



Homemade Soups-\$5.99 16oz

Butter Nut Squash \$1 Add'l
 Potato w/Bacon+Scallions \$1 Add'l
CHICKEN VEG- MINESTRONE
 - BEEF BARLEY-SPLIT P-

WRAP OF THE WEEK \$8.99

Grilled Roast beef, Mozzarella
 Stixxs, Onion Rings, Fresh
 Mozzarella, Brown Gravy
 Served w/ bag of chips

PANINI OF THE WEEK \$8.99

Pepper Turkey, Pepper Jack
 Cheese, Sliced Pickles, Jalapeños,
 coleslaw, chipotle Mayo
 Served w/ bag of chips

Wraps-\$8.99

w/ pasta salad, ff or chips Beverage
 1- Boneless BBQ Ribs, Provolone,
 French Fries, Mayo
 2- Chicken Cutlet w/ bacon, Swiss
 Let, tom Ranch Dressing

Grilled Paninis-\$8.99

w/ pasta salad, ff or chips + Beverage
 3- Grilled Pastrami w/ Pepper Jack
 Cheese, Brown Gravy, Sour cream
 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-Salami, Fresh Mozz, Roasted Peppers,
 Artichokes, O+V hero
 6- Chicken Salad, Swiss, baby spinach,
 tomatoes on a toasted Bagel

HEROS-\$8.99

w/ pasta salad, ff or chips + Beverage-
 7- Honey Turkey, Swiss, Let, Roasted
 Peppers, Ranch Dressing
 8- Breaded Eggplant, Fresh Mozzarella
 Spinach G+O w/Roasted Pepper Dressing

Pastas-\$8.99

w/ salad, bread and beverage
 9-Penne Alla Vodka
 10-Baked Ziti Fra' Diavolo
 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

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

Quesidillia Spec \$8.99

Cheese Burger
 Sauted onions, Cheddar
 Russian Dressing
 w/ nacho chips + can of your choice

Mikes Choice \$8.99

Teriyaki Chicken Wings (6)
Served w/ Hand Cut Fries
 Can Drink Included

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- Salami, Pepperoni, Provolone,
 Lettuce, Roasted Peppers, Olives
 Artichokes, Balsamic vingrette

15- BBQ Grilled Chicken
 Caesar Salad w/ Cheddar

Asian Salad \$9.95 Small

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

16

Chicken Cutlet w/ Grilled
 Ham, Melted Provolone
 Marinara Sauce
 Side of Sauted Veggie

10.95

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

Blueberry 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

#17

Grilled Chicken wrap w/
 Ham Cappy, Broccoli Rabe'
 Mozzarella, Balsamic Glaze

\$8.99 w/ chips and drink

#18 Lettuce Wrap

Honey turkey, Avocados,
 Candied Pecans, Cucumbers
 Carrots, mayo, Lettuce Warp

\$8.99 w/ pasta salad + Drink

19

Egg Salad, Swiss, Sliced
 Pickles on a Bagel

\$6.99 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