

FRESH SALADS

Dressing is ALWAYS served on the side

Dressing choices: Balsamic, Lite Italian, Creamy Italian, Red Wine Vinegar, French, Russian, Ranch, Ginger Sesame, Blue Cheese (Extra Dressing is 75 cents)

ANTIPASTA Ham, Salami, Pepperoni, Fresh Mozzarella, Roasted Peppers, Olives, Cherry Tomatoes, Cucumber & Carrots over Mixed Greens \$8.95

BUFFALO CHICKEN Grilled Chicken Tossed in Buffalo Sauce Over Romaine Lettuce, Grape Tomatoes, Black Olives, Nacho Chips & Crumbled Blue Cheese \$8.50

CAESAR Romaine Lettuce Topped with Shaved Parmesan Cheese, Sliced Hard Boiled Egg, Bacon Bits, Croutons & Caesar Dressing \$6.25

CHEF SALAD Turkey, Ham, Swiss & American Cheese Over Mixed Greens Topped with Cherry Tomatoes, Carrots, Cucumbers & Olives \$8.95

CHICKEN CAESAR Romaine Lettuce Topped with Grilled Chicken, Shaved Parmesan Cheese, Sliced Hard Boiled Egg, Bacon Bits, Croutons & Caesar Dressing \$8.50

CHOPPED CHICKEN BLT Chopped Romaine, Chopped Grilled Chicken, Bacon, Diced Cherry Tomatoes, Carrots, Cucumbers, Olives and Feta Cheese (all tossed) \$8.95

GARDEN SALAD Mixed Greens Topped with Cherry Tomatoes, Carrots, Cucumber & Olives \$5.50

GREEK SALAD Romaine Lettuce, Chicken, Feta Cheese, Tomatoes, Red Onion, Cucumbers & Olives \$8.50

ITALIAN CHICKEN Breaded Chicken, Fresh Mozzarella, Roasted Peppers, Over Mixed Greens, Cherry Tomatoes, Carrots, Cucumbers & Olives \$8.95

SALAD PLATTER Tuna Salad & Egg Salad with Macaroni & Potato Salad over Mixed Greens, Cherry Tomatoes, Carrots, Cucumbers and Olives \$8.95

SESAME CHICKEN Ginger Sesame Chicken Over Mixed Greens, Avocados, Croutons, Cheddar Cheese, Cherry Tomatoes, Carrots & Cucumbers \$8.95

CHICKEN TACO SALAD Chopped Grilled Chicken with Taco Seasonings Over Shredded Lettuce, Tomatoes & Olives Topped with Cheddar Cheese, Salsa & Sour Cream \$8.50

APPLE SALAD Romaine Lettuce, Topped with Grilled Chicken, Apple Chunks, Craisins, Walnuts, Feta Cheese and Choice of Dressing \$8.50

TUNA CAESAR Tuna Salad over Romaine Lettuce, Shaved Parmesan Cheese, Cherry Tomatoes, Croutons and Caesar Dressing \$8.75

COLD CUTS & SALADS (PER POUND)

Boar's Head

Oven Gold Turkey	\$9.99
Honey Roasted Turkey	\$10.99
Cracked Peppermill Turkey	\$10.99
Deluxe Ham	\$9.99
Honey Ham	\$10.99
Roast Beef	\$11.99
Pastrami	\$11.99
EverRoast Chicken Breast	\$9.99
Buffalo Chicken Breast	\$9.99
Chipolte Chicken Breast	\$9.99
Salami	\$8.29
Pepperoni	\$8.29
Bologna	\$7.79
Cheese American White or Yellow	\$7.99
Imported Cheese	\$8.29
Chicken Salad	\$10.99
Egg Salad	\$7.99
Tuna Salad	\$12.99
White Fish Salad	\$10.99
Grilled or Breaded Chicken	\$10.99
Potato, Macaroni Salad or Cole Slaw	\$4.99

SOUP

Hot Soup (Available October to March)	\$4.95
Add Soup to Basic Sandwich, Wrap or Salad	Add \$3.75
Soup & Half Basic Sandwich	\$7.25

DRINKS & SNACKS

Coffee (Regular, Decaf, Hazelnut), Tea, Hot Chocolate, French Vanilla, Cappuccino	Small \$1.75 / Large \$2.00
Muffins, Crumb Cake, Brownies	\$2.95
Fresh Baked Cookies (3-Pack)	\$1.99

Custom menus by...

