

## TORTILLAWRAP SANDWICHES

- Choice of White/Whole Wheat/Spinach 12" Tortilla  
 Add Avocado (Roll/Tortilla 2.50) (Hero/Plate 3.00)
- SOUTHWESTERN** grilled chicken over rice, w/cheddar cheese, sour cream, lettuce, tomato, & salsa 9.99
- SPICY BUFFALO CHICKEN** crunchy breaded chicken w/spicy buffalo wing sauce, lettuce, tomato, & ranch dressing 9.99
- MEDITERRANEAN** grilled chicken w/grilled vegetables, feta cheese, rice & italian herb tomato sauce 9.99
- GRILLED CHICKEN CAESAR** grilled chicken w/crisp romaine lettuce, crumbled feta cheese, tomato, thin sliced red onion, & creamy caesar dressing 9.99
- PHILLY CHEESE STEAK** sliced steak, w/melted cheese, grilled peppers & onions 9.99
- QUESADILLA** grilled chicken w/melted pepper jack cheese, over rice w/lettuce, tomato, sour cream, & salsa 9.99
- TERIYAKI GRILLED CHICKEN** grilled chicken w/roasted bell peppers & onions, sautéed in ginger teriyaki & rice 9.99
- PESTO GRILLED CHICKEN** grilled chicken, w/roasted peppers, grilled eggplant, mozzarella & pesto mayo 9.99
- CHICKEN CORDON ROUGE** breaded chicken breast, w/thinly sliced ham, melted Swiss, lettuce & dijon mustard 9.99
- FONTINA & CHICKEN CUTLET** chicken cutlet w/melted fontina cheese, roasted peppers, lettuce & tomato 9.99
- ROAST BEEF** w/lettuce tomato & horseradish sauce 9.99
- ITALIAN** Genoa salami, ham cappy, pepperoni, mortadella, provolone, lettuce, tomato, onion, oil & vinegar 10.99
- AMERICAN** turkey, ham, roast beef, american, swiss cheese, lettuce, tomato, & onion 10.99
- TURKEY PROVOLONE** vinegar peppers, lettuce, tomato, onion, oil & vinegar 9.99
- SALLY'S WRAP** grilled chicken, mozzarella, avocado, lettuce, tomato, & spicy mayo pressed on panini press 10.99



## TRIPLE DECKERS

- VIRGINIA HAM, TURKEY SWISS** sliced tomato w/Russian dressing 11.95
- CORNER BEEF, PASTRAMI, SWISS** w/russian dressing 11.95
- TURKEY, ROAST BEEF, SWISS** w/russian dressing 11.95
- TURKEY CLUB: TURKEY, BACON** lettuce, tomato & mayo 11.95

Above served on three slices of toast with either French fries, cole slaw, potato salad, or macaroni salad

## SPECIALTY SANDWICHES

- MONTE CRISTO** black forest ham, muenster cheese, roasted peppers, lettuce, tomato, & honey mustard on hero 10.95
- GREATEST AMERICAN** ham, turkey, roast beef, american and swiss cheese, lettuce, tomato 11.45
- THE GODFATHERS** salami, mortadella, pepperoni, ham cappy, provolone, peppers, lettuce, tomato, onions, oil & vinegar on a hero 11.45
- TURKEY SUPREME** turkey, melted swiss cheese, sautéed onions, bacon, brown gravy on a hero 11.45
- MELTDOWN** roast beef, melted mozzarella on garlic bread hero 10.95
- PRIMO ITALIANO** grilled chicken, pepperoni, melted mozzarella, sun-dried tomato & italian dressing on a hero 11.45
- THE GRILLER** hot grilled chicken, melted cheddar w/ranch dressing on a roll 10.95
- PHILLY CHEESE STEAK** sliced steak, American cheese, grilled onions & peppers on a hero 11.45
- CHICKEN PHILLY CHEESE STEAK** sliced chicken steak, American cheese, grilled onions & peppers on a hero 11.45
- CHOPPED CHEESE** grilled ground beef, American cheese, grilled onions, lettuce, tomato on a hero 11.45
- REUBEN** hot corned beef, melted swiss cheese, russian dressing, sauerkraut, grilled on rye 10.45
- BLT** bacon, lettuce tomato w/mayo on toast 8.49
- TURKEY BACON BLT** 9.49
- EXTREME ITALIAN** imported capicola w/fresh mozzarella on a semolina hero w/sundried tomatoes & olive oil 12.25
- BUFFALO BILL** chicken cutlet w/buffalo wing sauce on a toasted hero w/blue cheese dressing 10.95
- SPECIAL CHICKEN CUTLET** on garlic bread w/melted muenster cheese, bacon & gravy 12.45
- ROAST BEEF** w/swiss cheese, cole slaw & horseradish sauce on a toasted hero 10.95
- PORKETTA PICANTE** fresh pork roast, provolone, broccoli rabe, hot peppers & house dressing on a hero 11.45
- EGG SALAD** w/bacon, lettuce, tomato on a roll 8.95
- CHICKEN SALAD** w/lettuce tomato on a hero 10.49
- CALIFORNIA KING** chicken cutlet, avocado, pepper jack, bacon, lettuce, tomato & spicy mayo 14.25
- THE JULIE** chicken cutlet, w/melted mozzarella cheese, bacon, fries & gravy 12.45
- BELLEROSE** roast beef, fresh mozzarella, tomatoes, roasted red peppers, arugula, balsamic 12.45
- NASSAU** imported prosciutto, fresh mozzarella, roasted red peppers, arugula, red wine vinaigrette 13.95

