

Local  
Postal Customer

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U.S. POSTAGE  
PAID  
EDDM RETAIL

## VEGETARIAN

	CASH	CREDIT
V-1 CAPRESE.....	\$10.95	\$11.33
<i>fresh mozzarella, tomato, basil, oregano, salt and pepper with extra virgin olive oil and balsamic vinegar</i>		
V-2 MOZZARELLA CON PESTO .....	\$10.95	\$11.33
<i>sun dried tomato, avocado, basil and pesto</i>		
V-3 EGGPLANT .....	\$10.95	\$11.33
<i>fresh mozzarella, tomatoes, arugula and pesto on toasted ciabatta</i>		
V-4 VEGAN AVOCADO .....	\$9.95	\$10.30
<i>avocado, tomatoes, basil and sun dried tomatoes with a balsamic glaze on focaccia</i>		
V-5 EGGPLANT VODKA .....	\$12.95	\$13.40
<i>eggplant, vodka sauce, melted mozzarella and basil on a toasted hero</i>		
V-6 BREADED EGGPLANT .....	\$11.50	\$11.90
<i>with melted provolone cheese, roasted red peppers, baby spinach and tomatoes with herb mayo on a hero</i>		
V-7 GRILLED VEGETABLES .....	\$10.95	\$11.33
<i>with fresh mozzarella and mixed greens</i>		
V-8 EGGPLANT .....	\$11.50	\$11.90
<i>with roasted red and green peppers, caramelized onions, melted pepper jack cheese, tomatoes, avocado and herb mayo on a toasted rosemary focaccia</i>		
V-9 EGGPLANT MVP .....	\$11.50	\$11.90
<i>breaded eggplant, mozzarella cheese, marinara, vodka and pesto sauce on a hero</i>		

## WRAPS

### ALL WRAPS

CASH **\$10.99 - \$11.37** CREDIT

#### W-1 CHICKEN CAESAR

*grilled chicken, romaine lettuce, parmigiano and Caesar dressing*

#### W-2 SOUTHWESTERN WRAP

*grilled chicken, pepper jack cheese, lettuce, tomato and chipotle mayo*

#### W-3 STEAKHOUSE WRAP

*roast beef, caramelized onions, crumbled bleu cheese, lettuce, tomato and horseradish dressing*

#### W-4 CHICKEN BACON RANCH

*fried chicken cutlet, chopped bacon, tomato and shredded lettuce tossed in a ranch dressing*

#### W-5 EGGPLANT

*fried eggplant, fresh mozzarella, tomato, basil, roasted peppers and olive oil with a balsamic glaze*

