

THE GOURMET GANG

GOURMETGANG.COM

03-09/03-13

GRAB & GO:

**Peanut Butter
Cheesecake Bar**

\$4.25

Broccoli Quiche

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

Chef's Nicoise Salad Bowl

field greens, boiled egg, mixed olives, potatoes, blanched haricots, cherry tomatoes and flaked salmon served with a lemon 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

SOUP

**Maryland
Crab Soup**

\$7.95

PASTA

Spinach Pesto

with sundried tomatoes, fennel and parmesan cheese

SANDWICH

Reuben

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

\$9.25

SANDWICH

Vegetarian Reuben

tempeh, melted swiss, sauerkraut and dill pickle, topped with a vegan special sauce served on rye bread

\$9.50

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
Maui Onion
BBQ
Salt & Pep
Salt & Vinegar
Plain Chip Bowl \$8.00
Funky Fusion
Jalapeno
Sweet Potato

COOKIES \$1.50 ea

Chocolate Chip
Heath Bar
Andes Mint
Chocolate Cookie
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

My Favorite Exercise is a Cross Between a
Lunge and a Crunch...
I Call it *Lunch*