

WRAPS

- Bobby V's - Turkey, bacon, lettuce, tomato, Hellmann's mayo, american cheese, toasted white wrap 12.99
- Santa Barbara Ranch - Crispy breaded chicken, lettuce, red onion, tomato, bacon, american cheese, ranch dressing, toasted white wrap 12.99
- L.A. Rueben - Turkey, coleslaw, cheddar, bbq sauce, toasted wheat wrap 12.99
- Blue Ribbon - Crispy breaded chicken, baked ham, swiss, honey mustard sauce, lettuce, tomato, toasted white wrap 13.49
- Bombay Life - Grilled veggies, curry, carrot sticks, lettuce, tomato, balsamic fig glaze, feta, toasted spinach wrap 11.49
- Kingston Jerk - Jamaican jerk chicken, cheddar, lettuce, tomato, honey bbq sauce, toasted wheat wrap 13.49
- Cape Codder - Chicken salad, apple, candied walnuts, cranberry, lettuce, tomato, white wrap 11.99
- San Antonio -Tex-Mex spicy chicken, sour cream, salsa, cheddar, lettuce, tomato, toasted tomato basil wrap 11.99
- Bangkok Nights - Thai chicken, spicy peanut sauce, carrot sticks, lettuce, tomato, toasted tomato basil wrap 11.49
- Plymouth County - Warm turkey breast, homemade stuffing, gravy, cranberry, toasted white wrap 12.49
- Dallas Style - Shaved steak, bbq sauce, lettuce, cheddar, tomato, toasted white wrap 13.99
- Cyprus Sun - Fresh baby spinach, tomato, feta, cucumber, red onion, herb vinaigrette, spinach wrap 10.99
- Buffalo's Anchor - Crispy breaded chicken, buffalo sauce, crumbled bleu cheese, lettuce, tomato, red onion, creamy blue cheese, toasted white wrap 12.99
- Roman Delight - Chicken, romaine lettuce, parmesan, creamy caesar dressing, crumbled croutons, wheat wrap 11.99
- Paris Shroom - Balsamic marinated portobello mushroom, baby spinach, crumbled bleu cheese, tomato, toasted wheat wrap 11.99
- The Alamo - Cajun spiced chicken, avocado, lettuce, tomato, red onion, pepper jack, chipotle aioli, toasted tomato basil wrap 12.99
- The Warrior - **10% of Profit donated to Robert Irvine Foundation.** Ham, turkey, bacon, lettuce, tomato, Hellmann's mayo, american cheese, honey mustard sauce, toasted white wrap 13.49
- Jersey Greek - Chicken, lettuce, tomato, red onion, feta, greek olives, greek dressing, spinach wrap 12.49
- Wicked Tuna - White albacore tuna salad, lettuce, tomato, bacon, swiss, wheat wrap 12.49
- Rachel - Grilled pastrami, coleslaw, russian dressing, swiss, toasted wheat wrap 13.49
- Hidden Valley - Roast beef, avocado, pepper jack, horseradish, spinach, tomato, ranch dressing, toasted spinach wrap 13.49

SANDWICHES

- Tampa's Cuban - Roast pork, ham, swiss, pickle, French's yellow, grilled sub roll 12.99
- Carolina's Pride - Bbq pulled pork, tangy bbq sauce, coleslaw, bulky roll 11.49
- Tuna Melt - White albacore tuna salad, tomato, swiss, grilled sourdough 11.99
- Portlander - Italian meats, provolone, lettuce, tomato, banana peppers, Italian seasoning, olive oil, toasted sub roll 12.49
- Si Racha - Crispy breaded chicken, sriracha sauce, cheddar, crispy onions, tomato, carrot sticks, grilled sourdough 11.49
- Omaha Rueben - Corned beef, sauerkraut, swiss, thousand island dressing, grilled marble rye 13.99
- Parma - Crispy breaded chicken, marinara, mozzarella, shaved parmesan, toasted sub roll 13.49
- Martha's Fav - Traditional BLT, avocado, chipotle aioli, topped with a fried egg, grilled sourdough "WOW" 13.49
- Outer Banks - Tuna, avocado, bacon, honey mustard, lettuce, tomato, red onion, grilled sourdough 13.49
- Kingston Bay - Roast beef, thousand island dressing, crispy onions, pepper jack, lettuce, grilled sourdough 13.49
- Steak & Blue - Shaved teriyaki steak, onions, peppers, mushrooms, crumbled bleu cheese, toasted sub roll 13.99
- Mississippi Blues - Roast beef, horseradish, grilled onion, crumbled bleu cheese dressing, grilled sourdough 13.49
- Rumanian Twist - Pastrami & corned beef combo, swiss, coleslaw, russian dressing, grilled marble rye 13.99
- Tasmania - Pastrami, pepper jack, grilled onion, bacon, chipotle aioli, bbq sauce, grilled sourdough 13.99
- Pastrami - Pastrami, grilled onion, swiss and French's yellow, grilled marble rye bread 13.99
- Chicken Salad - Traditional style with celery, Hellmann's mayo, red onion, lettuce, tomato, avocado on sourdough 13.49
- Miamiwich - Roasted pulled pork, tangy bbq sauce, pepper jack, avocado, tomato, chipotle aioli, toasted bulky roll 13.49
- Philly's Best - Grilled shaved steak, sautéed onions, cheese whiz, philly roll "Nuff Said" 13.99

SALADS

Cranberry Apple Walnut

Iceberg & spinach mix, crumbled bleu cheese, apple cider vinaigrette 10.99

Buffalo Chicken

Garden salad topped with crispy buffalo chicken, crumbled blue cheese, bleu cheese dressing 11.99

Honey BBQ

Garden salad topped with jerk chicken, cheddar, honey mustard dressing 11.99

Spinach Avocado

Chicken, tomato, red onion, cucumber, candied walnuts 11.99

Grilled Portobello

Iceberg & spinach mix, tomato, crumbled bleu cheese, balsamic vinaigrette 11.99

Garden

Iceberg lettuce, tomato, cucumber, red onion, carrot 10.49

Caesar

Romaine lettuce, croutons, shaved parmesan cheese 10.49

Greek

Garden salad with kalamata olives, feta, pepperoncini 10.99

Chef

Ham, turkey, american cheese, hard boiled eggs on a garden salad 11.99

KIDS MENU

Cheese flat bread pizza 10.99

Grilled cheese 5.99

Ham & cheese sandwich 6.49

Fluffernutter 5.99

+Kids sandwiches served with house made potato chips.

FLATBREADS

Traditional

Red sauce and cheese 10.99

Caesar

Chopped romaine, chicken, shaved parmesan, caesar dressing 11.99

Buffalo

Spicy buffalo chicken, crumbled bleu cheese, cheddar, red onion 11.99

BBQ Chicken

Bbq chicken topped with crispy onion strings, cheddar 11.99

Thai Chicken

Sweet and spicy chicken with cheddar 11.99

Portobello

Fresh baby spinach, portobello mushroom, feta, balsamic fig glaze 11.99

BBQ pork

Red onion, cheddar, tangy bbq sauce 11.99

Mexican

Spiced chicken, salsa, cheddar, shaved lettuce, sour cream 11.99

SIDES

Our famous homemade potato chips

Small Bag 2.99

Large Bag 6.99

Coleslaw 3.99

Extra sauce or dressing .75

Cookies 2.50

Brownies 2.50

Prices subject to change without notice.

Before placing your order, please inform your server if you or a

member of your party has any food allergies.

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.*