### FRIEND'S DELI SPECIAL

- chicken cutlet, fresh mozzarella, arugula, red roasted peppers, balsamic vinegar on a hero 12.45



## HOT HEROS

- MEATBALL** 10.99
- SAUSAGE & PEPPERS** 10.99
- CHICKEN CUTLET** 10.99
- POTATOES & EGGS** 8.95
- EGGPLANT** 10.99
- Parmigiana +2.00

## BEVERAGES

	Small	Med.	Large
COFFEE OR TEA w/honey +.50	2.25		2.75
FLAVORED COFFEE	2.75		3.25
hazelnut/vanilla			
HERBAL TEA w/honey +.50	2.75		3.25
HOT COCOA	2.50		3.00
ICE COFFEE	2.75	3.25	4.00
FLAVORED ICE COFFEE	3.25	3.75	4.50
hazelnut/vanilla			
FRESH BREWED ICE TEA	2.50	3.00	3.50
LEMONADE	2.50	3.00	3.50
SNAPPLE	2.75		
CAN SODAS	1.75		
SODAS 20oz	2.75		
BOTTLED WATER	1.50		
VITAMIN WATER	2.75		
GATORADE	2.75		
TROPICANA OJ 14oz	3.00		

## PANINI MENU

All Paninis are on Ciabatta Roll Toasted Crispy with Melted Cheese

- GRILLED CHICKEN** with pepperoni, mozzarella, roasted red onions, sun-dried tomato paste 10.99
- GRILLED CHICKEN** with fresh mozzarella, grilled roasted peppers, & sun-dried tomato paste 10.99
- GRILLED CHICKEN** with sautéed broccoli rabe, roasted peppers, fresh mozzarella & balsamic vinegar 10.99
- GRILLED CHICKEN** with crispy bacon & cheddar cheese 10.99
- SPICY CHICKEN** with roasted peppers, tomato & fontina cheese 10.99
- GRILLED CHICKEN** with grilled vegetables, mozzarella & balsamic vinegar 10.99
- CHICKEN CUTLET** with buffalo sauce, lettuce tomato & bleu cheese dressing 10.99
- CHICKEN CUTLET** with prosciutto, sun-dried tomato, fresh mozzarella & olive oil 11.99
- CHICKEN CUTLET** with fontina cheese, romaine lettuce, tomato, & spicy mayo 10.99
- CHICKEN CUTLET** with swiss cheese, ham, pickles, lettuce & Russian dressing 10.99
- GRILLED PORTOBELLO MUSHROOM** with roasted peppers, sautéed broccoli rabe, mozzarella, fresh tomato & balsamic vinegar 10.99
- AN ASSORTMENT OF GRILLED VEGETABLES** broccoli rabe, sliced tomato, mozzarella & balsamic vinegar 10.99
- FRIED EGGPLANT** with provolone, roasted peppers, broccoli rabe & pesto mayo 10.99
- FRESH ROAST PORK** with swiss cheese, virginia ham, pickles & russian dressing 10.99
- ITALIAN MORTADELLA** provolone cheese, hot peppers, romaine lettuce, tomato, spicy mayo 10.99
- HAM CAPPY** with mozzarella, sweet peppers, tomato, & roasted red onions 10.99
- IMPORTED PROSCIUTTO** fresh mozzarella, peppers, sun-dried tomato & olive oil 12.49
- SWEET ITALIAN PORK SAUSAGE** broccoli rabe, mozzarella cheese 10.99
- FRESH TURKEY** with crisp bacon, sliced tomato, swiss cheese & mayo 11.99
- FRESH TURKEY** with alpine lace Swiss, lettuce tomato, & lite mayo 10.99
- SHRIMP PARMIGIANA** 17.99
- TUNA MELT** your choice of cheese 10.99

