

Local  
Postal Customer

PRSR STD  
ECRWSS  
U.S. POSTAGE  
PAID  
EDDM RETAIL

## VEGETARIAN

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

## WRAPS

### ALL WRAPS \$9.99

- 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 and chipotle 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

FRESH ROASTED TURKEY..... \$12.00	HAM..... \$10.00
OVEN GOLD TURKEY BREAST..... \$10.00	LEG OF LAMB..... \$13.00
SMOKED TURKEY..... \$10.00	PARMA COTTO..... \$11.00
MAPLE GLAZED TURKEY..... \$10.00	PROSCIUTTO DI PARMA..... \$12.00
PEPPERCORN TURKEY..... \$10.00	SPECK (SMOKED PROSCIUTTO)..... \$12.00
ROASTED CHICKEN BREAST..... \$10.00	BRESAOLA..... \$12.00
CAJUN TURKEY..... \$10.00	HAM CAPPY..... \$10.00
BUFFALO STYLE CHICKEN BREAST..... \$10.00	IMPORTED COPPA..... \$11.00
PRIME ROAST BEEF..... \$11.00	SOPPRESSATA..... \$10.00
EYE ROUND ROAST BEEF..... \$11.00	GENOA SALAMI..... \$10.00
BLACK ANGUS STEAK..... \$12.00	PEPPERONI..... \$10.00
BRISKET OF BEEF..... \$11.00	MORTADELLA..... \$10.00
CORNERED BEEF..... \$11.00	FRESH MOZZARELLA CHEESE..... \$10.00
FRESH ROASTED PORCHETTA (PORK)..... \$11.00	ANY CHEESE..... \$7.00
FRESH SMOKED HAM (ON THE BONE)..... \$11.00	GRILLED VEGETABLES..... \$9.00
BLACK FOREST HAM..... \$10.00	CHICKEN GRILLED OR BREADED..... \$10.00
BREADED EGGPLANT..... \$9.00	CHORIZO..... \$7.00

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

Kaiser • Whole Wheat • Rye • White • Rosemary Focaccia • Multigrain • Malfadina • Portuguese

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

\* ANY SANDWICH ON A CIABATTA, HERO OR BAGUETTE ADDITIONAL \$1.00

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

### TOPPINGS FOR AN ADDITIONAL \$1.00

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

### 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

- S-1 TUNA SALAD..... \$9.75
- S-2 TUNA ITALIANO... \$9.75  
*with fresh lemon, tomato, red onion, pepperoncini and extra virgin olive oil*
- S-3 TUNA MELT..... \$10.75  
*with melted cheddar, lettuce and tomato on toasted rye*
- S-4 EGG SALAD..... \$9.00
- S-5 SHRIMP SALAD.... \$12.00
- S-6 CHICKEN SALAD.... \$9.75

## SOUPS

- REGULAR (16 oz) - \$4.95 • LARGE (32 oz) - \$6.95
- 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 \$9.99

#### CHOOSE YOUR GREENS

- |         |         |         |
|---------|---------|---------|
| ROMAINE | ARUGULA | SPINACH |
| MESCLUN |         | KALE    |

#### TOPPINGS (\$0.75 EACH ADDITIONAL)

- |                  |                    |
|------------------|--------------------|
| SLIVERED ALMONDS | ROASTED PEPPERS    |
| WALNUTS          | RED ONION          |
| BACON            | MOZZARELLA CHEESE  |
| BANANA PEPPERS   | CHEDDAR CHEESE     |
| BEETS            | GORGONZOLA         |
| BLACK OLIVES     | DRIED CRANBERRIES  |
| CHICKPEAS        | EGG SLICES         |
| CUCUMBERS        | SUN DRIED TOMATOES |
| CRUMBLLED FETA   | SUNFLOWER SEED     |
| CROUTONS         | MUSHROOMS          |
| CARROTS          | SHAVED PARMESAN    |
| TOMATOES         | RAISINS            |
| KIDNEY BEANS     | PUMPKIN SEEDS      |

#### PROTEIN \$2.50 EACH

- |                  |            |
|------------------|------------|
| GRILLED CHICKEN  | TUNA SALAD |
| CHICKEN CUTLET   | EGG SALAD  |
| CHICKEN SALAD    | QUINOA     |
| CHIPOTLE CHICKEN | ROAST BEEF |

