

THE GOURMET GANG

GOURMETGANG.COM

6-10/ 6-14

GRAB & GO:

ASIAN NOODLE BOWL

with linguine, bok choy, peanuts, fresh basil with an asian style dressing \$7.95 - V

ROASTED VEGETABLE QUICHE

6-inch traditional quiche served with fresh fruit \$8.50

SPINACH DIP

served with crostini \$5.75

sandwiches

Artisan Style Breads Available: French Baguette, Ciabatta, Multigrain Ciabatta, Sundried Tomato Ciabatta

chicken

Santa Fe Chicken roasted red peppers, melted cheddar, red pepper mayo, french baguette \$7.50

Traditional Chicken Salad field greens, tomatoes, french baguette \$7.50

Blackened Chicken Breast provolone cheese, roasted red peppers, red pepper mayo, french baguette \$7.50

Southwestern Wrap spicy chicken, jasmine rice, black bean & corn salsa, sundried tomato wrap \$7.25

Teriyaki Chicken Wrap grilled chicken, jasmine rice, pineapple salsa, oriental ginger dressing, garlic wrap \$7.25

Chicken Cordon Bleu grilled chicken, ham, swiss cheese, honey mustard, ciabatta bread \$7.95

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Turkey and Provolone fresh basil mayo, roasted red peppers, french baguette \$6.75

Sammie Wammie turkey, thousand Island dressing, coleslaw, swiss cheese, ciabatta \$7.25

Ham & Swiss chipotle pepper & adobo mayo, field greens, tomatoes, ciabatta \$7.25

Roast Beef, Bacon & Cheddar premium roast beef, horseradish mayo, french baguette \$7.25

Italian Sandwich hard salami, feta, red onions, field greens, sundried tomato ciabatta, side of balsamic vinaigrette \$7.25

Club Sandwich roast beef, turkey, bacon, provolone, lettuce, tomato, horseradish mayo, french baguette \$7.95

Ham and Provolone honey mustard, field greens, multigrain ciabatta \$7.25

North Carolina BBQ traditional coleslaw on a french baguette \$7.25

Smoked Gouda & Spinach Blend Club turkey, ham, caramelized onions, Dijon mustard, ciabatta bread \$7.95

vegetarian

Fresh Mozzarella tomatoes, basil mayo, cracked pepper & sea salt, ciabatta \$6.95

Grilled Vegetables seasonal grilled veggies, provolone, basil mayo, french baguette \$7.25

Spinach Wrap spinach with feta, egg & bread crumbs, field greens, tomatoes, red pepper mayo, spinach wrap \$6.95

vegan

Smoked Tempeh & Avocado lettuce, tomatoes, avocado, vegan mayo, french baguette \$7.95

Southwestern Vegan Burger roasted corn, peppers, onions, green chilies, jasmine rice, black beans, cilantro, tomatoes, field greens, avocado, vegan mayo, tomato wrap \$8.00

seafood

Albacore Tuna Salad celery, scallions, mayo, field greens, tomatoes, french baguette \$7.75

Baked Crab Cake field greens, tomatoes, red pepper mayo, french baguette \$8.75

Tequila Lime Shrimp Wrap marinated shrimp, jasmine rice, zesty lime mayo, pineapple salsa, garlic wrap \$8.75

artisan salads & scoops

Signature Dressings: Balsamic Vinaigrette, Ranch, Honey Mustard, Bleu Cheese, Caesar, Cilantro Vinaigrette, Oriental Ginger, Italian Vinaigrette

Packets: FF Ranch, FF Italian, FF Raspberry Vinaigrette, French

Additions for Any Salad or Grab & Go Bowl:

Grilled, Blackened or Santa Fe Chicken | Tofu Djour \$2.25 | Tequila Lime Shrimp \$5 | Grilled Veggies \$1.50

CHEF SPECIALS

PASTA

Lemon Basil Penne with parmesan cheese and fresh basil

SANDWICH

Pimento Cheese & Ham served with field greens, roma tomatoes and red onions on ciabatta \$8.75

SALAD BOWL

Quinoa Crusted Tofu Salad Cusabi tuxedo orzo, spinach blend, pickled vegetables, and a soy dipping sauce \$9.25

Baja Chicken Salad santa fe chicken breast, black bean & corn salsa, roma tomatoes, tri-color tortilla strips, cilantro vinaigrette \$8.75

Chinese Chicken Salad grilled chicken, oriental blend, red peppers, snow peas, green onion, black sesame seeds, wontons, ginger dressing \$8.75

Italian Salad spinach blend, red onion, grape tomatoes, parmesan cheese, genoa salami, banana peppers, italian vinaigrette \$9.25

Classic Caesar shaved parmesan, croutons, mediterranean pasta \$7.00 With blackened chicken \$8.75

California Cobb turkey, bacon, roma tomatoes, boiled egg, bleu cheese, croutons, mixed greens, bleu cheese dressing \$8.75

Chicken Salad Plate traditional chicken salad with fresh fruit & pasta d'jour \$7.25

Albacore Tuna Salad Plate albacore tuna salad with fresh fruit & pasta d'jour \$8.25

Classic Chef turkey, ham, roma tomatoes, boiled egg, cucumbers, cheddar, homemade croutons, mixed greens, choice of dressing \$8.75

Strawberry Bleu Salad fresh strawberries, bleu cheese crumbles, spiced walnuts on a bed of field greens with balsamic vinaigrette \$8.75

Greek Salad feta, sundried tomatoes, red onion, cucumbers, kalamata olives, red peppers, banana peppers, croutons, mixed greens, balsamic vinaigrette \$8.50

Fresh Garden Salad mixed greens, cucumbers, roma tomatoes, croutons, choice of dressing \$5.95

Side Caesar romaine, parmesan cheese, croutons, served with caesar dressing \$4.00

Side Garden mixed greens, cucumbers, roma tomatoes, croutons, choice of dressing \$4.00

Traditional Chicken Salad Scoop with cracker packages \$3.95 or \$7.99/lb

Traditional Tuna Salad Scoop with cracker packages \$4.95 or \$11.50/lb

accompaniments, desserts, beverages

We offer a wide range of Coca-Cola, Peak Teas & Honest Tea Products at every location. Individual Sodas/Teas \$1.99 ea
64oz Growlers: \$9.50 ea | Iced Tea or Lemonade | Available for Pick up or Delivery

ACCOMPANIMENTS \$2.25 ea

Pasta Djour
Mediterranean Pasta
Dill Potato Salad
Fruit Salad

CHIPS \$1.50 ea

Plain BBQ Salt & Vin
Sour Cream Maui Onion Funky Fusion
Jalapeno Salt & Pep Reduced Fat
Catering Chip Bowl \$8.00

COOKIES \$1.50 ea

Chocolate Chip
Heath Bar
Lemon
Cookie Box \$14.00

DESSERT BARS \$2.50 ea

Pecan Cappuccino
Luscious Lemon
Marble Cheesecake
Oreo Dream Bar

SIGNATURE DESSERTS

Peanut Butter Brownie \$1.75
Rice Crispy Treat \$2.50
Dessert Bar Platter \$28.00

PICK UP DELIVERY

12.5% added to all delivery orders - \$1.00 Min
Delivery Time: _____
Allow Minimum of 45 Minutes

"Keep Your Face Always Toward The Sunshine,
And Shadows Will Fall Behind You"

- Walt Whitman
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