



WRAP OF THE WEEK

Chicken Cutlet, Roasted Peppers,
Fresh Mozzarella, Arugula,
Prosciutto, Balsamic Glaze
Served w/ bag of chips
\$8.99

PANINI OF THE WEEK

Mini Crab Cakes, Fresh Avocados
Crispy Bacon, Lettuce, Tomatoes
Chipotle Dressing
w/ Bag Chips **\$8.99**

Wraps-\$8.99

w/ pasta salad, ff or chips Beverage
1- Swiss Cheese Burger, French
Fries, Tomatoes, Russian Dressing
2- Thai Peanut Grilled Chicken,
White Rice, Provolone, Sour Cream

Grilled Paninis-\$8.99

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 -\$8.99

w/ chips, FF or Pasta salad-Beverage
5-Prosciutto, Fresh Mozz, Roasted
Peppers, Artichokes,Romaine, O+V on roll
6- Chicken Salad, Crispy Bacon, baby
spinach, tomatoes, mayo on a croissant

HEROS-\$8.99

w/ pasta salad, ff or chips + Beverage-
7- Pepper Turkey, Munster, Coleslaw,
Sliced Pickles, Honey Mustard Dressing
8- Chicken Cutlet, Fresh Mozzarella
Spinach G+O w/Roasted Pepper Dressing

Pastas-\$8.99

w/ salad, bread and beverage
9-Penne Alla Vodka
10-Meat Lasagna
11- Bowtie Al Pesto w/ Mozzarella

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 \$8.99

Chicken Vodka Parm
Melted Provolone
On a Garlic Hero
w/ chips and a drink

Quesidillia Spec \$8.99

Smoked Brisket
Sauteed onions, Provolone
BBQ Glaze

w/ nacho chips + can of your choice

Mikes Choice \$8.99

2 Hot Dogs Topped
w/ Mac-n-cheese + Bacon Bits
Served w/ chips +Drink

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- Side Balsamic
Vingrettes Dressing

15- Teriyaki Grilled Chicken
Caesar Salad w/ Carrots, Baby
Corn, Gorgonzola, Ranch Dress

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

Balsamic Grilled Chicken
Sautéed Veggies White Rice

Homemade Soups-\$5.99 16oz

CHICKEN VEG- MINISTRONE
- BEEF BARLEY-SPLIT P-

ACAI BOWLS

Sm 5.99 Lg 7.99
Served w/
Blueberries, Strawberries,
Bananas, granola, Coconut
and honey.....
Add on \$1.00 each
Nutella or Peanut Butter

The HangOver \$7.99

Egg Cheese Hash Brown w/
Philly Steak on a Roll
Oreo Waffle
\$6.99

THE FELICIA

Shaved Balsamic Chicken
Arugula w/ Bruschetta Salad
Roasted Pepper Dressing
Fresh Mozzarella
On a Grilled Foccacia
\$9.99

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

Honey Turkey, Avocados,
Cucumbers Carrots, Honey
Mustard, Lettuce Warp

\$8.99 w/ pasta salad + Drink

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Tuna Salad,Swiss, Lettuce
Tomatoes on toasted Bagel

\$8.99 w/ chips + Drink

GREEK CORNER \$10.95

700- Chicken Souvlaki
w/Brown rice + Greek salad

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