#### DRESSING

- |                        |                       |
|------------------------|-----------------------|
| RANCH                  | GOLDEN ITALIAN        |
| BLUE CHEESE            | LITE RANCH            |
| BALSAMIC VINAIGRETTE   | LITE ITALIAN          |
| EXTRA VIRGIN OLIVE OIL | CAESAR                |
| RUSSIAN                | HONEY DIJON           |
| FRESH SQUEEZED LEMON   | RASPBERRY VINAIGRETTE |
| RED WINE VINEGAR       | PESTO                 |
| CHIPOTLE               | BALSAMIC VINEGAR      |

## SIGNATURE SALADS

### ALL SALADS - \$9.99

- |  |   |
|--|---|
| GREEK SALAD<br><i>romaine, feta, onion, tomato, olives, cucumber, olive oil and vinegar</i>              | SOUTHWEST<br><i>grilled chicken, mixed greens, cheddar, tomato, corn, peppers, kidney beans and chipotle dressing</i>     |
| COBB<br><i>grilled chicken, bleu cheese, tomato, hard boiled egg, bacon and corn with ranch dressing</i> | MANGIAMO SALAD<br><i>spinach, artichokes, mozzarella, roasted peppers, mushrooms and chick peas with Italian dressing</i> |



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### DELIVERY OPTIONS AVAILABLE

Uber  
Eats



grubHub

seamless

## BREAKFAST

1 EGG on a BAGEL or ROLL .....	\$3.50
2 EGGS on a BAGEL or ROLL .....	\$3.99
2 EGGS with MEAT on a ROLL .....	\$4.99
2 EGGS with MEAT and CHEESE on a ROLL .....	\$5.99
HUNGRY MAN HERO .....	\$9.99
<i>3 eggs, bacon, sausage ham and cheese</i>	
LUMBER JACK .....	\$13.99
<i>any egg omelette with home fries and pancakes</i>	
SUPER SANDWICH .....	\$7.99
<i>2 egg, sausage, bacon, swiss cheese and grilled onion on a roll</i>	
AVOCADO BURRITO .....	\$6.99
<i>2 eggs, avocado, cheddar cheese, home fries and salsa wrapped in a flour tortilla</i>	
VEGGIE LOVER WRAP .....	\$6.99
<i>egg whites, spinach, peppers and mushrooms on a toasted wrap</i>	
<b>EGG OMELETTES</b>	
<b>CHOICE OF TOPPING:</b>	
<i>bacon, ham, sausage, cheese, spinach, mushrooms, onion, green pepper or tomatoes. served with home fries and toast</i>	
EGG OMELETTE .....	\$9.99
WESTERN OMELETTES .....	\$9.99
<i>ham, green peppers, onions and cheddar cheese</i>	
FARMERS OMELETTE .....	\$9.99
<i>peppers, onions, mushrooms, spinach and provolone cheese</i>	
GREEK OMELETTE .....	\$9.99
<i>spinach, onion and feta cheese</i>	
HAM & SWISS OMELETTE .....	\$9.99
CHEESE OMELETTE .....	\$9.99
FRENCH TOAST or PANCAKES .....	\$7.99
<i>with bacon, sausage or ham add \$2.00</i>	
BAGEL .....	\$1.25
BAGEL with BUTTER .....	\$2.50
BAGEL with CREAM CHEESE .....	\$3.00
BAGEL & SMOKED SALMON .....	\$11.95
<i>with cream cheese, tomato, onion, capers and squeezed lemon</i>	
HOME FRIES .....	\$4.99
HASH BROWNS .....	\$1.99
ASSORTED MUFFINS .....	\$3.00
COFFEE .....	\$1.50 (sm) ... \$1.75 (med) ... \$2.25 (lg)

