



CHICKEN OR TUNA SALAD 5

Honeyfish

tuna salad with carrots, cucumber, alfalfa sprouts, tomato and honey mustard

AVAILABLE OPTIONS

Hero Or Wrap Or Pita: \$7.50

Roll Or Sliced Bread: \$6.50

Tuna Melt

tuna salad with melted cheddar cheese, romaine lettuce and tomato

AVAILABLE OPTIONS

Hero Or Wrap Or Pita: \$7.50

Roll Or Sliced Bread: \$6.50

Tuna Blt

tuna salad with fresh mozzarella, crispy bacon, lettuce and tomato

AVAILABLE OPTIONS

Hero Or Wrap Or Pita: \$7.50

Roll Or Sliced Bread: \$6.50

Birdbrain

chicken salad with crispy bacon, romain lettuce and tomato

AVAILABLE OPTIONS

Hero Or Wrap Or Pita: \$7.50

Roll Or Sliced Bread: \$6.50

Birdhouse

chicken salad with cucumber, shreddeed red cabbage, romaine lettuce and tomato

AVAILABLE OPTIONS

Hero Or Wrap Or Pita: \$7.50

Roll Or Sliced Bread: \$6.50

HAND-CRAFTED SALAD 7

Start With Your Choice Of Greens

baby spinach, iceberg, mesclun, romaine

AVAILABLE OPTIONS

L: \$7.50

S: \$6.50

Select Your Choice Of Main

anchovy fillets, avocado, bacon, chicken salad, curry chicken, ham, jalapeno chicken, shrimp, teriyaki chicken, tofu, tuna,
tuna salad, turkey - for each additional \$1.50

AVAILABLE OPTIONS

L: \$7.50

S: \$6.50

Seclect Your Choice Of Main

alfalfa sprouts, artichoke hearts, asparagus, beets, bell peppers, black beans, broccoli, brussels sprouts, carrots, celery,
cherry tomatoes, chickpeas, chinese noodles, corn, croutons, cucumber, green peas, grilled eggplant, hard- boiled egg,
heart of plam, hot peppers, kidney beans, mandarain orange, mushrooms, black olives or green olives, red onions,
roasted red peppers, string breans, sundried tomatoes, tomatoes, white beans, zucchini - each additional \$1.00

AVAILABLE OPTIONS

L: \$7.50

S: \$6.50

Seclect Your Choice Of Main - Nuts And Fruits

almonds, raisin, dried cranberries, sunflower seeds, walnuts, each additional \$1.00

AVAILABLE OPTIONS

L: \$7.50

S: \$6.50

Seclect Your Choice Of Main - Cheese	AVAILABLE OPTIONS
blue cheese, cheddar, feta, parmesan, mozzarella, fresh mozzarella - for each additional \$1.00	L: \$7.50
	S: \$6.50
Choice Of Dressing - Classic	AVAILABLE OPTIONS
balsamic vinaigrette, blue cheese, caesar, frtench, honey dijon, italian, italiancarsar, lite italian, olive oil, ranch, roasted	L: \$7.50
garlic, russian, sesame ginger	S: \$6.50
Choice Of Dressing - Fat Free	AVAILABLE OPTIONS
balsamic vinaigrette, lemon-herb vinaigrette, orange dijon, red wine vinegar, ranch, raspberry vinaigrette - each	L: \$7.50
additional \$0.50	S: \$6.50

FRESH HOME-STYLE FOOD 3

Soup	AVAILABLE OPTIONS
daily selection of freshly prepared soups	L: \$3.50
	S: \$2.75
Entree	\$8.25
choice of one main dish with two sides	
Sides	AVAILABLE OPTIONS
daily selection of freshly prepared soups	L: \$6.95
	M: \$3.95
	S: \$2.95

SIGNATURES 14

House Combo	AVAILABLE OPTIONS
grilled pastrami and corned beef with finlandia swiss cheese, coleslaw and russian dressing	Hero Or Wrap Or Pita:
	\$7.50
	Roll Or Sliced Bread: \$6.50
Italian	AVAILABLE OPTIONS
genoa salami and cappicola ham with provolone cheese, lettuce, tomato, onion, hot peppers, olive oil and vinegar	Hero Or Wrap Or Pita:
	\$7.50
	Roll Or Sliced Bread: \$6.50
American	AVAILABLE OPTIONS
virginia ham and black forest ham with american cheese, lettuce, tomato, mayonnaise	Hero Or Wrap Or Pita:
	\$7.50
	Roll Or Sliced Bread: \$6.50
Smoked Jack	AVAILABLE OPTIONS
grilled smoked turkey with melted jalapeno monterey jack cheese, crispy bacon, spinach, sundried tomato pate and	Hero Or Wrap Or Pita:
honey mustard	\$7.50
	Roll Or Sliced Bread: \$6.50

