

**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 \$9.50

#2. **Honey Roasted Turkey Chipotle Club Wrap** - Zesty House Made Chipotle Mayo, Turkey, Cheddar Cheese, Bacon & L & T \$9.50

#3. **Pastrami & Swiss** - On Thick Rye with Russian dressing, L & T \$9.50

#4. **The Classic Italian**- A Classic Italian Sub w/ Genoa Salami, Sweet Capicola, Imported Ham, Provolone Cheese, Oil with Italian Herbs, L & T \$10.00

#5. **Meatball Sub** - Four balls, Marinara, Sprinkle Cheese = Heaven! \$9.50

#6. **The "J-Town Jerk Chicken Wrap"**- Fresh Sliced Jamaican Spice Rubbed Chicken Breast, Sharp Cheddar Cheese, Ranch Drizzle, L & T \$9.50

#7. **Fresh Avocado Guacamole Veggie Wrap**- with Cheddar Cheese, crisp Romaine Lettuce, Tomatoes, Green Peppers, Cukes & Carrots \$9.50

#8. **Pesto Chicken Panini Wrap** – with Melted Provolone Cheese, Fresh Baby Spinach, Roasted Red Peppers & Tomatoes. Pressed with love on the Panini \$10.00

Other Favorites:

Chicken or Tuna Salad - Both prepared with light celery & served on thick Wheat berry Bread, L & T \$9.50

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 \$9.50

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 \$4.99
- **Greek Salad** – Lettuce, Tomato, Cukes, Carrots, Red Onion w/ Feta Cheese, Kalamata Olives \$8.50

Flip Me for More!

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Kids Favorites

- **Cheezie Panini Melt** - with Melted American on Kids Whole-Wheat or White Bread \$5.99
- **PB & J** - on Kids Whole-Wheat or White Bread \$4.99
- **Turkey & American** – on Kids Whole-Wheat Bread or White Bread \$6.59
- **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