#### W-6 CRISPY CHICKEN CUTLET

*with avocado, tomatoes, arugula, chipotle mayo and cheddar cheese*

#### W-7 TURKEY

*with Swiss cheese, bacon, mixed greens, tomato and Russian dressing*

#### W-8 GRILLED VEGETABLE

*with fresh mozzarella, tomato and basil with a balsamic glaze*

## CREATE YOUR OWN SANDWICH

	CASH	CREDIT		CASH	CREDIT
FRESH ROASTED TURKEY ....	\$12.00	\$12.42	HAM .....	\$11.00	\$11.39
OVEN GOLD TURKEY BREAST .	\$11.00	\$11.39	LEG OF LAMB .....	\$13.00	\$13.46
SMOKED TURKEY .....	\$11.00	\$11.39	PARMA COTTO .....	\$11.00	\$11.39
MAPLE GLAZED TURKEY.....	\$11.00	\$11.39	PROSCIUTTO DI PARMA	\$13.00	\$13.46
PEPPERCORN TURKEY .....	\$11.00	\$11.39	GRILLED CHICKEN .....	\$11.00	\$11.39
CAJUN TURKEY .....	\$11.00	\$11.39	BREADED CHICKEN.....	\$11.00	\$11.39
ROASTED CHICKEN BREAST ..	\$11.00	\$11.39	HAM CAPPY .....	\$11.00	\$11.39
BUFFALO STYLE CHICKEN BREAST	\$11.00	\$11.39	IMPORTED COPPA .....	\$12.00	\$12.42
PRIME ROAST BEEF .....	\$12.00	\$12.42	SOPPRESSATA .....	\$11.00	\$11.39
EYE ROUND ROAST BEEF ....	\$12.00	\$12.42	GENOA SALAMI .....	\$11.00	\$11.39
BLACK ANGUS STEAK .....	\$13.00	\$13.46	PEPPERONI .....	\$11.00	\$11.39
BRISKET OF BEEF .....	\$12.00	\$12.42	MORTADELLA .....	\$11.00	\$11.39
CORNER BEEF .....	\$12.00	\$12.42	FRESH MOZZARELLA CHEESE	\$10.00	\$10.35
PASTRAMI .....	\$12.00	\$12.42	ANY CHEESE .....	\$8.00	\$8.28
FRESH ROASTED PORCHETTA (PORK)	\$12.00	\$12.42	GRILLED VEGETABLES ..	\$10.00	\$10.35
FRESH SMOKED HAM (ON THE BONE)	\$12.00	\$12.42	CHORIZO .....	\$11.00	\$11.39
BLACK FOREST HAM .....	\$11.00	\$11.39	BOLOGNA .....	\$9.00	\$9.32
			BREADED EGGPLANT ...	\$10.00	\$10.35

### ALL SANDWICHES ARE PREPARED ON THE FINEST BRICK OVEN BREADS

Kaiser • Whole Wheat • Rye • White • Rosemary Focaccia • Multi-grain • Wrap

YOU MAY CHOOSE ANY OF THE ABOVE BREADS  
AT NO ADDITIONAL CHARGE

ANY SANDWICH ON A CIABATTA, HERO OR BAGUETTE'  
ADDITIONAL \$1.00 - \$1.04

YOU MAY ADD LETTUCE, TOMATO & ONION AT NO EXTRA CHARGE

TOPPINGS FOR AN ADDITIONAL \$1.00 - \$1.04

Cheese • Avocado • Roasted or Hot Peppers • Sun Dried Tomatoes  
Broccoli Rabe • Olives • Artichokes • Cole Slaw • Bacon

### SANDWICH DRESSINGS

Hellman's Mayo • Herb Mayo • Spicy Brown Mustard • Dijon Mustard  
Honey Mustard • Chipotle Aioli • Russian • Horseradish • BBQ Sauce  
Balsamic Vinegar • Extra Virgin Olive Oil • Pesto • Italian Vinaigrette  
Balsamic Glaze • Hot Honey

## SALAD SANDWICHES

### ALL ON ROLLS WITH LETTUCE AND TOMATO

	CASH	CREDIT		CASH	CREDIT
S-1 TUNA SALAD .	\$9.95	\$10.30	S-4 EGG SALAD ...	\$9.00	\$9.32
S-2 TUNA MELT..	\$10.95	\$11.33			
<i>with avocado, lettuce, tomato, onion and melted Swiss on toasted rye</i>			S-5 SHRIMP SALAD	\$12.00	\$12.42
S-3 TUNA MELT..	\$10.95	\$11.33	S-6 CHICKEN SALAD	\$9.95	\$10.30
<i>with melted cheddar, lettuce and tomato on toasted rye</i>					

## SOUPS

REGULAR (16 OZ) - \$4.95 CASH • LARGE (32 OZ) - \$6.95 CASH  
\$5.12 CREDIT \$7.19 CREDIT

- All soups come with complimentary bread •
- All vegetarian soups are made with vegetable broth •

## CREATE YOUR OWN SALAD STATION

### CHOOSE ANY 5 PLUS ONE (1) PROTEIN FOR ONLY \$10.99 - \$11.37

CASH CREDIT

### CHOOSE YOUR GREENS

ROMAINE • MESCLUN • ARUGULA • SPINACH

### TOPPINGS

\$0.75 - \$0.79 EACH ADDITIONAL

CASH CREDIT

SLIVERED ALMONDS  
WALNUTS  
BACON  
BANANA PEPPERS  
BEETS  
BLACK OLIVES  
CHICKPEAS  
CUCUMBERS  
CRUMBLLED FETA  
CROUTONS  
CARROTS  
TOMATOES  
KIDNEY BEANS