Sgt. Sweet Pepper	AVAILABLE OPTIONS
chicken cutlet with melted fresh mozzarella, grilled onion, sweet peppers and honey mustard	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Smokey	AVAILABLE OPTIONS
smoked ham and smoked turkey with finlandia swiss cheese, coleslaw and russian dressing	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Alice	AVAILABLE OPTIONS
turkey breast with brie cheese, granny smith apple, romaine lettuce and honey mustard on 7-grain whole wheat	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
E - Z	AVAILABLE OPTIONS
grilled turkey with melted jalapeno, monterey jack cheese, crispy bacon, sauteed mushrooms and mayonnaise	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Downtown	AVAILABLE OPTIONS
turkey breast and roast beef with finlandia swiss cheese, lattuce, tomato, onion and horseradish	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Union Square	AVAILABLE OPTIONS
grilled cracked peppers turkey with melted jalapeno menterey jack cheese, grilled onions, romaine lettuce and dijon mustard	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Coscia	AVAILABLE OPTIONS
prosciutto with fresh mozzarella cheese, romaine lettuce, sundried tomato pate, balsamic vinegar and olive oil	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Sue's Combo	AVAILABLE OPTIONS
honey turkey with brie chees, romaine lettuce, tomato and honey mustard	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Russian	AVAILABLE OPTIONS
grilled smoked ham and smoked turkey with finlandia swiss cheese, coleslaw and russian dressing	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Novie	AVAILABLE OPTIONS
smoked nova with cream cheese, tomato and onions on bagel	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50

Bbq Hicken	AVAILABLE OPTIONS
chicken cutlet with mozzarella cheese, lettuce, grilled onions and bbq sauce	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Chicken Cheddar	AVAILABLE OPTIONS
chicken cutlet with melted cheddar cheese, crispy bacon, lettuce and tomato	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Cordon Blue	AVAILABLE OPTIONS
chicken cutlet and grilled honey baked ham with fresh mozzarella cheese, grilled onions, lettuce and tomato	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Chicken Parm	AVAILABLE OPTIONS
chicken cutlet with melted fresh mozzarella cheese and marinara sauce	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Smoked Deluxe	AVAILABLE OPTIONS
chicken cutlet and grilled pastrami with melted fresh mozzarella cheese, lettuce and tomato	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50

GRILLED CHICKEN 8

Caesar	AVAILABLE OPTIONS
grilled chicken breast with permesan cheese, romaine lettuce, onions and cheddar dressing on a wrap	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Classic	AVAILABLE OPTIONS
grilled chicken breast with melted fresh mozzarella cheese, grilled onions, romaine lettuce and roasted red peppers	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Cobb	AVAILABLE OPTIONS
grilled chicken breast with crispy bacon, avocado, romaine lettuce and blue cheese dressing on a wrap	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Popeye	AVAILABLE OPTIONS
grilled chicken breast with melted fresh mozzarella cheese, spinach, alfalfa sprouts, roasted red pepper, shredded red cabbage, romaine lettuce and honey mustard	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Sophie Blue	AVAILABLE OPTIONS
grilled chicken breast with avocado, cucumbers, romaine lettuce, green peas, honey dijon and blue cheese dressing	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Spicy Chicken	AVAILABLE OPTIONS
grilled chicken breast with melted fresh mozzarella cheese, grilled onions, lettuce, hot peppers and tobasco sauce	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50

Teriyaki	AVAILABLE OPTIONS
grilled chicken breast with melted fresh mozzarella cheese, grilled onions, romaine lettuce, tomato and teriyaki sauce	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50

Tonkatsu	AVAILABLE OPTIONS
grilled chicken breast with melted fresh mozzarella cheese, grilled onions, romaine lettuce, tomato and tonkatsu sauce	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50

GRILLED ROAST BEEF 4

Philly	AVAILABLE OPTIONS
grilled roast beef with melted american cheese, grilled onions and peppers	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50

White Collar Philly	AVAILABLE OPTIONS
grilled roast beef with melted fresh mozzarella cheese, grilled onions and roasted red peppers	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50

Rb King	AVAILABLE OPTIONS
grilled roast beef with crispy bacon, american cheese, pickles, grilled onions, lettuce, tomato and a-1 sauce	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50

Spicy Roasted Beef	AVAILABLE OPTIONS
grilled roast beef with melted jalapeno, monterey jack cheese, romaine lettuce, tomato, hot peppers and tobasco sauce	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50

HOMESTYLE 4

Thanksgiving	AVAILABLE OPTIONS
fresh oven roasted turkey with stuffing, cranberry sauce and gravy	Hero Or Wrap Or Pita: \$7.75
	Roll Or Sliced Bread: \$6.75

Pelon	AVAILABLE OPTIONS
fresh oven roasted turkey with american cheese, crispy bacon, grilled onions, lettuce and tomato	Hero Or Wrap Or Pita: \$7.75
	Roll Or Sliced Bread: \$6.75

Marvin	AVAILABLE OPTIONS
home-style melted with cheddar cheese, grilled onions, romaine lettuce and gravy	Hero Or Wrap Or Pita: \$7.75
	Roll Or Sliced Bread: \$6.75

