Salads

Our “House Dressing” is Parmesan Italian Homemade Dressings: Bleu Cheese, Creamy House, Dijon, Olive Oil and Lemon, Ranch, & Balsamic Vinaigrette Also available: French, 1,000 Isle, Honey Mustard, Low-Cal Italian Extra Dressing: Small...$0.50  Large...$1.00  16oz Bottle...$5.49

**Mediterranean Tuna** - Navy beans, pimentos and black olives with housemade tuna salad, tomato, onion, bell pepper and feta cheese. Served on mixed lettuce with olive oil and lemon dressing.

- Mini...$7.59  Regular...$9.09

**Greek Salad** - A traditional Greek with potato salad, mixed lettuce and feta cheese. Garnished with green & kalamata olives, pepperoncini, parmesan cheese, tomato, onion & bell pepper. Served with creamy house dressing. Anchovy available upon request!

- Mini...$7.59  Regular...$9.09

**Chicken Tetrazzini** - Our cashew chicken salad atop freshly prepared medley of lingurine, mushrooms & cheese. Served on shredded iceberg lettuce, tomato, onion, bell pepper with house dressing.

- Mini...$7.59  Regular...$9.09

**Chef Salad** - Smoked ham, turkey breast, cheddar & mozzarella cheeses. Served on mixed lettuce with tomato, onion, pepper and alfalfa sprouts. Choice of dressing.

- Mini...$7.59  Regular...$9.09

**Tuna and Tabouli** - Housemade tuna salad and tabouli, fresh lettuce, tomato, onion, and green pepper served with olive oil and lemon dressing.

- Mini...$7.59  Regular...$9.09

**Tossed Salad** - Mixed lettuce with onion, bell pepper & tomato. Garnished with sunflower seeds, croutons and alfalfa sprouts. Choice of dressing.

- One size only, mini...$5.99  Add grilled chicken...$1.69

Take home today 16oz bottle of homemade dressing $5.59

**Salad Nicoise** - Fresh potato salad atop housemade tuna salad, boiled egg, tomato, onion and bell pepper. Served on fresh mixed lettuce with a lively dijon mustard dressing.

- Mini...$7.59  Regular...$9.09

**Hopkins Cobb** - On a bed of fresh lettuce: grilled chicken, freshly crumbled bacon, boiled egg, artichoke heart, gorgonzola cheese. Topped with red onion, tomato and croutons. Choice of dressing.

- One size only...$9.09

**Grilled Chicken Salad** - Served on a fresh bed of lettuce, tender sliced warm chicken breast with grated mozzarella cheese, tomato, onion & green pepper. Served with your choice of dressing.

- Mini...$7.59  Regular...$9.09

**Cashew Chicken Salad Plate** - Our homemade cashew chicken salad served on crisp lettuce, with tomato, onion & bell pepper. Served with house dressing.

- Mini...$7.59  Regular...$9.09

**Black Bean Grilled Chicken** - Black bean salad & feta cheese over romaine with grilled chicken. Served with red onion, bell pepper, tomato and balsamic vinaigrette.

- Mini...$7.59  Regular...$9.09

**Walnut Gorgonzola** - Toasted walnuts, gorgonzola cheese & mandarin oranges served on romaine with red onion, croutons and balsamic vinaigrette.

- Mini...$7.59  Regular...$9.09

Add grilled chicken to:  Mini...$1.69  Regular...$2.29

**Tuna and Tabouli**

- 16oz Bottle of homemade dressing $5.59
**Specialty and Premium Sandwiches**

**Ultimate Turkey** - The Chef’s favorite. Delicious turkey breast, cheddar cheese, parmesan cheese, mushrooms, tomato, onion, lettuce, mayonnaise and house dressing. Served warm. Mini on Rye-Pumpernickel...$7.59 Sub...$9.39

**Vegetarian Primo** - A beautiful layered creation of crisp veggies and mellow cheeses, carrots, celery, cucumber, bell pepper, cheddar cheese, onion, mushrooms, Swiss cheese, tomato, lettuce, provolone cheese and sprouts. Served with mustard, mayonnaise and house dressing. Scrumptious! Mini...$7.59 Sub...$9.39

**Italian** - Smoked ham, hard salami, cooled salami, provolone cheese, lettuce, tomato, mild, hot, sweet or bell pepper, onion, mayonnaise and house dressing. Mini...$7.59 Sub...$9.39

**Smothered Beef** - Our tender roast beef served warm on an onion roll with Swiss, parmesan and a medley of green pepper, onion & mushroom. Topped with lettuce, tomato, mayonnaise and house dressing. Regular...$7.59

**Cordon Bleu** - A sandwich - Tender white turkey breast, lean smoked ham, melted swiss cheese, onion, lettuce and blue cheese dressing. Served on a poppy seed roll. Regular...$7.59

**B.E.T.** - Crisp bacon, almond egg salad, and juicy tomatoes served with mayonnaise and lettuce on an onion roll. Oh yes, a touch of house dressing. Regular...$7.59

**The Guac** - Guacamole and turkey sandwich served warm on rye-pumpernickel with black olive, provolone cheese, onion, tomato, lettuce, mayonnaise and house dressing. Regular...$7.59

**The Grecian Ham and Cheese Bake** - Ham and black olives team up with mild pepper, onion, tomato, mayonnaise, house dressing, lettuce, Swiss, provolone and parmesan cheese, served warm, on rye-pumpernickel bread. Regular...$7.59

**The Garden Sandwich** - A warm cheese and vegetable creation on a pumpernickel bun. Mushrooms, swiss, provolone and a medley of spinach, sunflower seeds, green peppers, green onions and cheddar cheese. Topped with tomatoes, sprouts and mayonnaise. Regular...$7.59