ROASTED PEPPERS  
RED ONION  
MOZZARELLA CHEESE  
CHEDDAR CHEESE  
GORGONZOLA  
DRIED CRANBERRIES  
EGG SLICES  
SUN DRIED TOMATOES  
SUNFLOWER SEED  
MUSHROOMS  
SHAVED PARMESAN  
RAISIN  
PUMPKIN SEEDS

### PROTEIN

\$2.50 - \$2.59 EACH

CASH CREDIT

GRILLED CHICKEN  
CHICKEN CUTLET  
CHIPOTLE CHICKEN

ROAST BEEF

CHICKEN SALAD  
TUNA SALAD  
EGG SALAD

### DRESSING

RANCH  
BLEU CHEESE  
BALSAMIC VINAIGRETTE  
EXTRA VIRGIN OLIVE OIL  
RUSSIAN  
FRESH SQUEEZED LEMON  
RED WINE VINEGAR  
CHIPOTLE

GOLDEN ITALIAN  
LITE RANCH  
LITE ITALIAN  
CAESAR  
HONEY DIJON  
RASPBERRY VINAIGRETTE  
PESTO  
BALSAMIC VINEGAR

## SIGNATURE SALADS

ALL SALADS **\$10.99 - \$11.37**

CASH CREDIT

GREEK SALAD  
*romaine, feta, onion, tomato, olives, cucumber, olive oil and vinegar*

SOUTHWEST  
*grilled chicken, mixed greens, cheddar, tomato, corn, peppers, kidney beans and chipotle dressing*

COBB  
*grilled chicken, bleu cheese, tomato, hard boiled egg, bacon and corn with ranch dressing*

MANGIAMO SALAD  
*spinach, artichokes, mozzarella, roasted peppers, mushrooms and chick peas with Italian dressing*



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DELIVERY OPTIONS AVIALABLE





## BREAKFAST

served 6:00am - 11:00am

	CASH	CREDIT
1 EGG on a BAGEL or ROLL .....	\$3.50	\$3.62
2 EGGS on a BAGEL or ROLL .....	\$3.99	\$4.13
2 EGGS with MEAT on a ROLL .....	\$4.99	\$5.16
2 EGGS with MEAT and CHEESE on a ROLL .....	\$5.99	\$6.20
HUNGRY MAN HERO .....	\$10.99	\$11.37
<i>3 eggs, bacon, sausage, ham and cheese</i>		
LUMBER JACK .....	\$13.99	\$14.13
<i>any egg omelette with home fries and pancakes</i>		
SUPER SANDWICH .....	\$7.99	\$8.27
<i>2 eggs, sausage, bacon Swiss cheese and grilled onion on a roll</i>		
AVOCADO BURRITO .....	\$6.99	\$7.23
<i>2 eggs, avocado, cheddar cheese, home fries and salsa wrapped in a flour tortilla</i>		
VEGGIE LOVER WRAP .....	\$6.99	\$7.23
<i>egg whites, spinach, peppers and mushrooms on a toasted wrap</i>		
EGG OMELETTES		
CHOICE OF TOPPING:		
<i>bacon, ham, sausage, cheese, spinach, mushrooms, onion, green pepper or tomatoes. served with home fries and toast</i>		
EGG OMELETTE .....	\$10.99	\$11.37
WESTERN OMELETTES .....	\$10.99	\$11.37
<i>ham, green peppers, onions and cheddar cheese</i>		
FARMERS OMELETTE .....	\$10.99	\$11.37
<i>peppers, onions, mushrooms, spinach and provolone cheese</i>		
GREEK OMELETTE .....	\$10.99	\$11.37
<i>spinach, onion and feta cheese</i>		
HAM & SWISS OMELETTE .....	\$10.99	\$11.37
CHEESE OMELETTE .....	\$10.99	\$11.37
FRENCH TOAST or PANCAKES .....	\$7.99	\$8.27
<i>with bacon, sausage or ham and \$2.00</i>		
BAGEL .....	\$1.25	\$1.29
BAGEL with BUTTER .....	\$2.50	\$2.59
BAGEL with CREAM CHEESE .....	\$3.00	\$3.11
BAGEL & SMOKED SALMON .....	\$11.95	\$12.37
<i>with cream cheese, tomato, onion, capers and squeezed lemon</i>		
HOME FRIES .....	\$4.99	\$5.16
HASH BROWNS .....	\$1.99	\$2.06
ASSORTED MUFFINS .....	\$3.00	\$3.11
COFFEE .....	\$1.50 (sm) CASH - \$1.75 (med) CASH - \$2.25 (lg) CASH	
	\$1.55 (sm) CREDIT - \$1.81 (med) CREDIT - \$2.33 (lg) CREDIT	