Spicy Marvin	AVAILABLE OPTIONS
home-style melted with mozzarella cheese, crispy bacon, hot peppers, romaine lettuce and gravy	Hero Or Wrap Or Pita: \$7.75
	Roll Or Sliced Bread: \$6.75

CHEESE AND VEGGIES 6

Caprese	AVAILABLE OPTIONS
fresh mozzarella cheese, fresh basil, tomato, balsamic vinegar and olive oil	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Mozzarella Supreme	AVAILABLE OPTIONS
fresh mozzarella cheese, roasted red peppers, basil, capers, tomato and sesame ginger dressing	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Diet Style	AVAILABLE OPTIONS
alpine swiss cheese and cheddar cheese with romaine lettuce, tomato, onion, carrot, shredded red cabbage, alfalfa sprouts and cucumber on 7-grain whole wheat	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Eat Your Greens	AVAILABLE OPTIONS
romaine lettuce, tomato, avocado, carrots, cucumber, alfalfa sprouts, shredded red cabbage, sweet peppers and honey mustard on 7-grain whole wheat	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Spinach Rolly	AVAILABLE OPTIONS
spinach with meltad swiss cheese, avocado, sauteed mushrooms, sundried tomato pate and honey dijon on a wrap	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50
Vivaldo	AVAILABLE OPTIONS
hummus with avocado, alfalfa sprouts, romaine lettuce and tomato on 7-grain whole wheat	Hero Or Wrap Or Pita: \$7.50
	Roll Or Sliced Bread: \$6.50

CHOICE OF BREAD 1

Choice Of Bread
roll, rye, seeded rye, marble, pumpernickel, white, whole wheat, 7-grain whole wheat, hero, plain wrap, spinach wrap, whole wheat wrap, plain, whole wheat pita

CHOICE OF DRESSING 1

Choice Of Dressing
blue cheese, dijon mustard, honey mustard, mayonnaise, ranch, russian

PASTRIES AND MORE 7

Yogurt Muffins	\$1.75
almond poppy, cranbery orange, blueberry crumb, cappuccino, apple bran, chocolate, chocolate chip, carrot cream cheese, marble crumb, corn, banana nut, raisin bran	

Lowfat Muffins	\$1.75
multibarry, apple streusel	

Croissant	\$1.75
plain, chocolate, almond	
Danishes	\$1.75
cheese danish, aoole turnover, chocolate cigar, cinnamon cigar, pecan rings	
Jumbo Cookies	\$1.75
chocolate chip, oatmeal raisin, black and white	
Fresh Fruit Salad	AVAILABLE OPTIONS
assortment fresh fruit salad	L: \$3.50
	S: \$2.50
Yogurt Parfait	\$2.75
mixed barries with yogurt and granola	

COFFEE NAD TEA 19

Coffee	AVAILABLE OPTIONS
	16 Oz: \$1.75
	10 Oz: \$1.25
Lipton Tea	AVAILABLE OPTIONS
	16 Oz: \$1.25
	10 Oz: \$1.00
Herbal Tea	AVAILABLE OPTIONS
	16 Oz: \$1.50
	10 Oz: \$1.25
Espresso	AVAILABLE OPTIONS
	Double: \$2.75
	Single: \$1.75
Caffe Latte	AVAILABLE OPTIONS
	Double: \$3.50
	Single: \$2.50
Caffe Mocha	AVAILABLE OPTIONS
	Double: \$4.00
	Single: \$3.00
Cappuccino	AVAILABLE OPTIONS
	Double: \$3.50
	Single: \$2.50
Mochaccino	AVAILABLE OPTIONS
	Double: \$4.00
	Single: \$3.00

Macchiato	AVAILABLE OPTIONS
	Double: \$3.25
	Single: \$2.25
Cafe Au Lait	AVAILABLE OPTIONS
	Double: \$2.00
	Single: \$1.50
Caffe Americano	AVAILABLE OPTIONS
	Double: \$3.00
	Single: \$2.00
Hot Chocolate	AVAILABLE OPTIONS
	Double: \$2.75
	Single: \$2.00
Iced Coffee	AVAILABLE OPTIONS
	24 Oz: \$2.50
	16 Oz: \$2.00
Iced Tea	AVAILABLE OPTIONS
	24 Oz: \$2.25
	16 Oz: \$1.75
Iced Herbal Tea	AVAILABLE OPTIONS
	24 Oz: \$2.50
	16 Oz: \$2.00
Iced Caffe Latte	AVAILABLE OPTIONS
	24 Oz: \$4.00
	16 Oz: \$3.00
Iced Caffe Mocha	AVAILABLE OPTIONS
	24 Oz: \$5.00
	16 Oz: \$4.00
Iced Cappiccino	AVAILABLE OPTIONS
	24 Oz: \$4.00
	16 Oz: \$3.00
Iced Mochacchino	AVAILABLE OPTIONS
	24 Oz: \$5.00
	16 Oz: \$4.00