

WHY COOK?????

www.pantanofoods.com


WE DELIVER!!!!!!

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HOT COFFEE

Crumb Cake-Hazelnut
Cappuccino-French Van

-  **Breakfast** -- Served all day!!
- Bagel Veggie Cream Cheese \$2.75
- Potato Egg Cheese Sliders (2) \$4.95
- Choc. Chip Pancakes \$6.50
- Ham Egg Cheese Biscuit \$3.95
- Steak, egg cheese Croissant \$5.95**

Wraps-\$7.95

- Served w/ pasta salad, ff or chips + Beverage
- 1-Falafels, Avacado, Lettuce, fresh mozzarella, south west mayo
- 2- Shredded Cajun chicken w/ swiss let, tom blue cheese dressing
- 3- Grilled roast beef w/ Crispy Bacon lettuce, tomato, mayo

HEROS-\$7.95

- Served w/ pasta salad, ff or chips + Beverage
- 12- Eggplant Rolatine on a garlic hero
- 13- Balsamic Grilled Chicken w/ Spinach G+O melted fresh mozzarella
- 14- Grilled Cornbeef w/ coleslaw, swiss, russian dressing
- 15-Chicken cutlet w/ grilled ham, pepper jack cheese and honey mustard

Johns Heaven \$7.95

Philly Cheese on Texas Toast w/ side of mashed and fountain drink

MIKES CHOICE \$7.95

(3) Meatball Parm Sliders w/ side House salad and Fountain Drink Of Your Choice

WRAP COMBO \$7.95

Grilled Lean Cornbeef w/ let, Jalepenos, cheddar, south west mayo

w/ pasta salad, ff or chips + Beverage

Quesidilla Special \$7.95

Smoked Brisket, Peppers, onions, cheddar w/ side of rice!

CHEAPOS CHOICE \$6.99

Grilled cheese w/ crispy bacon, and tomatoes w/ side of cole slaw w/ fountain drink

BROWN BAGGER-\$6.99

Salami, Provolone w/ let, tom Mayo on a crossiant w/ chips

THE PIZZA DEAL

Large 18"
Cheese Pie
\$9.99

WOW!!!!!!

Salad AND Panini----\$8.95

Shredded chicken, Romaine hearts, Fresh Mozzarella, Caesar dressing W/ side Portobello Salad

Grilled Paninis-\$7.95

- w/ pasta salad, ff or chips + Beverage
- 4-Pepperoni, provolone, spinach, tomatoes, ranch dressing
- 5- Grilled chicken, goat cheese let, tom south west mayo
- 6- Grilled Pepper turkey, sautéed mushrooms, Au Jus Sauce + mozzarella



BURGERS- \$7.95

- 16- Veggie Burger w/ let, tom onions, feta cheese w/ side House Salad
- 17- BBQ Turkey burger pita w/ Swiss let tom + pasta salad!
- 18- Pesto chicken burger w/ bruschetta and provolone on focacia w/ side of slaw!



SALADS

Sm- \$7.95 Lg \$8.95

- 19- Cajun Chicken Dumplings, Mangos, Apples, Dried cranberries, Mixed greens, Almonds all tossed in Mandarin ginger dressing
- 20- Balsamic Tuna Salad (Artichokes, Roasted Peppers, Olives, balsamic, Olive Oil) Chopped Salad
- 21- Falafels, romaine, corn, carrots, and cheddar cheese all tossed in creamy ranch dressing!!YUMMY!!!!

DIET CORNER- \$8.95

- 22-Grilled Mango Teriyaki Shrimp served w/ Side of Brown Rice + Steamed Brocoli
- 23- Grilled Lemon Chicken Topped w/ Arugula, Bruschetta Salad

**GREAT FOOD...
GREAT VALUE!!!**

NOW OPEN

- Pantanos of Long Beach**
- # 700- Lamb Gyro Let, tom, onions, hummus on pita w/ greek salad \$8.95
- #800- Chicken Souvlaki w/ let, tom, onions , gyro sauce w/ FF \$8.95
- #900- Stuffed chicken w/ Prosciutto, provolone Served w/ veggies..\$8.95
- Above Served w/ Grilled Pita Bread**

DESSERTS

- Oreo Cheese Cake \$3.49
- Toasted Almond Cake \$3.49
- Red Velvet Cake \$3.49
- Cheese Cake \$3.25
- Fruit Salad Sm.\$2.99//Lg.\$3.99

Pastas-\$7.99 salad+bread!

- 7- Spinach Ravioli Alla vodka
- 8- Stuffed Rigatoni Meat Sauce
- 9- Tortellini alfredo w/ chicken
- 10- Gnocchi Al Pesto w/ fresh mozz
- 11- Penne w/ Eggplant Parm

TRY OUR.....

FAMOUS FRIED CHICKEN

- Served w/ biscuits
- 2 piece w/ 1 side..\$6.95
- 4 piece w/ 1 side..\$7.95

SIDES..

Steamed veggies, mashed pot, FF, Pasta salad, Cole slaw, Onion rings

SLIDERS \$2.99 Each

Philly Cheese, Chicken Parm, Pulled Pork, BLT, Buffalo Chicken, Roast Beef Melt
TRY ONE TODAY!

LUNCH PLATTERS \$8.95

- #100- (3) Shrimp Tempura served w/ side of Veggies and House salad
- #200- ½ Oven Roasted Chicken side of home fries And Broccoli garlic and oil
- #300- Pan seared Cajun Tuna Steak served over rice w/ mashed potatoes



Homemade Soups

- SM-\$3.75-LG-\$4.49
- CHICKEN VEG- MINESTRONE- ONION- FRENCH ONION- SPLIT P- BEEF BARLEY- TOMATO RICE- LENTIL- CREAM OF BROCOLI

**NOW OPEN
IN LONG BEACH.....**