All prices are subject to tax  
Prices are subject to change without notice

cash discount 3.5%

## SIGNATURE SANDWICHES

	CASH	CREDIT
#1 MANGIAMO SPECIAL .....	\$13.50	\$13.97
<i>ham, salami, ham capicola, mortadella, provolone, tomato, onion, lettuce and roasted peppers with oil and vinegar on a semolina hero</i>		
#2 MANGIAMO SUPREME .....	\$13.95	\$14.44
<i>prosciutto, soppressata, mortadella, pepperoni, fresh mozzarella, roasted peppers, lettuce, tomato and balsamic vinegar on ciabatta</i>		
#3 ALL AMERICAN .....	\$13.50	\$13.97
<i>roast beef, turkey, ham, Swiss cheese, American cheese, lettuce and tomato with mayo or mustard on a semolina hero</i>		
#4 HONEY TURKEY .....	\$13.50	\$13.97
<i>melted mozzarella, bacon and coleslaw with Russian dressing on a toasted garlic hero</i>		
#5 TURKEY CLUB .....	\$12.95	\$13.40
<i>turkey, bacon, lettuce, tomato and mayo on a semolina hero</i>		
#6 TURKEY .....	\$13.50	\$13.97
<i>turkey, melted Swiss cheese, bacon, lettuce, tomato and mayo on semolina bread</i>		
#7 CRACKED PEPPER TURKEY .....	\$13.50	\$13.97
<i>with pepper jack cheese, jalapeno peppers, lettuce, tomato and bacon topped with creamy ranch dressing on a toasted garlic hero</i>		
#8 SMOKED TURKEY .....	\$12.95	\$13.40
<i>with Swiss cheese, coleslaw and a chipotle aioli on rye</i>		
#9 WOOD SMOKED TURKEY BREAST .....	\$12.95	\$13.40
<i>with Brie cheese and honey mustard on a baguette</i>		
#10 CRACKED PEPPER TURKEY .....	\$12.95	\$13.40
<i>with provolone, tomatoes, basil, roasted peppers and extra virgin olive oil on ciabatta</i>		
#11 CRACKED PEPPER TURKEY .....	\$12.50	\$12.94
<i>on rosemary focaccia bread with cheddar cheese, cucumbers, tomatoes and an herb mayonnaise</i>		
#12 MAPLE GLAZED TURKEY .....	\$13.50	\$13.97
<i>with melted cheddar cheese, bacon, mozzarella cheese, lettuce and honey mustard on a hero</i>		
#13 MAPLE GLAZED TURKEY .....	\$12.95	\$13.40
<i>with melted Swiss cheese, red onion, avocado and tomato on a toasted rosemary focaccia</i>		
#14 MAPLE GLAZED TURKEY .....	\$12.50	\$12.94
<i>with melted muenster cheese and sautéed onions on a toasted focaccia</i>		
#15 GRILLED CHICKEN .....	\$13.50	\$13.97
<i>fresh mozzarella, broccoli rabe, tomato and basil and a balsamic glaze</i>		
#16 GRILLED CHICKEN .....	\$13.50	\$13.97
<i>with fresh mozzarella, sun dried tomatoes, arugula and avocado with pesto on ciabatta</i>		
#17 GRILLED CHICKEN .....	\$13.50	\$13.97
<i>with prosciutto di parma, fresh mozzarella, tomato, basil, olive oil and a balsamic glaze</i>		
#18 GRILLED CHICKEN .....	\$13.50	\$13.97
<i>with prosciutto cotto, fresh mozzarella, tomato, basil and herb mayo</i>		
#19 GRILLED CHICKEN .....	\$13.50	\$13.97
<i>with melted fresh mozzarella, tomato, basil and pesto</i>		
#20 GRILLED CHICKEN .....	\$13.50	\$13.97
<i>with pepper jack cheese, bacon, lettuce, tomatoes, avocado and chipotle</i>		
#21 RARE ROAST BEEF .....	\$13.50	\$13.97
<i>with asiago cheese, lettuce, tomato, red onions, cracked pepper, sea salt, olive oil and vinegar on ciabatta</i>		

