

*\*See Retail Cooler  
for Homemade  
Potato Salad,  
Cole Slaw &  
MORE!*



*Check out Our  
Daily Specials  
Board!*

## ***J-Town Lunch Favorites***

- #1. **Roast Beef & Swiss Cheese** - Piled high on a Bulkie roll with Spicy Brown Deli Mustard, L & T \$10.50\*
- #2. **Honey Roasted Turkey Chipotle Club Wrap** - Zesty House Made Chipotle Mayo, Turkey, Cheddar Cheese, Bacon, L & T \$10.50\*
- #3. **Pastrami & Swiss** - On Thick Rye with Russian dressing, L & T \$10.50\*
- #4. **The Classic Italian**- A Classic Italian Sub w/ Genoa Salami, Sweet Capicola, Imported Ham, Provolone Cheese, Oil with Italian Herbs, L & T \$11.00\*
- #5. **Meatball Sub** - Four balls, Marinara, Sprinkle Cheese = Heaven! \$10.00\*
- #6. **The "J-Town Jerk Chicken Wrap"**- Fresh Sliced Jamaican Spice Rubbed Chicken Breast, Sharp Cheddar Cheese, Ranch Drizzle, L & T \$10.50\*
- #7. **Fresh Avocado Guacamole Veggie Wrap**- with Cheddar Cheese, crisp Romaine Lettuce, Tomatoes, Green Peppers, Cukes & Carrots \$10.50\*
- #8. **Pesto Chicken Panini Wrap** – with Melted Provolone Cheese, Fresh Baby Spinach, Roasted Red Peppers & Tomatoes. Pressed with love on the Panini \$11.00\*

## **Other Favorites:**

**Chicken or Tuna Salad** - Both prepared with light celery & served on thick Wheat berry Bread, L & T \$10.50\*

**Ham & Swiss on Sourdough** - Virginia Baked Ham, Swiss Cheese, Honey Mustard & L & T, on Hearty Sourdough Bread \$9.00\*

**BLT** - Our Thick Cut Bacon served on hearty Wheat berry Toast with Mayo, L & T \$10.50\*

## **Salads:**

**Dressings: Balsamic Vinaigrette, Ranch & Greek**

**\*Top Salad w/ a scoop of Chicken Salad, Tuna Salad, Jerk Chicken or Herb Chicken– Add \$4.00\***

- **Fresh Garden Salad**- Lettuce, Tomato, Cukes, Carrots & Red Onion \$5.50\*
- **Greek Salad**– Lettuce, Tomato, Cukes, Carrots, Red Onion w/ Feta Cheese, Kalamata Olives \$8.50

**Flip Me for More!**

\*8.5% Meals Tax not included

## **Kids Favorites**

- **Cheeze Panini Melt** - with Melted American on Kids Whole-Wheat or White Bread \$7.00\*
- **PB & J** - on Kids Whole-Wheat or White Bread \$6.00\*
- **Turkey & American** – on Kids Whole-Wheat Bread or White Bread \$8.00\*
- **Bagel** – with Cream Cheese or Butter \$4.00\*

## **Bread Choices**

Bulkie Roll  
Sub Roll  
Wheat-Berry  
Sourdough  
Rye  
Wraps- Plain or Multigrain  
Kids Wheat or White  
Gluten Free Option \*

\* We offer a Gluten Free English Muffin or Toast, but please be advised that they are toasted in our standard toaster.

## **The Goods**

All-Natural Turkey  
Virginia Baked Ham  
Chicken Salad  
Tuna Salad  
Roast Beef  
Pastrami

## **Cheese Choices**

American  
Sharp Cheddar  
Provolone  
Swiss  
Feta

## **Stuff you can add or not..**

Lettuce  
Tomato  
Onion  
Cukes  
Carrots  
Black Olives  
Roasted Red Peppers  
Pesto  
Green Peppers

