



PANINI OF THE WEEK \$7.99

Mini Crab Cakes on Wheat Panini
w/ Asian Slaw, Baby Spinach
Pepper Jack Cheese
Sweet Chile Dressing w/ chips

WRAP OF THE WEEK \$7.99

Fresh Shaved Turkey
Fresh Avocados, Mixed Greens
Cucumbers, Carrots,
Chipotle Dressing
Served w/ bag of chips

Wraps-\$8.49

w/ pasta salad, ff or chips Beverage
1-Popcorn Shrimp, Celery, Coleslaw,
Goat cheese, sweet chili dressing
2-Bacon Cheese Burger Wrap w/ let,
tom mayo and Ketchup
....AKA The Perri Wrap

Grilled Paninis-\$8.49

w/ pasta salad, ff or chips + Beverage
3- Breaded Eggplant, Fresh Mozz,
spinach G+O, roasted pepper dressing
4- Pesto Grilled Chicken, Provolone
Lettuce, Tomato and mayo
WHOLE WHEAT PANINIS AVAILABLE

THE DELI -\$8.49

w/ chips, FF or Pasta salad-Beverage
5-Veggie Tuna, Provolone, Spinach,
Tomatoes, on Toasted Wheat Roll
6- Egg Salad BLT w/ mayo on a
Toasted Pretzel Roll

HEROS-\$8.49

w/ pasta salad, ff or chips + Beverage-
7- Chicken Vodka Parm w/ Provolone
8- Fish Fillet, Melted Swiss
Lettuce, tomatoes, spicy tartar sauce

Pastas-\$8.49

w/ salad, bread and beverage
9-Penne Alla Vodka
10-Baked Ziti Fra' Diavolo
11- Bowtie Alfredo w/ broccoli

Homemade Soups

16 oz \$4.49
CHICKEN VEG- MINISTRONE-
- BEEF BARLEY-LENTIL

Brown Bagger \$7.99

Ham, Pepper Jack Cheese
Baby Spinach, Tomatoes
Roasted Pepper Dressing on
Bagel w/ Chips
And a Beverage

Hero Of The Day \$8.99

Grilled Cornbeef
Cheddar, Onion Rings
And Mayo on garlic hero
w/ chips and a drink
Quesidillia Spec \$8.99

Meatball Parm
Quesidilla
melted Provolone cheese
w/ nacho chips + can of your choice

Mikes Choice \$7.99

Grilled Cheese w/ Pastrami
Swiss Let, tom Chipotle
w/ chips And a can of soda

THE RACHEL RAY \$9.95

13- Veggie Burger Wheat Roll
Fresh Avocados, Chipotle Dressing
Let, Tom Pepper Jack w/chips

 **SALADS**

Sm- \$8.95 Lg \$9.95

14-Mini Crab Cakes, Apples,
Goat Cheese, Romaine Hearts,
Corn, Carrots w/ Ranch

15- Dry Tuna, Shredded
Lettuce, Avocados, Sun Flower
Seeds, Beets, Balsamic Vingret
Dressing

Harrys Salad

Grilled Chicken, Fresh Mozzarella
Baby Spinach, Sun Dried
Tomatoes, Olives, Artichokes
w/ Red Wine Vingrette \$8.95

DIET CORNER # 16

½ Oven Roasted Chicken
Brown Rice,
Steamed Veggies
\$9.95

Breakfast

Served ALL DAY!!

Heavenly French Toast

Cha llah French Taost w/
Warm strawberries, Bananas,
chocolate chips

\$7.99

THE EYE OPENER

Fresh Egg whites, Turkey Bacon
Pepper jack, Fresh Avocados
On a toasted Croissant

\$6.99

****Best New Choice!!!!*

THE FELICIA

Shaved Balsamic Chicken
Arugula w/ Bruschetta Salad
Roasted Pepper Dressing
Fresh Mozzarella
On a Grilled Foccacia

\$8.99

w/ pasta Salad, FF or Chips

#17 The Big Al

1/2lb Cheese Burger
w/ American Let, Tom,
\$8.99 w/ FF and drink

#18 Mikes Honey Turkey

Honey turkey, Avocados,
Candied Pecans, Cucumbers
Carrots, mayo, wheat bread
\$8.49 w/ pasta salad + Drink

19 Bulldog Wrap

Cajun Grilled Chicken, Honey
Ham L,T Blu Cheese Dressing
\$8.99 w/ chips + Drink

GREEK CORNER \$9.95

700- Chicken Souvlaki
w/Brown rice + Greek salad

#800- Lamb Gyro w/
Greek salad and rice
Above Served w/ Pita