## SIGNATURE SANDWICHES

	CASH	CREDIT
#22 ROAST BEEF .....	\$13.50	\$13.97
<i>with horseradish cheddar, sautéed onions, tomato and chipotle on toasted ciabatta</i>		
#23 BUFFALO BLEU .....	\$12.95	\$13.40
<i>buffalo chicken, melted provolone, hot sauce, bleu cheese dressing and lettuce on an old fashion hero</i>		
#24 BUFFALO CHICKEN .....	\$12.95	\$13.40
<i>melted pepper jack cheese, sautéed onions, hot peppers and baby spinach on ciabatta</i>		
#25 BUFFALO CHICKEN .....	\$13.50	\$13.97
<i>with melted mozzarella, bacon and lettuce with bleu cheese dressing on a toasted garlic hero</i>		
#26 EL PASO CHICKEN .....	\$13.50	\$13.97
<i>roasted chicken breast, roasted red and green peppers, sautéed onions, pepper jack cheese, lettuce, tomatoes and chipotle on a country rustico</i>		
#27 GRILLED OR BREADED CHICKEN CUTLET .....	\$13.50	\$13.97
<i>with fresh mozzarella, roasted peppers, basil and balsamic vinegar on a semolina hero</i>		
#28 HAM, TURKEY, SWISS .....	\$13.50	\$13.97
<i>with bacon, lettuce, tomato and mayo on toasted ciabatta</i>		
#29 SOPPRESSATA SALAMI .....	\$13.50	\$13.97
<i>fresh mozzarella cheese, tomato, roasted peppers, basil, extra virgin olive oil and vinegar</i>		
#30 SOPPRESSATA SALAMI .....	\$13.50	\$13.97
<i>asiago cheese, tomato, broccoli rabe, roasted peppers, basil, olive oil and vinegar</i>		
#31 IMPORTED COPPA .....	\$13.50	\$13.97
<i>with sweet soppressata, fresh mozzarella, roasted peppers and basil with hot honey on a baguette</i>		
#32 IMPORTED COPPA .....	\$13.50	\$13.97
<i>with provolone, tomato, arugula, basil and roasted peppers with extra virgin olive oil on a rosemary focaccia</i>		
#33 MORTADELLA AND PROVOLONE .....	\$12.95	\$13.40
<i>with tomato, roasted peppers and basil on ciabatta</i>		
#34 PROSCIUTTO DI PARMA .....	\$13.95	\$14.44
<i>with fresh mozzarella, tomato and basil with extra virgin olive oil on ciabatta</i>		
#35 PROSCIUTTO DI PARMA .....	\$13.95	\$14.44
<i>with fresh mozzarella, roasted peppers, arugula, basil, extra virgin olive oil and balsamic glaze on a semolina hero</i>		
#36 PROSCIUTTO DI PARMA .....	\$14.95	\$15.47
<i>with burrata, arugula, tomato and extra virgin olive oil and balsamic glaze on ciabatta</i>		
#37 PROSCIUTTO DI PARMA .....	\$13.95	\$14.44
<i>with mozzarella, tomato, basil, broccoli rabe and extra virgin olive oil</i>		
#38 IMPORTED SALAMI .....	\$13.50	\$13.97
<i>with provolone cheese, roasted peppers, tomato, basil, olive oil and vinegar</i>		
#39 EGGPLANT .....	\$13.95	\$14.44
<i>with prosciutto, mozzarella cheese, roasted peppers, tomato, basil, olive oil and vinegar</i>		
#40 THE CALIENTE .....	\$13.50	\$13.97
<i>with pepperoni, cajun turkey, chorizo, mortadella, ham capicola, pepper jack cheese, avocado, hot peppers, lettuce, tomatoes and chipotle on a toasted hero</i>		
#41 THE ITALIAN STALLION .....	\$14.00	\$14.49
<i>with soppressata, mortadella, prosciutto, mozzarella, ricotta, tomatoes, arugula, basil, oregano, balsamic glaze and olive oil on a toasted ciabatta</i>		
#42 THE LONG ISLAND ITALIAN SPECIALE .....	\$14.00	\$14.49
<i>breaded chicken cutlets, prosciutto di parma, in-house made fresh mozzarella, roasted peppers, lettuce, arugula, tomatoes, oregano, balsamic glaze, pesto and EVOO on toasted semolina with garlic butter</i>		

