



# THE GOURMET GANG



## GRAB & GO CHEF SPECIALS: 08-03-08-07

### Watermelon & Feta Salad Bowl

fresh mint, red onions, watermelon, watermelon radish and feta cheese over arugula & field greens served with balsamic dressing  
\$7.95

### Asian Noodle Bowl (V)

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

## GRAB & GO ENTREES: 08-03-08-07

PLEASE NOTE ALL ENTREES ARE SENT COLD WITH RE-HEATING INSTRUCTIONS

### Eggplant Parmesan

served with penne pasta  
\$8.95

### Buffalo Chicken Wings

served with macaroni & cheese  
\$9.95

### Chicken Marsala

served with wild rice pilaf  
\$7.50

## CHEF SPECIALS: 08-03-08-07

### Cajun Turkey Philly

with grilled onion & peppers in a cajun white cream sauce, pepper jack cheese and sprinkled with cajun spice on a french baguette  
\$7.95

### Fusilli Pomodoro

Spiraled pasta with dice tomatoes, garlic pesto & black pepper vinaigrette and parmesan cheese

## sandwiches

### 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 \$7.95

**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 \$7.25

**Sammie Wammie** turkey, thousand Island dressing, coleslaw, swiss cheese, ciabatta \$7.95

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

**Roast Beef, Bacon & Cheddar** premium roast beef, horseradish mayo, french baguette \$7.95

**Italian Sandwich** hard salami, feta, red onions, field greens, sundried tomato ciabatta, side of balsamic vinaigrette \$7.95

**Club Sandwich** roast beef, turkey, bacon, provolone, lettuce, tomato, horseradish mayo, french baguette \$8.95

**Ham and Provolone** honey mustard, field greens, multigrain ciabatta \$7.95

**Carolina Style Pulled Pork** In house smoked pork butt with Alabama white sauce and cole slaw on ciabatta \$8.25

### vegan & vegetarian

**Fresh Mozzarella** tomatoes, basil mayo, cracked pepper & sea salt, ciabatta \$7.95

**Grilled Vegetables** seasonal grilled veggies, provolone, basil mayo, french baguette \$7.95

**(V) Smoked Tempeh & Avocado** lettuce, tomatoes, avocado, vegan mayo, french baguette \$8.95

**(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 \$8.95

**Baked Crab Cake** field greens, tomatoes, red pepper mayo, french baguette \$9.95

**Tequila Lime Shrimp Wrap** marinated shrimp, jasmine rice, zesty lime mayo, pineapple salsa, garlic wrap \$8.95

## deli by the pound

**Sliced Provolone Cheese** • \$ 5.99 / pound

**Sliced Cheddar Cheese** • \$6.99 / pound

**Sliced Swiss Cheese** • \$6.99 / pound

**Baked Crab Cakes** • \$20 / 4

**Toilet Paper** \$2.00 / roll (limit 2 per customer)

**Sliced Ham** • \$5.99 / pound

**Sliced Turkey** • \$7.99 / pound

**Sliced Roast Beef** • \$8.99 / pound

**Carolina Style Pulled Pork** • \$10.99 / pound

**Ciabatta Bread** • \$6.99 / 6 pieces

**Chicken Salad** • \$ 8.99 / pound

**Tuna Salad** • \$11.50 / pound

**Mediterranean Pasta Salad** • \$7.50 / pound

**Cole Slaw** • \$7.50 / pound

**Paper Towels** \$2.00 / roll (limit 2 per customer)

## 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, roma tomatoes, tri-color tortilla strips, cilantro vinaigrette \$8.95

**Chinese Chicken Salad** grilled chicken, oriental blend, red peppers, snow peas, green onion, black sesame seeds, wontons, ginger dressing \$8.95

**Classic Caesar** shaved parmesan, croutons, mediterranean pasta \$7.50  
With blackened chicken \$8.95

**California Cobb** turkey, bacon, roma tomatoes, boiled egg, bleu cheese, croutons, mixed greens, bleu cheese dressing \$9.95

**Chicken Salad Plate** traditional chicken salad with fresh fruit & pasta d'jour \$8.95

**Albacore Tuna Salad Plate** albacore tuna salad with fresh fruit & pasta d'jour \$9.25

**Traditional Chicken Salad Scoop** with cracker packages \$3.95

**Traditional Tuna Salad Scoop** with cracker packages \$5.95

**Classic Chef** turkey, ham, roma tomatoes, boiled egg, cucumbers, cheddar, homemade croutons, mixed greens, choice of dressing \$9.95

**Strawberry Bleu Salad** strawberries, bleu cheese crumbles, spiced walnuts on a bed of field greens with balsamic vinaigrette \$8.95

**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 \$6.50

**Side Caesar** romaine, parmesan cheese, croutons, served with caesar dressing \$4.50

**Side Garden (V)** mixed greens, cucumbers, roma tomatoes, croutons, choice of dressing \$4.95

## accompaniments, desserts, beverages

We offer a wide range of Coca-Cola, Peak Teas & Honest Tea Products at every location. Individual Sodas/Teas \$2.25 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 \$1.75 ea

Plain

Sour Cream

Buffalo Bleu

Plain Chip Bowl \$8.00

BBQ

Salt & Pep

Salt & Vinegar

Funky Fusion

Jalapeno

Maui Onion

### COOKIES \$1.75 ea

Chocolate Chip

Heath Bar

Coconut Royale

Cookie Box \$15.50

### DESSERT BARS \$3.50 ea

Pecan Cappuccino

Luscious Lemon

Marble Cheesecake

Oreo Dream Bar

### SIGNATURE DESSERTS

Italian Wedding Cake \$3.00

Rice Crispy Treat \$2.50

Peanut Butter Brownie \$3.00

Dessert Bar Platter \$28.00

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Please Allow Minimum of 45 Minutes - 1 Hour

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