

# THE GOURMET GANG

GOURMETGANG.COM

03-23/03-27

## GRAB & GO:

**Peanut Butter  
Cheesecake Bar**

\$4.25

**Ham Quiche**

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

**Grilled Salmon Salad Bowl**

flaked grilled salmon, roasted corn,  
red onion, avocado, boiled egg and  
watermelon raddish over field  
greens with a cilantro vinaigrette  
\$9.75

**Asian Noodle Bowl  
(V)**

soy ginger marinated linguine, with bok  
choy, edamame, green onions,  
diced red peppers, and peanuts  
\$7.95

## 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

### deli

**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** fresh cooked spinach bound with  
feta cheese, egg and bread crumbs, served with  
tomatoes and field greens on a spinach wrap with  
red pepper mayo \$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

## CHEF SPECIALS

### PASTA

**Lemon Basil Penne**

with parmesan cheese and fresh basil

### SANDWICH

**Reuben**

corned beef, melted swiss, sauerkraut and dill pickle,  
topped with a special sauce served on rye bread  
\$9.25

## 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 D'Jour \$2.25 | Tequila Lime Shrimp \$5 | Grilled Veggies \$2.00**

**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

**Cranberry Harvest Salad** dried cranberries, bleu cheese crumbles, spiced  
walnuts on a bed of field greens with raspberry 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 (V)** 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 (V)** 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 (V)

### CHIPS \$1.50 ea

Plain  
Sour Cream  
Buffalo Bleu  
Plain Chip Bowl \$8.00  
BBQ  
Salt & Pep  
Salt &  
Vinegar  
Funky Fusion  
Jalapeno  
Maui Onion

### COOKIES \$1.50 ea

Chocolate Chip  
Heath Bar  
Peanut Butter  
Cookie Box \$14.00

### DESSERT BARS \$2.50 ea

Pecan Cappuccino  
Luscious Lemon  
Marble Cheesecake  
Oreo Dream Bar

### SIGNATURE DESSERTS

Pineapple Upside-Down Cake \$3.00  
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

### Home Delivery

In Response to Our Customers Needs,  
We Are Now Expanding Into Home Deliveries

Please Visit Our Website For More Details!