \$10.00

Roast Chicken, Olive Tapenade, Feta Cheese, Assorted Bell Peppers, Onion, Tomato, Cucumber, Pepperoni Pepper, Parsley, Balsamic Syrup, on a bread of your choice

## FLAT-OUTS

CORN SALAD

CHILI PARSLEY MANGO SALAD

FRUIT SALAD

MINT PINEAPPLE GINGER SALAD

OREGANO ROASTED VEGETABLE

KALES

DELI CLASSIC 3-BEANS SALAD

VEGGIE SLAW

QUINOA

BULGUR SALAD

TOMATO CUCUMBER SALAD

HERBS ROASTED POTATO

MARINATED BEETS

## ON-THE-RUN SALAD

VCM COBB SALAD

BALI SALAD

JERK CHICKEN SALAD

CAESAR CHICKEN SALAD

TUNA SALAD

GARLIC CHICKEN SALAD

SMOKED SALMON SALAD

NIÇOISE SALAD

GREEN CHICKEN SALAD

GRILLED FISH SALAD BOX (SPECIAL)

VEGGIE BOX

MIX GREENS GARDEN SALAD

## BREADS / WRAPS

WRAPS (SPINACH, GARLIC, TOMATO, WHEAT)

CIABATTA BREAD (SOUR DOUGH)

RYE BREAD (SOUR DOUGH)

FOCACCIA (OLIVE, GARLIC, TOMATO)

BLACK BREAD

7-GRAIN BREAD

GLUTEN FREE BREAD

NUTS & SEEDS BREAD

FRUITS & NUTS BREAD

*Remember to get your Sandwich Card signed*

## DAILY SALAD SPECIALS

SOUP OF THE DAY