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\*Prices Subject to Change without Notice\*  
 \*If you have a food allergy, please notify us\*

## BREAKFAST SANDWICHES

Add Avocado to any Breakfast Sandwich or Omelette for \$2.50

TWO EGGS on a roll	2.99
add Bacon/Ham/Sausage	3.00
add Turkey bacon/Pastrami/Roast beef	4.00
add Turkey/Salami	4.00
add Cheese	1.00
<b>ADAM'S WRAP</b> 3 egg whites, w/crispyturkey bacon, Swiss cheese & fried onions on whole wheat wrap	7.75
<b>HUNGRY MAN HERO</b> 3 eggs, cheese, bacon, ham & home fries	10.49
<b>COUNTRYBREAKFAST WRAP</b> 3 eggs, ham, cheese, onion on wrap	7.75
<b>THETHING</b> Sausage patty w/fried onion & melted Swiss cheese on a roll	5.95
<b>SUPER THING</b> 2 eggs, sausage patty, w/fried onion & melted Swiss cheese on a roll	7.50
<b>TWO EGGS &amp; CORNED BEEF HASH</b>	9.95
<b>EGG PLATTER</b> 2 eggs any style w/bacon, ham, or sausage home fries or hash browns & toast	8.50

### SIDE ORDERS

BEEF SAUSAGE	4.00	CORNED BEEF HASH	7.00
TURKEY SAUSAGE	4.00	HARD BOILED EGG	1.50
HASH BROWNS	5.50	HOME FRIES	5.50

### BAGELS

BAGEL	w/butter	2.75	w/cream cheese	3.75
LOX BAGEL				9.49
CREAM CHEESES	Vegetarian/Scallion/Jalapeño			4.50

### BREAKFAST SPECIAL

<b>BREAKFAST BURRITO</b> Eggs, rice, beans, cheese & bacon, sausage or ham with Turkey bacon	8.25
	9.25

## OMELETTES

Can be made with Egg Whites \$1.50

Add Avocado \$2.50

Broccoli or Spinach	Roll	6.99	Plate	8.99
Mushroom		6.99		8.99
Onions & Peppers		6.99		8.99
Greek Omelette: Onions, tomato, feta cheese		6.99		8.99
Western Omelette: Onions, peppers, ham		6.99		8.99
Spanish Omelette: Tomato, onions, hot sauce		6.99		8.99
Italian Omelette: Tomato & mozzarella		6.99		8.99

All plates served with home fries & toast

Add egg \$1.50 Add +Veggie \$1.00

Bacon, ham, sausage \$3.00 Turkeybacon \$4.00

## PANCAKES & FRENCH TOAST

Pancakes	7.50
Banana Nut	9.50
Blueberry Pancakes	8.50
Chocolate Chip Pancakes	8.50
Homemade Challah French Toast	8.25
PANCAKES OR FRENCH TOAST w/2 eggs & ham or bacon & home fries	13.49

Add eggs \$1.50 each Add Bacon, Ham or Sausage \$3.00

Turkey Bacon, Turkey or Beef Sausage \$4.00

## HOMEMADE MUFFINS & MORE

Corn, Blueberry, Banana Nut, Cranberry Orange, Apple Cinnamon, Chocolate Chip, Honey Raisin Bran	\$3.50 each, add butter .50¢, add jelly .50¢,
Assorted Danish Croissants	\$3.50
Cookies	\$3.25
Bread Pudding	\$6.00
Fresh Squeezed OJ	6.00
Homemade Cakes	6.00
Fresh Fruit Cup	6.00
Banana Nut, Chocolate, Carrot	
Homemade Yogurt Parfait	6.00