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

## SIGNATURE SANDWICHES

#1 MANGIAMO SPECIAL .....	\$12.95
<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 .....	\$12.95
<i>prosciutto, soppressata, mortadella, pepperoni, fresh mozzarella, roasted peppers, lettuce, tomato and balsamic vinegar on ciabatta</i>	
#3 ALL AMERICAN .....	\$12.95
<i>roast beef, turkey, ham, swiss cheese, American cheese, lettuce and tomato with mayo or mustard on semolina hero</i>	
#4 HONEY TURKEY .....	\$12.95
<i>melted mozzarella, bacon and coleslaw with Russian dressing on a toasted garlic hero</i>	
#5 TURKEY CLUB .....	\$11.95
<i>turkey, bacon, lettuce, tomato and mayo on a semolina hero</i>	
#6 TURKEY .....	\$12.95
<i>turkey, melted swiss cheese, bacon, lettuce tomato and mayo on semolina bread</i>	
#7 CRACKED PEPPER TURKEY .....	\$12.95
<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 .....	\$12.50
<i>with swiss cheese, coleslaw and a chipotle aioli on rye</i>	
#9 WOOD SMOKED TURKEY BREAST .....	\$11.95
<i>with Brie cheese and honey mustard on a baguette</i>	
#10 CRACKED PEPPER TURKEY .....	\$12.50
<i>with provolone, tomatoes, basil, roasted peppers and extra virgin olive oil on ciabatta</i>	
#11 CRACKED PEPPER TURKEY .....	\$11.95
<i>on seven grain bread with cheddar cheese, cucumbers, tomatoes and an herb mayonnaise</i>	
#12 MAPLE GLAZED TURKEY .....	\$12.95
<i>with melted cheddar cheese, bacon, mozzarella cheese, lettuce and honey mustard on a hero</i>	
#13 MAPLE GLAZED TURKEY .....	\$12.50
<i>with melted swiss cheese, red onion, avocado and tomato on a toasted rosemary focaccia</i>	
#14 MAPLE GLAZED TURKEY .....	\$11.95
<i>with melted muenster cheese and sautéed onions on a toasted focaccia</i>	
#15 GRILLED CHICKEN .....	\$12.95
<i>fresh mozzarella, broccoli rabe, tomato and basil and a balsamic glaze</i>	
#16 GRILLED CHICKEN .....	\$12.95
<i>with fresh mozzarella, sun dried tomatoes, arugula and avocado with pesto on ciabatta</i>	
#17 GRILLED CHICKEN .....	\$12.95
<i>with prosciutto di parma, fresh mozzarella, tomato, basil, olive oil and a balsamic glaze</i>	
#18 GRILLED CHICKEN .....	\$12.95
<i>with prosciutto cotto, fresh mozzarella, tomato, basil and herb mayo</i>	
#19 GRILLED CHICKEN .....	\$12.95
<i>with melted fresh mozzarella, tomato, basil and pesto</i>	
#20 GRILLED CHICKEN .....	\$12.95
<i>with pepper jack cheese, bacon, lettuce, tomatoes, avocado and chipotle</i>	
#21 RARE ROAST BEEF .....	\$12.95
<i>with asiago cheese, lettuce, tomato, red onions, cracked pepper, sea salt, olive oil and vinegar in ciabatta</i>	

## SIGNATURE SANDWICHES

#22 ROAST BEEF .....	\$12.95
<i>with horseradish, cheddar cheese, sauteed onions, tomato and chipotle on toasted ciabatta</i>	
#23 BUFFALO BLEU .....	\$12.50
<i>buffalo chicken, melted provolone, hot sauce, bleu cheese dressing and lettuce on an old fashion hero</i>	
#24 BUFFALO CHICKEN .....	\$12.50
<i>melted pepper jack cheese, sautéed onions, hot peppers and baby spinach on ciabatta</i>	
#25 BUFFALO CHICKEN .....	\$12.95
<i>with melted mozzarella, bacon and lettuce with bleu cheese dressing on a toasted garlic hero</i>	
#26 EL PASO CHICKEN .....	\$12.95
<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 .....	\$12.95
<i>with fresh mozzarella, roasted peppers, basil and balsamic vinegar on a semolina hero</i>	
#28 HAM, TURKEY, SWISS .....	\$12.95
<i>with bacon, lettuce, tomato and mayo on toasted ciabatta</i>	
#29 SOPPRESSATA SALAMI .....	\$12.95
<i>fresh mozzarella cheese, tomato, roasted peppers, basil, extra virgin olive oil and vinegar</i>	
#30 SOPPRESSATA SALAMI .....	\$12.95
<i>asiago cheese, tomato, broccoli rabe, roasted peppers, basil, olive oil and vinegar</i>	
#31 IMPORTED COPPA .....	\$12.95
<i>with sweet soppressata, fresh mozzarella, roasted peppers and basil with hot honey on a baguette</i>	
#32 IMPORTED COPPA .....	\$12.95
<i>with provolone, tomato, arugula, basil and roasted peppers with extra virgin olive oil on a rosemary focaccia</i>	
#33 MORTADELLA AND PROVOLONE .....	\$12.50
<i>with tomato, roasted peppers and basil on ciabatta</i>	
#34 PROSCIUTTO DI PARMA .....	\$13.95
<i>with fresh mozzarella, tomato and basil with extra virgin olive oil on ciabatta</i>	
#35 PROSCIUTTO DI PARMA .....	\$13.95
<i>with fresh mozzarella, roasted peppers, arugula, basil, extra virgin olive and balsamic glaze on a semolina hero</i>	
#36 PROSCIUTTO DI PARMA .....	\$14.95
<i>with burrata, arugula, tomato and extra virgin olive oil and balsamic glaze on ciabatta</i>	
#37 BRESAOLA .....	\$13.95
<i>shaved parmigiano, reggiano, tomato, arugula and a squeeze of lemon with extra virgin olive oil</i>	
#38 IMPORTED SALAMI .....	\$12.95
<i>with provolone cheese, roasted peppers, tomato, basil, olive oil and vinegar</i>	
#39 EGGPLANT .....	\$13.95
<i>with prosciutto, mozzarella cheese, roasted peppers, tomato, basil olive oil and vinegar</i>	
#40 THE CALIENTE .....	\$12.95
<i>with pepperoni, cajun turkey, chorizo, mortadella, ham capicola, pepper jack cheese, avocado, hot peppers, lettuce, tomatoes and chipotle on a toasted hero</i>	

