

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

#1. **Roast Beef & Swiss Cheese** - Piled high on a Bulkie roll with Spicy Brown Deli Mustard, L & T \$12.65\*

#2. **Honey Roasted Turkey Chipotle Club Wrap** - Zesty House Made Chipotle Mayo, Turkey, Cheddar Cheese, Bacon, L & T \$13.25\*

#3. **Pastrami & Swiss** - On Thick Rye with Russian dressing, L & T \$12.65\*

#4. **The Classic Italian**- A Classic Italian Sub w/ Genoa Salami, Sweet Capicola, Imported Ham, Provolone Cheese, Oil with Italian Herbs, L & T \$13.85\*

#5. **Meatball Sub** - Four balls, Marinara, Sprinkle Cheese = Heaven! \$12.65\*

#6. **The "J-Town Jerk Chicken Wrap"**- Fresh Sliced Jamaican Spice Rubbed Chicken Breast, Sharp Cheddar Cheese, Ranch Drizzle, L & T \$12.65\*

#7. **Fresh Avocado Veggie Wrap**- with Cheddar Cheese, crisp Romaine Lettuce, Tomatoes, Green Peppers, Cukes & Carrots \$12.65\*

#8. **Pesto Chicken Panini Wrap** – with Melted Provolone Cheese, Fresh Baby Spinach, Roasted Red Peppers & Tomatoes. Pressed with love on the Panini \$13.85\*

NEW! #14. **Summer Caprese Veggie Sandwich** – with Sliced Fresh Mozzarella, Arugula, Pesto, Tomato, & Balsamic Drizzle on a Baguette \$11.00\* Add Herb or Jerk Chicken (+\$4.65)

### **Other Favorites:**

#9. **BLT** - Our Thick Cut Bacon served on hearty Wheat berry Toast with Mayo, L & T \$12.65\*

#10. **Ham & Swiss on Sourdough** - Virginia Baked Ham, Swiss Cheese, Honey Mustard & L & T, on Hearty Sourdough Bread \$11.00\*

**Chicken or Tuna Salad** - Both prepared with light celery & served on thick Wheat berry Bread, L & T \$12.65\*

### **Salads:**

Dressings: Balsamic Vinaigrette, Ranch & Greek

\*Top Salad w/ a scoop of Chicken Salad, Tuna Salad, Jerk Chicken or Herb Chicken– Add \$4.65\*

- **Fresh Garden Salad**- Lettuce, Tomato, Cukes, Carrots & Red Onion \$7.00\*
- **Greek Salad** – Lettuce, Tomato, Cukes, Carrots, Red Onion w/ Feta Cheese, Kalamata Olives \$10.50

## **Flip Me for More!**

\*8.5% Meals Tax not included

### **Kids Favorites**

- **Cheezy Panini Melt** - with Melted American on Kids Whole-Wheat or White Bread \$8.00\*

- **PB & J** - on Kids Whole-Wheat or White Bread \$7.00\*
- **Turkey & American** – on Kids Whole-Wheat Bread or White Bread \$9.00\*
- **Bagel** – with Cream Cheese or Butter \$5.00\*

### **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  
 Avocado  
 Black Olives  
 Roasted Red Peppers  
 Pesto  
 Green Peppers