## FRIEND'S 8 OZ CHARCOAL BURGERS

Deluxe with onion rings 1.00 extra	Regular	Deluxe
<b>BURGER</b>	8.50	10.75
<b>CHEESEBURGER</b>	9.50	11.75
<b>BACON BURGER</b>	10.75	13.00
<b>BACON CHEESEBURGER</b>	11.25	13.50
<b>TURKEY BURGER</b>	8.50	10.75
<b>PIGGY BACK BURGER</b> bacon, cheddar cheese, bbq sauce	10.50	12.75
<b>VEGGIE BURGER</b>	9.25	11.50
<b>CALIFORNIA BACON CHEESEBURGER</b> bacon, cheese, Guacamole		
Regular served w/lettuce, tomato, & onions		12.75
Deluxe served w/lettuce, tomato, onions, sliced pickle, french fries & cole slaw		14.75

## GREEK SPECIALTIES

	Sandwich	Plate
<b>GYRO</b>	9.49	13.99
<b>CHICKEN GYRO</b>	10.49	14.99
<b>CHICKEN KABOB</b>	10.49	14.99
Plates served w/Greek salad, pita bread, Tzatziki sauce & french fries		
<b>SPINACH PIE</b>		7.99
<b>WITH GREEK SALAD</b>		11.45

## BUILD YOUR OWN SANDWICH



Boar's Head

All sandwiches include Lettuce & Tomato

\* Not Boar's Head

	Roll	Hero	Roll	Hero
*Oven Roasted Turkey	8.25	9.25	*Fresh Roast Pork	8.75 9.75
Peppermill Turkey	8.75	9.75	Genoa Salami	8.75 9.75
Honey Maple Turkey	8.75	9.75	Slicing Pepperoni	8.75 9.75
*Fresh Carved Turkey	8.99	9.99	Hard Salami	8.75 9.75
Blazing Buffalo			Sopressata	9.50 10.50
Chicken Breast	8.75	9.75	Cappicola	9.50 10.50
*Deli Ham	7.75	8.75	*Imported Prosciutto	10.50 11.50
Boar's Head Ham	8.75	9.75	Mortadella	8.75 9.75
Virginia Ham	8.75	9.75	Bologna	7.75 8.75
Ham Cappy	8.75	9.75	Liverwurst	7.75 8.75
*Roast Beef	8.75	9.75	Spiced Ham	7.75 8.75
*Corned Beef	8.75	9.75	Pastrami	9.50 10.50

### EXTRAS

Fresh Mozzarella	2.25 (on roll)	3.00 (on a hero)	Hot Peppers	1.50
Cheese	1.25 (on roll)	2.00 (on hero)	Onions	1.00
Avocado	2.50 (on roll)	3.00 (on hero)	Bacon	3.00
Turkey Bacon	4.00			

## SPECIALS

Lettuce & Tomato Included  
Add Avocado 2.50 on Roll 3.00 on Hero

<b>BALSAMIC GRILLED CHICKEN</b> or <b>CHICKEN CUTLET</b>	
on roll	9.99
cheese + 1.25	
on a hero	10.99
cheese + 2.00	

## HEALTHLOVER'S DELITES

Add Avocado (Roll 2.50) (Hero/Plate 3.00)

<b>WAISTWATCHER</b> Peppermill turkey on 12 grain bread, shredded carrots, lettuce, tomato & honey mustard dressing	8.95
<b>STEAMED VEGETABLE PLATTER</b> Zucchini, broccoli, cauliflower, carrots, & green pepper w/melted cheese (choice of cheese) 7" plate	10.45
<b>CHUNK WHITE TUNA</b> w/low fat mayo, shredded carrots, diced cucumber on a whole wheat pita, shredded lettuce, tomato	9.45
<b>GRILLED CHICKEN</b> on a 7" plate, w/rice & vegetables	11.99
<b>HONEY MAPLE TURKEY</b> Alpine lace swiss, on tortilla w/honey mustard, lettuce & tomatoes	9.75
<b>PORTOBELLO WRAP</b> grilled portobello mushrooms, roasted peppers, lettuce & tomatoes	9.75
<b>OVEN ROASTED TURKEY</b> on light wheat bread, alpine lace swiss, w/lite mayo, lettuce & tomatoes	8.95
<b>MARINATED GRILL CHICKEN</b> on pita w/roasted red peppers, lettuce, tomatoes	9.99
<b>AVOCADO TOAST</b> avocado, feta cheese, sundried tomatoes, chili flakes, lemon juice, S&P on WW toast	7.99