## HOT SANDWICHES

H-1 BREADED OR GRILLED CHICKEN PARMIGIANO HERO ..	\$12.95
H-2 EGGPLANT PARMIGIANO HERO .....	\$12.50
H-3 MEATBALL PARMIGIANO HERO .....	\$12.50
H-4 VODKA CHICKEN PARMIGIANO .....	\$12.95
H-5 MVP .....	\$12.95
<i>breaded chicken or eggplant, mozzarella cheese, marinara, vodka and pesto sauce on a hero</i>	
H-6 BREADED CHICKEN CUTLET .....	\$13.50
<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
<i>with bacon, avocado, swiss cheese, tomato, hot peppers and herb mayo on a hero</i>	
H-8 BREADED CHICKEN CUTLET .....	\$12.95
<i>with mozzarella cheese, sautéed onions, bacon and chipotle aioli on a hero</i>	
H-9 GRILLED CHICKEN CUTLET .....	\$12.95
<i>with melted cheddar, mozzarella, spinach, tomatoes and hot peppers topped with ranch dressing on a toasted hero</i>	
H-10 ROAST BEEF .....	\$12.95
<i>with melted mozzarella, bacon and cheddar cheese on a toasted garlic hero with chipotle</i>	
H-11 ROAST BEEF .....	\$12.95
<i>with pepper jack cheese, avocado, tomato, sautéed onions and chipotle aioli on a hero</i>	
H-12 MEATBALLS .....	\$12.95
<i>with pesto, vodka sauce, marinara sauce, broccoli rabe, hot peppers, provolone, mozzarella, basil</i>	
H-13 SAUSAGE AND PEPPERS .....	\$11.95
<i>with sautéed onions on a hero</i>	
H-14 B.L.T. ....	\$9.95
<i>bacon, lettuce, tomato on sliced bread with mayo</i>	
H-15 REUBEN ...	\$12.95
<i>corned beef, swiss cheese, sauerkraut and Russian dressing on rye</i>	
H-16 FRESH LEG OF LAMB .....	\$13.95
<i>feta cheese, tomato, hot peppers, cucumber, red onions, oregano and herb mayo on a hero</i>	
H-17 BLACK ANGUS .....	\$14.95
<i>fresh mozzarella, broccoli rabe, sautéed onions and chipotle aioli on an old fashion hero</i>	
H-18 BRISKET OF BEEF .....	\$12.95
<i>Swiss cheese and sautéed onions on a hero</i>	
H-19 CUBAN .....	\$12.95
<i>roast pork, ham, swiss cheese, pickles and spicy brown mustard</i>	
H-20 EGGPLANT .....	\$12.95
<i>with spicy soppressata, mozzarella cheese, tomato, fresh basil and pesto</i>	
H-21 PASTRAMI .....	\$12.95
<i>with melted swiss cheese and mustard on rye bread</i>	