

BREAKFAST SANDWICHES

(Roll or Wrap, Served All Times)

BS-01. Two Eggs	\$1.89
BS-02. Two Eggs & Cheese	\$2.50
BS-03. Two Eggs with Bacon, Ham, or Sausage	\$3.00
BS-04. Western Omelette	\$3.50
BS-05. Egg White Veggie Omelette	\$3.50
BS-06. Hungry Man <i>3 Eggs, Bacon, Sasuage, Cheddar Cheese, and Grinder</i>	\$5.25
BS-07. Two Eggs Steak & Cheese	\$4.50

BREAKFAST PLATTERS

(With Toast, Served All Times)

BP-01. Two Eggs <i>Served Your Way</i>	\$2.25
BP-02. Two Eggs with Bacon, Ham, or Sausage \$3.75	
BP-03. Cheese Omelette <i>Your Choice of Cheese</i>	\$3.25
BP-04. Western Omelette <i>Ham, Peppers, and Onion</i>	\$4.25
BP-05. Florentine Omelette <i>Spinach, Tomato and Feta</i>	\$5.25
BP-06. Greek omelette <i>Olives, Onion, Tomato, and Feta</i>	\$5.50
BP-07. Spinach Omelette <i>Mushrooms, Peppers, Onions, Hot Marinara Sauce</i>	\$5.50
BP-08. Lox Omelette <i>Nova, Onions, Tomato</i>	\$6.50
BP-09. Egg White & Veggie Omelette <i>Spinach, Tomato, Mushroom, Onion</i>	\$5.50
BP-10. Egg White & Cheese Omelette <i>Your Choice of Cheese</i>	\$3.95

BAGELS

(Served All Times)

B-01. Plain	\$0.75
B-02. Butter or Jelly	\$1.00
B-03. Plain or Low Fat Cream Cheese	\$1.75
B-04. Flavored Cream Cheese	\$2.00

COLD CUT ASSORTMENT

(We only use Boar's Head products, Extra \$1.00 for Hero)

	Sandwich <i>(Roll)</i>	Cold Cut <i>(Per pound)</i>
CA-01. Boar's Head Ham	\$4.50	\$10.99
CA-02. Black Forest Ham	\$4.75	\$10.99
CA-03. Smoked Virginia Ham	\$4.75	\$10.99
CA-04. Cappy Ham	\$4.75	\$ 9.99
CA-05. Honey Baked Ham	\$4.75	\$ 9.99
CA-06. Rosemary Ham	\$4.75	\$ 9.99
CA-07. Roast Beef	\$4.75	\$11.99
CA-08. Corned Beef	\$4.75	\$ 9.99
CA-09. Pastrami	\$4.75	\$10.99
CA-10. Turkey Breast	\$4.50	\$ 8.99
CA-11. Low Sodium Turkey Breast	\$4.50	\$10.99
CA-12. Smoked Turkey Breast	\$4.75	\$10.99
CA-13. Honey Baked Turkey	\$4.75	\$10.99
CA-14. Peppermill Turkey	\$4.75	\$10.99
CA-15. Salsalito Turkey	\$4.75	\$10.99
CA-16. Genoa Salami	\$4.50	\$ 8.99
CA-17. Hard Salami	\$4.50	\$ 8.99
CA-18. Oven Roasted Chicken Breast	\$4.50	\$10.99
CA-19. Smoked Chicken Breast	\$4.75	\$10.99
CA-20. Blazing Buffalo Chicken Breast	\$4.75	\$10.99
CA-21. Barbeque Chicken Breast	\$4.75	\$10.99
CA-22. Cajun Chicken Breast	\$4.75	\$10.99
CA-23. Bologna	\$3.95	\$ 7.99
CA-24. Pepperoni	\$3.95	\$ 8.99
CA-25. Prosciutto	\$5.95	\$28.99
CA-26. Nova		\$28.99

CHEESE

		(Per pound)
CH-01. American		\$ 8.99
CH-02. Muenster		\$ 8.99
CH-03. Provolone		\$ 7.99
CH-04. Swiss		\$ 7.99
CH-05. Cheddar		\$ 8.99
CH-06. Fresh Mozzarella		\$12.99
CH-07. Brie		\$12.99

EXTRAS

(For Cold Cut Assortment)

E-01. Avocado	\$1.00
E-02. Brie	\$1.00
E-03. Fresh Mozzarella	\$1.00
E-04. Sun Dried Tomato	\$0.75
E-05. Basil	\$1.00
E-06. Roasted Pepper	\$0.75
E-07. Hot & Sweet Pepper	\$0.75
E-08. Cucumber	\$0.50
E-09. Hero or Wrap	\$0.75
E-10. Lettuce	\$0.25
E-11. Cheese	\$0.50
E-12. Grilled Mushroom	\$1.00
E-13. Tomato	\$0.25
E-14. Grilling	\$0.25

SALAD SANDWICHES

(Extra \$1.00 for Hero)

