

SANDWICHES & WRAPS

<b>ITALIANO SUB</b> Salami, Ham, Capicola, Provolone Cheese, Pickles, Chili, Tomato, Romaine Leaf, on a Sub	<b>\$10.00</b>	<b>CHILLY RUBEN</b> Shaved Corned Beef Brisket, Swiss Cheese, Cole Slaw, Russian Dressing, on a Rye	<b>\$10.00</b>
<b>GRAND SLAM</b> Roast Beef, Turkey, Ham, Lettuce, Tomato, Mustard, Mayo, on a Sub	<b>\$10.00</b>	<b>CHICKEN PARMESAN</b> Breaded Chicken Breast, Marinara Sauce, Provolone Cheese, Parmesan Cheese, on a Wrap/Sub	<b>\$9.00</b>
<b>HAM &amp; SWISS</b> Ham, Swiss Cheese, Onion, Romaine Leaf, Tomato, Mustard, Mayo, on a Sub	<b>\$7.00</b>	<b>OASIS</b> Breaded Chicken Breast, Sun-dried Tomato Pesto, Cole Slaw, Provolone Cheese, in a Wrap	<b>\$9.00</b>
<b>HOT ROAST BEEF</b> Roast Beef, Swiss Cheese, Onion, Jalapenos, Mustard, on a Rye Toasted	<b>\$9.00</b>	<b>EGGPLANT PARMESAN</b> Breaded Eggplant, Marinara Sauce, Parmesan Cheese, Provolone Cheese, in a Wrap	<b>\$8.00</b>
<b>TUNA SALAD SUB</b> Tuna Salad, Cheddar Cheese, Shredded Lettuce, on a Sub	<b>\$7.00</b>	<b>VEGE DELUXE</b> Roasted Vegetable Salad, Goat Cheese, in a Wrap	<b>\$9.00</b>
<b>CAESAR CLUB</b> Breaded Chicken, Lettuce, Provolone Cheese, Caesar Dressing, on a Ciabatta	<b>\$9.00</b>	<b>VEGE DELIGHT</b> Cranberries, Raisins, Onion, Tomato, Cucumber, Feta, Pepperoncini, Pickles, Provolone Cheese, Lettuce	<b>\$7.50</b>
<b>PRINCESS CLUB</b> Roast Chicken, Feta, Carrots, Tomato, Shredded Lettuce, Mayo, on a Ciabatta	<b>\$9.00</b>	<b>MEATY - MEATY</b> Thinly sliced Pastrami, Rye Bread, Whole Grain Mustard, Balsamic Syrup, Lettuce, Tomato, Onion, Swiss Cheese	<b>\$10.00</b>
<b>TURKEY TORTA</b> Smoked Turkey, Bacon Bits, Dill Havarti Cheese, Carrots, Tomato, Avocado, Lettuce, Blue Cheese Dressing, in a Wrap	<b>\$9.00</b>	<b>CUBANO FLAT-OUT</b> Thinly sliced Ham, Whole Grain Mustard, Sliced Pickles, Tomato, Swiss Cheese, on a bread of your choice	<b>\$10.00</b>
<b>HOT DOCK WRAP</b> Jerk Chicken, Provolone Cheese, Bell Pepper, Cucumber, Avocado, Red Onion, Shredded Lettuce, in a Wrap	<b>\$9.00</b>	<b>SHAWARMA BEEF</b> <b>SHAWARMA CHICKEN</b> Marinated Beef or Chicken, Cucumber, Tomato, Bell Peppers, Lettuce, Tahini Sauce, Onion, with Shawarma White Sauce on the side, on Pita Bread or Wrap	<b>\$12.00</b> <b>\$10.00</b>
<b>TROPICAL WRAP</b> Roast Chicken Breast, Onion, Bell Pepper, Cucumber, Carrots, Sprouts, Shredded Cheddar Cheese, Homemade Chutney, on a Sub or Wrap	<b>\$9.00</b>	<b>VEGGIE QUESADILLA</b> Toasted Wrap, Bell Pepper, Cilantro, Onion, Tomato, Corn, Deli 3-Bean, Shredded Cheese, with Sour Cream Cilantro Sauce	<b>\$9.00</b>
<b>HONEY MUSTARD WRAP</b> Honey Mustard Chicken Salad, Provolone Cheese, Carrots, Shredded Lettuce, in a Wrap	<b>\$9.00</b>		



<b>PEPPERCORN ROAST BEEF</b> Thinly sliced Roast Beef, Swiss Cheese, Whole Grain Mustard, Horseradish Peppercorn Mayonnaise, Lettuce, Tomato, Onion, Banana pepper, on a bread of your choice	<b>\$10.00</b>
<b>GREEK CLUB</b> Roast Chicken, Olive Tapenade, Feta Cheese, Assorted Bell Peppers, Onion, Tomato, Cucumber, Pepperoni Pepper, Parsley, Balsamic Syrup, on a bread of your choice	<b>\$10.00</b>
<b>PIZZA WRAP PEPPERONI or CHICKEN</b> Assorted Bell Pepper, Onion, Banana Pepper, Tomato, Shredded Mozzarella, Marinara Sauce	<b>\$10.00</b>
<b>VEGGIE COMFORT PIZZA WRAP</b> Assorted Bell Pepper, Onion, Banana Pepper, Tomato, Crazen, Feta, Black Olives, Fresh Parsley, Shredded Mozzarella, Marinara Sauce	<b>\$10.00</b>

FLAT-OUTS	COOLER SALAD	ON-THE-RUN SALAD
<div><div>JERK CHICKEN</div><div>BASIL CHICKEN</div><div>SMOKED SALMON</div><div>MUSHROOM &amp; SWISS</div><div>SPINACH FETA</div></div>	<div><div><div>CORN SALAD</div><div>CHILI PARSLEY MANGO SALAD</div><div>FRUIT SALAD</div><div>MINT PINEAPPLE GINGER SALAD</div><div>OREGANO ROASTED VEGETABLE</div><div>KALES</div><div>VEGGIE SLAW</div></div><div><div>DELI CLASSIC 3 BEANS SALAD</div><div>QUINOA</div><div>BULGUR SALAD</div><div>TOMATO CUCUMBER SALAD</div><div>HERBS ROASTED POTATO</div><div>MARINATED BEETS</div></div></div> <div>FRESHLY BAKED MUFFINS &amp; PASTRIES DAILY</div>	<div><div>VCM COBB SALAD</div><div>BALI SALAD</div><div>HONEY MUSTARD CHICKEN SALAD</div><div>JERK CHICKEN SALAD</div><div>CAESAR CHICKEN SALAD</div><div>TUNA SALAD</div><div>GARLIC CHICKEN SALAD</div><div>SMOKED SALMON SALAD</div><div>NIÇOISE SALAD</div><div>GREEK CHICKEN SALAD</div><div>MIXED GREENS GARDEN SALAD</div><div>BREADED EGGPLANT</div></div> <div><div>Small \$4.00</div><div>Medium \$6.00</div><div>Large \$8.00</div><div>\$2.00</div></div>



Remember to get your Sandwich Card signed

BREAKFAST DELIGHTS  
From 7:00am - 9:00am

<b>SOUP OF THE DAY</b>	Large \$6.00 Extra Large \$9.00
<b>QUICHE OF THE DAY</b>	\$3.50 with Salad \$7.00