BiggerFish

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LUNCH MENU



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Ask About Our MAX & Crunch
Lunch Specials

SANDWICHES

All sandwiches are served with one complimentary side of Macaroni Salad, Potato Salad or Cole Slaw & Pickle

Oven Gold Turkey	\$5.75
Honey Roasted Turkey	\$6.25
Cracked Peppermill Turkey	\$6.25
Deluxe Ham	\$5.75
Honey Ham	\$6.15
Roast Beef	\$6.75
Pastrami	\$6.75
Chicken Breast	\$6.15
Buffalo Chicken Breast	\$6.15
Salami	\$5.50
Pepperoni	\$5.25
Bologna	\$4.95
Cheese American White or Yellow	\$4.95
Cheese Imported	\$5.25
Chicken Salad	\$6.25
Egg Salad	\$5.05
Tuna Salad	\$6.50
Grilled or Breaded Chicken	\$6.25

Lettuce, Onions, 25 Cents; Tomatoes 50 Cents; Hot Peppers \$1.25; Roasted Peppers, Fresh Mozzarella, Avocado \$1.50 extra; Additional Meat \$2.50 extra

SPECIALTY SANDWICHES

HENNY PENNY Fresh Egg Salad, Crispy Bacon, Lettuce & Tomatoes, Piled onto 3 Slices of Rye Toast	\$6.95
BIG KAHUNA "HOT" Breaded Chicken Breast Topped with Deluxe Ham, Swiss Cheese, Sliced Pineapples & Honey Mustard on a Kaiser Roll	\$7.75
AMERICAN SUB Ham, Turkey, Swiss & American Cheese, Piled onto a Sub Roll, with Shredded Lettuce, Tomatoes, Banana Peppers, Mayo & Red Wine Dressing	\$7.75
JOHNNY MAC SPECIAL Turkey Topped With Double American Cheese, Cranberry Sauce On A Cinnamon Raisin Bagel – Add A Dash Of Mayo If You Like	\$7.25
KING TUT Triple Decker on Choice of Bread Stuffed with Turkey, Roast Beef, Cheddar Cheese, Bacon, Lettuce Tomatoes & Russian	\$8.50
KJB SPECIAL Breaded Chicken Breast Topped with Fresh Mozzarella Cheese, Roasted Peppers, Green Leaf Lettuce, Seasonings & Drizzled with Balsamic Dressing	\$8.25
ROMAN EMPEROR Ham, Salami, Pepperoni, Provolone on Sub Roll Topped with Shredded Lettuce, Tomatoes, Onions, Roasted Peppers & Balsamic Dressing	\$8.50
TUNA BLT Tuna Salad Topped with Crisp Bacon, American Cheese, Leaf Lettuce, Tomatoes & a dash of Mayo on Fresh Rye Bread	\$7.50