## HOT SANDWICHES

	CASH	CREDIT
H-1 BREADED or GRILLED CHICKEN PARMIGIANO HERO .....	\$12.95	\$13.40
H-2 EGGPLANT PARMIGIANO HERO .....	\$12.95	\$13.40
H-3 MEATBALL PARMIGIANO HERO .....	\$12.95	\$13.40
H-4 VODKA CHICKEN PARMIGIANO .....	\$12.95	\$13.40
H-5 MVP .....	\$12.95	\$13.40
<i>breaded chicken, mozzarella cheese, marinara, vodka and pesto sauce on a hero</i>		
H-6 BREADED CHICKEN CUTLET .....	\$13.95	\$14.44
<i>with two (2) slices of prosciutto, mozzarella, tomato, roasted peppers and basil with olive oil and balsamic glaze on ciabatta</i>		
H-7 BREADED CHICKEN CUTLET .....	\$12.95	\$13.40
<i>with avocado, Swiss cheese, tomato, hot peppers and herb mayo on a hero</i>		
H-8 BREADED CHICKEN CUTLET .....	\$12.95	\$13.40
<i>with mozzarella cheese, sautéed onions, bacon and chipotle aioli on a hero</i>		
H-9 GRILLED CHICKEN CUTLET .....	\$12.95	\$13.40
<i>with melted cheddar, mozzarella, spinach, tomatoes and hot peppers topped with ranch dressing on a toasted hero</i>		
H-10 ROAST BEEF .....	\$13.50	\$13.97
<i>with melted mozzarella, bacon and cheddar cheese on a toasted garlic hero with chipotle</i>		
H-11 ROAST BEEF .....	\$13.50	\$13.97
<i>with pepper jack cheese, avocado, tomato, sautéed onions and chipotle aioli on a hero</i>		
H-12 MEATBALLS .....	\$13.50	\$13.97
<i>with pesto, vodka sauce, marinara sauce, broccoli rabe, hot peppers, provolone, mozzarella and basil</i>		
H-13 SAUSAGE AND PEPPERS .....	\$12.95	\$13.40
<i>with sautéed onions on a hero</i>		
H-14 B.L.T. ....	\$10.95	\$11.33
<i>bacon, lettuce, tomato on sliced bread with mayo</i>		
H-15 REUBEN .....	\$13.95	\$14.44
<i>corned beef, Swiss cheese, sauerkraut and Russian dressing on rye</i>		
H-16 FRESH LEG OF LAMB .....	\$13.95	\$14.44
<i>feta cheese, tomato, hot peppers, cucumber, red onions, oregano and herb mayo on a hero</i>		
H-17 BLACK ANGUS .....	\$14.95	\$15.47
<i>fresh mozzarella, broccoli rabe, sautéed onions and chipotle aioli on an old fashion hero</i>		
H-18 BRISKET OF BEEF .....	\$13.50	\$13.97
<i>Swiss cheese and sautéed onions on a hero</i>		
H-19 CUBAN .....	\$12.95	\$13.40
<i>roast pork, ham, Swiss cheese, pickles and spicy brown mustard</i>		
H-20 EGGPLANT .....	\$12.95	\$13.40
<i>with spicy soppressata, mozzarella cheese, tomato, fresh basil and pesto</i>		
H-21 PASTRAMI .....	\$12.95	\$13.40
<i>with melted Swiss cheese and mustard on rye bread</i>		
H-22 CHICKEN CORDON BLEU .....	\$13.50	\$13.97
<i>chicken cutlets, ham, Swiss and sautéed onions</i>		