



**WRAP OF THE WEEK**

Chicken Cutlet, Vodka Sauce  
Ricotta cheese  
Melted Provolone  
**\$8.99 w/ Chips**

**PANINI OF THE WEEK**

Boneless BBQ Rib Patties  
Mac-n-cheese  
Melted Cheddar  
Brown Gravy on a Garlic Panini  
w/ Bag Chips \$8.99

**Wraps-\$9.95**

w/ pasta salad, ff or chips Beverage  
1- Chicken Cutlet, Grilled Boarshead ham, Melted Swiss, Honey Mustard  
2- Grilled Portobello Mushrooms, Feta, Baby Arugula, Sun Dried Tomatoes, Balsamic Glaze

**Grilled Paninis-\$9.95**

w/ pasta salad, ff or chips + Beverage  
3- Lamb Gyro, Feta, Red onions, Tomatoes, Tzatziki Dressing  
4- Cajun Grilled Shrimp, Avocado, Arugula, Sundried Tomatoes, Ranch  
*WHOLE WHEAT PANINIS AVAILABLE*

**THE DELI -\$9.95**

w/ chips, FF or Pasta salad-Beverage  
5-Proscuitto, Fresh Mozz, Roasted Peppers, Artichokes,Romaine, O+V on roll  
6- Honey Ham, Cheddar Cheese, Spinach, Tomatoes, Ranch on a Bagel

**HEROS-\$9.95**

w/ pasta salad, ff or chips + Beverage-  
7- Boarshead Pepper Turkey, Munster,Sliced Pickles Coleslaw,Russian  
8- Chicken Cutlet, Fresh Mozzarella, Proscuitto Baby Arugula w/ Roasted Pepper Dressing

**Pastas-\$9.95**

w/ salad, bread and beverage  
9-Penne Alla Vodka  
10-Meat Lasagna  
11- Tortellini Alfredo w/ Mushrooms

**Homemade Soups-\$5.99** 16oz

CHICKEN VEG- MINESTRONE  
- BEEF BARLEY-SPLIT P-  
Butter Nut Squash \$6.99

**Famous Fried Chicken**

2 Pieces-\$7.95 4 pieces\$9.95  
Includes 1 Side:  
Mashed Pot, Steamed Veggies  
Broasted Potatoes or Pasta Salad  
w/ can soda or sm water

**Hero Of The Day \$9.99**

Grilled Pastrami w/ Fries  
+ Melted Cheddar, Gravy  
On a Garlic Hero  
w/ chips and a drink

**Quesidillia Spec \$9.95**

MeatBall Vodka Parm w/  
melted Provolone on a  
garlic Quesidillia  
w/ nacho chips + can of your choice

**Mikes Choice \$8.95**

Oh My French Toast  
w/ Nutella, Bananas, Garnola  
Served w/ iced or hot coffee

**THE RACHEL RAY \$9.95**

13- Veggie Burger Wheat Roll  
Fresh Avocados, Chipotle Dressing  
Let, Tom Pepper Jack w/chips



**SALADS**

Sm- \$8.95 Lg \$9.95

14- Dry Tuna, Feta, Spinach, tomatoes, onions, Provolone  
Balsamic Vingrettes Dressing

15- Balsamic Chicken, Swiss, Romaine, tomatoes, roasted peppers- Balsamic vingrette

**Asian Salad \$9.95**

Asian Fried Chicken Dumplings  
Baby Spinach, Sun Dried Tomatoes  
Beets, Corn, Sun Flower Seeds  
Creamy Goat Cheese,  
Mandarin Ginger Dressing

**# 16 Platter \$9.95**

Lamb gyro w/  
Greek Salad

**ACAI BOWLS**

Sm 6.99 Lg 8.99

With Blueberries,  
Strawberries, Bananas,  
granola, Coconut,honey  
Add on \$1.00 each  
Nutella or Peanut Butter

**Eye Opener \$7.95**

Egg White, Turkey Bacon,  
Avocado, Pepper Jack,  
Croissant

**Birthday Cake Waffle**

**\$6.95**

**THE FELICIA**

Shaved Balsamic Chicken  
Arugula w/ Bruschetta Salad  
Roasted Pepper Dressing  
Fresh Mozzarella  
On a Grilled Foccacia

**\$9.95**

w/ pasta Salad, FF or Chips

**GRUB FATHER \$10.95**

Philly Steak, Chopped onion  
rings, Mac-n-Cheese, Swiss,  
chipotle on garlic hero  
w/ side pasta salad

**#18 LETTUCE WRAP**

Chicken Salad, Avocados,  
Cucumbers, Carrots,  
Honey Mustard

**\$8.95** w/ pasta salad + Drink

**# 19**

Tuna Salad,Swiss, Lettuce  
Tomatoes on toasted Pita

**\$8.95** w/ chips + Drink

**GREEK CORNER \$10.95**

**# 700-** Chicken Souvlaki w/  
rice + Greek salad

**#800-** Broiled Tilapia w/  
Greek salad and rice  
Above Served w/ Pita