DELUXE WRAPS

BACON CAESAR Grilled Chicken & Romaine Lettuce Topped with Grape Tomatoes, Crispy Bacon, Hard Boiled Egg, Shaved Parmesan Cheese & Dressing	\$7.95
BROOKLYN BRIDGE Cracked Peppermill Turkey, Crispy Bacon Swiss Cheese, Cole Slaw & Russian Dressing in a Plain Wrap	\$7.75
BUFFALO CHICKEN Grilled Chicken Tossed in Buffalo Sauce Over Lettuce, Grape Tomatoes, Crumbled Blue Cheese & Ranch Dressing in a Black Bean Wrap	\$7.75
CLASSIC ITALIAN Deluxe Ham, Genoa Salami, Provolone, Shredded Lettuce, Tomatoes, Roasted Peppers, Italian Seasonings & Red Wine Vinegar in a Plain Wrap	\$8.25
DYNAMIC DUO Honey Roasted Turkey, Deluxe Ham, Muenster Cheese, Shredded Lettuce, Tomatoes and Deli Mustard in a Wrap	\$7.50
GREEK CHICKEN Romaine Lettuce Topped with Grilled Chicken, Cherry Tomatoes, Black Olives & Feta Cheese with our Own Special Dressing In a Plain Wrap	\$7.95
HAIL CAESAR Grilled Chicken & Romaine Lettuce, Shaved Parmesan Cheese & Caesar Dressing In a Plain Wrap	\$7.75
RAINFOREST DELIGHT Shredded Lettuce, Tomatoes, Cucumbers, Carrots, Onions & Olives in a Whole Wheat Wrap with Ranch Dressing	\$6.75
ROAST BEEF ITALIANO Thinly Sliced Roast Beef Over Spring Mix, Fresh Mozzarella, Roasted Peppers, Black Olives & Creamy Italian Dressing in a Whole Wheat Wrap	\$8.50
SAMANTHA Chicken Salad & Crisp Bacon Topped with Lettuce, Tomatoes, Mayo in a Whole Wheat Wrap	\$7.50
SLOPPY JOE Oven Gold Turkey, Roast Beef, Swiss Cheese, Leaf Lettuce, Tomatoes, Cole Slaw & Russian Dressing in a Plain Wrap	\$8.50
ARTICHOKE CHICKEN WRAP Grilled Chicken Topped with Artichokes, Lettuce, Tomatoes & Shaved Parmesan Cheese & Red Wine Dressing in a Whole Wheat Wrap	\$7.75
SPRINGTIME Chicken Salad, Cheddar Cheese & Leaf Lettuce, Topped with Craisins & Sliced Green Apples in a Whole Wheat Wrap	\$7.50
STRICKLAND Grilled Chicken Breast, Cheddar Cheese, Crisp Bacon, Lettuce, Tomatoes & Honey Mustard in a Plain Wrap	\$7.50
TUNA ITALIAN Home Made Tuna Salad Topped with Provolone Cheese, Shredded Lettuce, Tomatoes & Balsamic Dressing in a Plain Wrap	\$7.75
TURKEY BLT Oven Gold Turkey & Crispy Bacon, Shredded Lettuce, Tomatoes and Mayo in a Plain Wrap	\$7.50

GRILLE SPECIALS

ALL AMERICAN Grilled American Cheese & Sliced Tomato, with choice of Bacon or Ham on White, Whole Wheat or Rye Bread	\$6.25
GRILLED CHEESE American Cheese on a Grilled White, Wheat or Rye Bread	\$5.25
CHICKEN PARMESAN SANDWICH Breaded Chicken Breast Topped with Fresh Mozzarella Cheese, & Sauce Served on a Kaiser Roll	\$6.75
CHICKEN QUESADILLA Grilled Chicken & Cheese With Mexican Seasoning, Stuffed into a Grilled Tortilla & Topped with Lettuce, Tomatoes & Black Olives served with Salsa & Sour Cream	\$6.95
CHICKEN SALAD BACON SWISS MELT Homemade Chicken Salad on Whole-Grain Bread, Crispy Bacon & Swiss Cheese Melted & Serve Open Face	\$7.50
JOHN BOY SPECIAL Fresh Grilled Southwestern Seasoned Chicken Topped with Melted Pepper Jack Cheese & Sliced Avocado over a bed of Shredded Lettuce	\$6.95
EL JEFE Hot & Chopped Grilled Chicken, Crispy Bacon, Pepper Jack Cheese, Fried Onions, Lettuce & Tomatoes & Topped with Russian and Chipotle Mayo in a Whole Wheat Wrap	\$7.75
PIZZA BAGEL Garlic Bagel, Topped with Sauce & Mozzarella Cheese	\$4.25
Add a Small Garden Salad	\$6.25
ROAST BEEF CHEDDAR MELT "HOT" Roast Beef & Cheddar Cheese with Grilled Onions, Lettuce, Tomatoes and Honey Mustard on a Kaiser Roll	\$8.25
RUBEN (Pastrami or Turkey) Grilled with Swiss Cheese, Sauerkraut & Russian Dressing on Grilled Rye Bread	\$8.25
TUNA MELT Tuna Salad Topped with American Cheese & Tomatoes on Choice of White, Whole Wheat or Rye Bread served OPEN FACED	\$7.50
FIT-TASTIC WRAP – Crunch Lunch Signature Wrap Grilled Chicken, Peppers & Onions Over Fresh Spinach & Tomatoes in a Whole Wheat Wrap	\$8.75

Prices are subject to change without notice.



BAGELS BY THE DOZEN
\$12.49*

WEDNESDAY DOZEN BAGELS SPECIAL \$6.99*

Mini Bagels \$10.00 Dozen

*Specialty bagels not included.

CATERING AVAILABLE FOR ALL OCCASIONS

Ask to see our Catering Menu