	Sandwich <i>(Roll)</i>	Cold Cut <i>(Per pound)</i>
SS-01. Tuna Salad	\$4.50	\$6.99
SS-02. Chicken Salad	\$4.50	\$6.99
SS-03. Egg Saland	\$4.50	\$5.99

COFFEE

(Served All Times)

	Small	Large
C-01. Cappucino <i>Equal Parts of Espresso, Steamed Milks, Foamed Milk</i>	\$2.50	\$3.00
C-02. Cafe Au Lait <i>2/3 Steamed Milk, 1/3 Espresso</i>	\$2.50	\$3.00
C-03. Cafe Latte <i>Our Specialty Espresso with Steamed Milk</i>	\$2.50	\$3.00
C-04. Old Fashioned Hot Chocolate <i>Made with Steamed Milk</i>	\$2.50	\$3.00
C-05. Iced Cappucino	\$2.50	\$3.00
C-06. Iced Cafe Latte	\$2.50	\$3.00
C-07. Regular	\$1.75	\$2.00
C-08. Flavored Coffee	\$1.75	\$2.00

CREATE YOUR OWN SALAD

(Please choose your Greens, Size, Toppings, and Dressing)

Mixed Greens	Small 5 Topping	\$6.50
Baby Spinach	Large 5 Topping	\$7.95
Romaine		

COS-01. Vegetable
Artichokes Heart, Beets, Broccoli, Carrot, Cucumber, Sliced Mushrrom, Red Onion

COS-02. Sproute
Alfalfa, Bean

COS-03. Bean
Red, Black, Kidney

COS-04. Egg
Hard Boiled Egg, Egg White

COS-05. Corn
Baby Corn, Sweet Corn

COS-06. Pepper
Hot, Green, Yellow, Red

COS-07. Olive
Black, Green

COS-08. Nut
Almond Sliced, Walnut, Sunflower Seed, Pine Nut, Cranberry, Raisin

COS-09. Tomato
Cherry, Fresh, Sun Dried

COS-10. Chicken
Grilled or Breaded

COS-11. Meat
Bacon, Turkey or Smoked Turkey

COS-12. Fruit
Avocado, Grape, Apple

COS-13. Fish
Tuna

COS-14. Pea
Chick, Green, Snow

COS-15. Croutons
Garlic

COS-16. Cheese
Feta, Cheddar, Parmesan, Fresh Mozzarella

BURGERS

(Served All Times)

BG-01. Plain Turkey Burger	\$4.00
BG-02. BBQ Turkey Burger	\$4.25
BG-03. Cajun Turkey Burger	\$4.25
BG-04. Crab Cake Burger	\$4.50
BG-05. Vegetable Burger	\$4.00

COMBINATION SANDWICH

(Different combinations available weekly and upon request)

CS-01. American Hero	\$6.95
<i>Roast Beef, Turkey, Ham, American Cheese, Lettuce, Tomato, and Russian Dressing on Hero</i>	
CS-02. Pastrami or Corned Beef Reuben	\$6.50
<i>Sliced Pastrami or Corned Beef, Sauerkraut, and Swiss Cheese with Russian Dressing or Spicy Mustard</i>	
CS-03. Basil Chicken	\$6.95
<i>Grilled Chicken, Roasted Peppers, Lettuce, Tomato, Basil, and Fresh Mozzarella</i>	
CS-04. Roast Beef	\$6.50
<i>Roast Beef, Grilled Portobello Mushroom, Brie Cheese, and Spinach</i>	
CS-05. Spicy Chicken	\$6.50
<i>Spicy Grilled Chicken with Melted Pepper Jack Cheese, Roasted Peppers, Onion and Chipotle Pepper Spread</i>	
CS-06. Marilyn Monroe	\$6.50
<i>Chicken Breast, Pepperoni, and Fresh Mozzarella on Sub Roll</i>	
CS-07. The "Marin"	\$4.75
<i>Avocado, Tomato, and Provolone Cheese on Wheat</i>	
CS-08. Italian Combo	\$6.95
<i>Pepperoni, Salami, Provolone, Cappy Ham, Lettuce, Tomato, Oil, and Vinegar</i>	
CS-09. Vegetarian	\$6.50
<i>Fresh Mozzarella, Tomato, and Spinach with Pesto or Sun Dried Tomato Spread</i>	
CS-10. Cubano	\$6.50
<i>Fresh Pork, Virginia Ham, Swiss Cheese, Pickle, and Spicy Mustard</i>	
CS-11.	\$6.95
<i>Smoked Turkey, Brie, and Green Apples with Honey Mustard</i>	
CS-12.	\$6.95
<i>Chicken Cutlet, Bacon, Melted Swiss, Lettuce, and Tomato with Honey Mustard</i>	
CS-13.	\$6.95
<i>Grilled Chicken Breast, Fresh Mozzarella, and Sun Dried Tomato with Honey Mustard</i>	
CS-14.	\$6.50
<i>Fresh Turkey, and Avocado with Russian Dressing</i>	
CS-15.	\$6.50
<i>Smoked Salmon, Cream Cheese, Tomato, and Onion</i>	
CS-16.	\$6.50
<i>Chicken Cutlet Parmesan</i>	
CS-17.	\$6.50
<i>Philly Steak or Philly Chicken, Pepper, Onion, Mushroom, and Cheese</i>	
CS-18.	\$6.50
<i>Salsalito Turkey, Hot Pepper, Tomato, and Monster Cheese</i>	