### VEGGIE DELIGHT WHOLE WHEAT WRAP

Grilled veggies, mozzarella, red roasted peppers, balsamic vinaigrette 9.49



Fresh Turkey & Roasted Chickens Daily Monday - Friday

## SIDE ORDERS

MOZZARELLA STICKS (6 pcs)	8.00
CHICKEN FINGERS (8 pcs)	10.49
w/French Fries	11.99
BUFFALO WINGS (8 pcs)	10.49
w/French Fries	11.99
GUACAMOLE 1/2lb	8.49
FRENCH FRIES or MASHED POTATOES	5.50
HOME FRIES or HASH BROWNS	5.50
1/2lb POTATO or MACARONI SALAD or COLE SLAW	4.99
YELLOW RICE	6.00
ONION RINGS	6.00
PITA BREAD	1.00
TZATZIKI SAUCE	1.00
SEASONED FRIES or SWEET POTATO FRIES	6.00

### FRIEND'S FRIES

Truffle oil, bacon, mozzarella, parmesan cheese & gravy 8.00

## HOMEMADE SOUPS

Small	6.49	Large	12.49	
Cream Base Soups	Small	7.49	Large	13.99

## SALADS

### CREATE YOUR OWN SALAD

Lettuce: House Mix - Romaine - Iceberg - Arugula - Spinach  
Selected ingredients chopped & tossed together with dressing

SMALL 9.49 LARGE 10.49

### Your choice of 5 Items

Artichoke	Croutons	Marinated
Hearts	Tomato (sundried or regular)	Mushrooms
Beets	Cucumber	Olives (green or black)
Bermuda	Onion	Dried Cranberries
Onion	Hard Boiled Egg	Raisins
Broccoli	Jalapeños	Red or Green Peppers
Carrots	Kidney Beans	Roasted Red Peppers
Chick Peas	Mixed Nuts	Three Bean Salad
Corn		String Beans

### Extras

Grilled Chicken	4.00	Bacon	3.00
Fresh Turkey	4.00	Turkey Bacon	4.00
Boar's Head Roasted Turkey	4.00	Avocado	3.50
Tuna or Chicken Salad	4.00	Hard Boiled Egg	1.50

### Cheese +2.50

Mozzarella	Alpine Swiss	Muenster
Pepper Jack	Shaved Parmesan	Swiss
American Cheese	Cheddar	Feta +2.75

### Dressings

Balsamic Vinaigrette	Caesar	Bleu Cheese
Ranch	Russian	House Dressing
Italian	French	Honey Mustard

(available in low calorie)

Extra Dressing +1.00

Add Avocado to any salad 3.50

	Small	Large
<b>TOSSED SALAD</b> lettuce tomato, cucumber, onion & shredded carrot	8.00	9.99
<b>CHICKEN CAESAR SALAD</b> grilled chicken served over romaine lettuce w/fresh croutons & parmesan cheese	10.49	12.49
<b>CAESAR SALAD</b> crisp romaine lettuce, fresh croutons & parmesan cheese	7.50	8.75
<b>COBB SALAD</b> grilled chicken, cheddar cheese & crumbled bacon, lettuce, tomato & cucumber	10.49	12.99
<b>SPINACH SALAD</b> chicken, bacon, hard boiled egg, red onion, croutons & spinach	10.49	12.49
<b>CLASSIC CHEF'S SALAD</b> roast beef, turkey breast, ham, Swiss & American cheese, hard boiled egg, lettuce, tomato, cucumber	11.00	12.99
<b>GREEK SALAD</b> feta cheese, lettuce, tomatoes, cucumber, olives, stuffed grape leaves, anchovy	10.49	12.49
<b>TUNA SALAD PLATE</b> tuna fish, tomatoes, cucumbers, hard boiled egg, on a bed of lettuce, w/cole slaw & potato salad		12.99
<b>CHICKEN SALAD PLATE</b> chicken salad, tomatoes, cucumbers, hard boiled egg on a bed of lettuce w/cole slaw & potato salad		12.99

## SALAD BY THE 1/2 POUND

ANTIPASTO	7.49	FRESH MOZZARELLA & TOMATO	7.49
MARINATED MUSHROOMS	6.99	POTATO SALAD	4.99
PASTA SALAD	6.99	MACARONI SALAD	4.99
CRACKED OLIVES	6.99	COLE SLAW	4.99
TORTELLINI SALAD	6.99	QUINOA SALAD	6.99
THREE BEAN SALAD	5.99	BROCCOLI RABE	7.49
CHICKEN SALAD	7.49	STRING BEANS	7.49
TUNA SALAD	7.49		
MARINATED ARTICHOKES	6.99		