**Black Bird** - Turkey, cream cheese, black olives, celery, green pepper, sunflower seeds, lettuce, tomato, onion, mayonnaise and house dressing. Served warm on a wheat roll. Regular...$7.59

**Sauté** - Turkey covered with parmesan, cheddar, Swiss and a medley of sautéed onion, pepper and mushroom. Topped with lettuce, tomato, mayonnaise and house dressing. Served warm on a poppy seed roll. Regular...$7.59

**Zorba** - Smoked ham, feta cheese, black olive, mild pepper, onion, tomato, lettuce, mayonnaise and house dressing. Served on a poppy seed roll. Regular...$7.59

**The Hummer** - Hummus with turkey, feta cheese, black olive, tomato, onion and lettuce served on rye-pumpernickel with mayonnaise and house dressing. Regular...$8.49

**Linda Special** - A house favorite. Turkey, and provolone cheese and the basic, fresh, goodness of our tomato and sprout sandwich. Served on rye-pumpernickel (zebra) bread with mayonnaise and house dressing. Regular...$7.59

**Peanut Butter and Banana Sandwich** - No description needed here! On our version we add a layer of sprouts and honey! Regular...$4.99

**Peanut Butter and Jelly** - Great for Kids ( ). Regular...$4.49

**Tasty Tomato and Sprout Sandwich** - Served on whole wheat bread with mayonnaise and house dressing. Regular...$5.09

**Add cheese for... $1.00**

**Tuna Cheese Melt** - Our delicious tuna salad with melted cheddar cheese, tomato, pickles, onion and alfalfa sprouts. A touch of house dressing and mayonnaise. Served hot on whole wheat bun. Regular...$8.79

**Chunky Chicken Melt** - Mounds of cashew chicken salad with mushrooms, tomato, onion, lettuce and provolone. Served warm on a wheat roll with mayonnaise and house dressing. Regular...$8.79

**Meatloaf Sandwich** - Our house-made meatloaf served on rye-pumpernickel, wheat or white with mayonnaise, lettuce, tomato, and a touch of our house dressing. Regular...$8.99

**Grilled Chicken Breast** - Grilled chicken breast served on a poppyseed roll with honey mustard, mayonnaise, lettuce, onion, and tomato. Regular...$8.79

**House Special** - A hearty sub made with roast beef, turkey breast, smoked ham, bacon, cheddar cheese, lettuce, tomato, onion with mustard, mayonnaise, choice of hot, mild, sweet or bell peppers and house dressing. One size only...$9.39

**Club Sub** - Piles of tender turkey breast, bacon, cheddar cheese, lettuce, tomato, choice of hot, mild, sweet or bell peppers, onion with mustard, mayonnaise and house dressing. One size only...$9.39

**Hawaiian** - Smoked ham, cream cheese, pineapple slices, lettuce, and mayonnaise. Served on a poppy seed roll. Regular...$7.59

**Cashew Chicken Salad Sandwich** - Our signature cashew chicken salad served on rye-pumpernickel, wheat or white with lettuce, tomato, onion, mayonnaise and house dressing. Regular...$7.59

**Grilled Cheese** - Cheddar served on wheat, white or rye-pumpernickel. Regular...$5.09

**The Cuban** - Our version of the traditional favorite, pork, ham and Swiss cheese with pickle, onion and tomato. Pressed on Cuban bread with mayonnaise and Dijon mustard. Regular...$9.39

**The Spin** - A medley of spinach, mushrooms, sautéed onions, parmesan cheese, sun-dried tomato and sliced, toasted almonds; topped with cheddar cheese. Served grilled on muffaletta bread with ranch and dijon mustard. Regular...$7.59

**Turkey Reuben** - Turkey breast and sauerkraut, Swiss cheese and 1,000 island dressing, heated and pressed on rye-pumpernickel. Regular...$8.79

**Build Your Own Sandwiches & Subs**

- **Extra Meat...$1.69**
- **Extra Cheese...$1.00**

**Build your own sandwich or sub with any of our delicious meats and cheeses above.**

- **With your choice of cheese (swiss, provolone or cheddar)**

**Sandwich...$5.99**

**Half - Sandwich...$3.99**

**Rye-pumpernickel, wheat or white**

- **Mini...$7.59**

**Pumpernickel, poppy seed, onion roll, or wheat roll**

- **Sub...$8.59**

- **Wheat or white Sub**

**White Turkey Breast, Roast Beef, Smoked Ham, Hot Salami, or Cooked Salami**

Lemon Butter (Braunschweiger), Almond Egg Salad, Tuna Salad

Choose from any of our delicious sandwiches above made the way you like!

**Homemade Soups**

- **Soup...$4.49**
- **Soup and Tossed Salad...$9.49**
- **Soup and Half Premium Sandwich...$8.69**

**Build your own sandwiches and soups.**

- **Add black olives, feta cheese and tomato...$1.69**
- **Kosher Dill Pickle...$1.00**
- **Alfalfa Sprouts...$1.00**
- **Mushrooms...$1.00**
- **Side of Potato Salad...$3.69**

**Extras**

- **Hot, Mild or Sweet Peppers...$0.50**
- **Bell Peppers...$0.50**
- **Sunflower Seeds...$0.50**
- **Assorted Chips...$0.99**
- **Side of Tabouli Salad...$3.69**

**All Items Available for Carry Out. Please Call Early for Quick Service. Fax 30 Minutes Ahead!**

Most Available in 1/2 size on rye-pumpernickel, wheat or white... $4.49