PANINIS

(Different combinations available weekly and upon request)

P-01. Capri	\$6.50
<i>Smoked Turkey, Pepperoni, Provolone Cheese, Spinach, Cherry Pepper, and Parmigiana Cheese</i>	
P-02. Godfather	\$6.50
<i>Roasted Beef, Provolone Cheese, Grilled Red Onions, Lettuce, Tomato, and Horseradish Sauce</i>	
P-03. Chicken Fajita	\$6.50
<i>Grilled Chicken, Cheddar Cheese, Roasted Pepper, Onion, and Salsa</i>	
P-04. Monte Cristo	\$6.50
<i>Ham, Smoked Turkey, Swiss, Cheddar, Lettuce, Tomato, and Honey Mustard</i>	
P-05. The Russian	\$6.50
<i>Roasted Beef, Muenster Cheese, Red Onion, Lettuce, Tomato, and Russian Dressing</i>	
P-06. Cubano	\$6.50
<i>Fresh Pork, Virginia Ham, Swiss Cheese, Pickle, and Spicy Mustard</i>	
P-07. Garden Veggie	\$6.50
<i>Mix Grilled Veggies, and Fresh Mozzarella with Teriyaki or Pesto Sauce</i>	
P-08. Italiano	\$6.50
<i>Pesto Chicken, Roasted Pepper, Fresh Mozzarella, and Fresh Tomato</i>	
P-09. Crab or Shrimp Cake	\$6.50
<i>Spinach, Roasted Pepper, Pepper Jack Cheese, and Russian Dressing</i>	
P-10. Vegetarian	\$6.50
<i>Fresh Mozzarella, Tomato, and Spinach with Pesto or Sun Dried Tomato Spread</i>	
P-11. Chicken Parm	\$6.50
<i>Breaded Grilled Chicken, Marinara Sauce, and Fresh Mozzarella Cheese</i>	
P-12. Chicken Cajun	\$6.50
<i>Cajun Grilled Chicken, Grilled Vegetables, and Ranch Dressing</i>	
P-13.	\$7.25
<i>Italian Prosciutto with Pesto Cream Cheese, Provolone, Sun Dried Tomato, and Artichoke Heart</i>	

VEGETARIAN

(Different combinations available weekly and upon request)

V-01.	\$6.25
<i>Hummus, Swiss, Avocado, Cheddar, Roasted Red Pepper, Lettuce, Tomato, and Onion</i>	
V-02.	\$6.25
<i>Fresh Mozzarella, Sun Dried Tomato, Basil, Oil, and Vinegar</i>	
V-03.	\$6.25
<i>Veggie Burger, Hummus, Roasted Red Pepper, Lettuce, and Tomato</i>	

SPECIAL WRAPS

(Different combinations available weekly and upon request)

SW-01. Gourmet Heaven Special	\$6.95
<i>Smoked Turkey, Brie, Green Apple, and Honey Mustard</i>	
SW-02. Grilled Chicken Caesar	\$6.75
<i>Romaine, Tomato, Roasted Pepper, Parmesan Cheese, and Creamy Ceasar Dressing</i>	
SW-03. New Heaven	\$6.50
<i>Chicken Breast, Avocado, Lettuce, Tomato, and Russian Dressing</i>	
SW-04. Turkey BLT	\$6.75
<i>Turkey Breast, Plum Tomato, Lettuce, and Crispy Bacon</i>	
SW-05. California Turkey	\$6.50
<i>Roasted Turkey Breast, Roasted Pepper, Horseradish, and Baby Spinach</i>	
SW-06. Italian Combo	\$6.95
<i>Genoa Salami, Pepperoni, Lettuce, Mortadella, Provolone Cheese, Tomato, and Roasted Pepper</i>	
SW-07. Vegetarian Special	\$6.50
<i>Roasted Vegetables and Sun Dried Tomato Spread</i>	
SW-08.	\$6.50
<i>Fresh Mozzarella, Avocado, Tomato, Basil, and Roasted Pepper</i>	
SW-09.	\$5.50
<i>Hummus, Lettuce, Tomato, Cucumber, and Onion</i>	
SW-10.	\$6.95
<i>Grilled Chicken, Fresh Mozzarella, Spinach Portabella Mushroom, Onion, Roasted Pepper, Oil, and Vinegar</i>	
SW-11.	Low Carb \$0.25 extra \$6.75
<i>Fresh Turkey Breast, Swiss Cheese, Cole Slaw, Tomato, and Russian Dressing</i>	

GRILLED CHICKEN BREAST

GCB-01.	\$10.99 / lb
<i>Plain, Breaded, Pesto, Barbeque, Honey Mustard, and Teriyaki</i>	

• GOURMET HEAVEN •

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