



THE GOURMET GANG



GRAB & GO CHEF SPECIALS AND ENTREES 01-03 • 01-07

Pumpkin Swirl Platters

20 swirls - \$17.95
40 swirls - \$26.50

Asian Noodle Bowl (V)

soy ginger marinated linguine with bok choy, Edamame, green onion, diced red peppers, peanuts & sesame seeds \$8.25

Spinach Quiche

traditional style 6 inch quiche served with Fresh fruit \$10.25

*PLEASE NOTE: QUICHE SENT OUT COLD

Potato Leek Soup

with crackers \$5.95

*PLEASE NOTE: SOUP SENT OUT COLD

Eggplant Parmesan

served with garlic bread \$10.75

*PLEASE NOTE: SOUP SENT OUT COLD

Chicken Marsala

served with wild rice pilaf \$9.75

*PLEASE NOTE: SOUP SENT OUT COLD

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Spinach Wrap

spinach, feta cheese, egg and breadcrumbs bound into a patty, served with field greens and roma tomatoes on a spinach wrap with red pepper mayo \$8.25

Fusilli Pomodoro Pasta

spiraled pasta with diced tomatoes in a garlic pesto and black pepper vinaigrette with parmesan cheese

sandwiches

chicken

Santa Fe Chicken roasted red peppers, melted cheddar, red pepper mayo, french baguette \$8.95

Traditional Chicken Salad field greens, tomatoes, french baguette \$8.95

Blackened Chicken Breast provolone cheese, roasted red peppers, red pepper mayo, french baguette \$8.95

Southwestern Wrap spicy chicken, jasmine rice, black bean & corn salsa, sundried tomato wrap \$7.75

Teriyaki Chicken Wrap grilled chicken, jasmine rice, pineapple salsa, oriental ginger dressing, garlic wrap \$7.75

Chicken Cordon Bleu grilled chicken, ham, swiss cheese, honey mustard, ciabatta bread \$8.95

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Turkey and Provolone fresh basil mayo, roasted red peppers, french baguette \$8.95

Sammie Wammie turkey, thousand Island dressing, coleslaw, swiss cheese, ciabatta \$8.95

Ham & Swiss chipotle pepper & adobo mayo, field greens, tomatoes, ciabatta \$8.95

Roast Beef, Bacon & Cheddar premium roast beef, horseradish mayo, french baguette \$12.25

Italian Sandwich hard salami, feta, red onions, field greens, sundried tomato ciabatta, side of balsamic vinaigrette \$8.95

Club Sandwich roast beef, turkey, bacon, provolone, lettuce, tomato, horseradish mayo, french baguette \$12.25

Ham and Provolone honey mustard, field greens, multigrain ciabatta \$8.95

Carolina Style Pulled Pork In house smoked pork butt with Alabama white sauce and coleslaw on ciabatta \$8.95

vegan & vegetarian

Fresh Mozzarella tomatoes, basil mayo, cracked pepper & sea salt, ciabatta \$8.95

Grilled Vegetables seasonal grilled veggies, provolone, basil mayo, french baguette \$8.95

(V) Smoked Tempeh & Avocado lettuce, tomato, avocado, vegan mayo, french bread \$9.95

(V) Southwestern Vegan Burger roasted corn, peppers, onions, green chilies, jasmine rice, black beans, cilantro, tomatoes, field greens, avocado, vegan mayo, tomato wrap \$7.95

seafood

Albacore Tuna Salad celery, scallions, mayo, field greens, tomatoes, french baguette \$9.75

Tequila Lime Shrimp Wrap marinated shrimp, jasmine rice, zesty lime mayo, pineapple salsa, garlic wrap \$9.75

croissant sandwiches

Egg Salad \$7.25

Chicken Salad \$9.50

Albacore Tuna Salad \$9.95

artisan salads & scoops

Signature Dressings: Balsamic Vinaigrette, Ranch, Honey Mustard, Bleu Cheese, Caesar, Cilantro Vinaigrette (V), 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 D'Jour \$2.25 | Tequila Lime Shrimp \$5 | Grilled Veggies \$2.00

Baja Chicken Salad santa fe chicken breast, black bean & corn salsa, grape tomatoes, tri-color tortilla strips, cilantro vinaigrette \$10.25

Chinese Chicken Salad grilled chicken, oriental blend, red peppers, snow peas, green onion, black sesame seeds, wontons, ginger dressing \$10.25

Classic Caesar shaved parmesan, croutons, mediterranean pasta \$8.75
With blackened chicken \$10.25

Cranberry Harvest Salad Craisins, bleu cheese crumbles, spiced walnuts on a bed of field greens with balsamic vinaigrette \$9.95

Chicken Salad Plate chicken salad with fresh fruit & pasta d'jour \$10.50

Albacore Tuna Salad Plate albacore tuna salad with fresh fruit & pasta d'jour \$11.25

Traditional Chicken Salad Scoop with cracker packages \$5.25

Albacore Tuna Salad Scoop with cracker packages \$6.25

Egg Salad Scoop with cracker packages \$3.95

California Cobb turkey, bacon, grape tomatoes, boiled egg, bleu cheese, croutons, mixed greens, bleu cheese dressing \$11.95

Classic Chef turkey, ham, grape tomatoes, boiled egg, cucumbers, cheddar, homemade croutons, mixed greens, choice of dressing \$11.95

Greek Salad feta, sundried tomatoes, red onion, cucumbers, kalamata olives, red peppers, banana peppers, croutons, mixed greens, balsamic vinaigrette \$9.75

Fresh Garden Salad (V) mixed greens, cucumbers, grape tomatoes, croutons, choice of dressing \$6.95

Side Caesar romaine, parmesan cheese, croutons, served with caesar dressing \$5.95

Side Garden (V) mixed greens, cucumbers, grape tomatoes, croutons, choice of dressing \$5.95

accompaniments, desserts, beverages

We offer a wide range of Coca-Cola, San Pellagrino, Peak Teas & Honest Tea Products at every location. Individual Sodas/Teas \$2.59 ea
64oz Growlers: \$9.50 ea | Iced Tea or Lemonade | Available for Pick up or Delivery

ACCOMPANIMENTS \$2.75 ea

Coleslaw
Mediterranean Pasta
Fruit Salad (V)
Dill Potato Salad

CHIPS \$1.79 ea

Plain BBQ Funky Fusion
Sour Cream Salt & Pep Maui Onion
Jalapeno
Plain Chip Bowl \$10.00

COOKIES \$1.79 ea

Chocolate Chip
Heath Bar
Coconut Royale
Cookie Box \$15.50

DESSERT BARS \$3.99 ea

Pecan Cappuccino
Luscious Lemon
Oreo Dream Bar

SIGNATURE DESSERTS

Rice Crispy Treat \$2.50
Italian Wedding Cake \$3.00
Peanut Butter Brownie \$3.00
Dessert Bar Platter \$28.00

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Please Allow Minimum of 45 Minutes - 1 Hour

Happy New Year!

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