

THE ROGER WILLIAMS

smoked ham, crisp apple, brie and fresh greens finished with maple mustard

RHODE ISLAND GRINDA

smoked ham, salami, pepperoni, provolone, lettuce, tomato and onion finished with vinaigrette

JOLLY ROGER

roast turkey, dill havarti cheese, fresh greens and tomatoes layered on 7-grain bread finished with cranberry chutney and mayonnaise

ROCKY POINT

thinly sliced lean roast beef, brie cheese, red onion and fresh greens on a mini baguette finished with horseradish dijonaise sauce

MORTISE & TENON

roast turkey, smoked ham, muenster cheese, pickle, red onion, fresh greens and creamy blue cheese on a fresh ciabatta roll

FANNY'S FALAFEL

falafel, fresh greens, taboule, tzatziki and fresh cucumbers in your choice wrap

THE WAIDORE

all white meat chicken salad on cranberry walnut bread with fresh apples and fresh greens

FUNKY MUNKEY [6.95]

a whole wheat wrap with our house-made ground peanut butter, nutella and raspberry preserves wrapped around a whole banana served warm



make it YOUR WAY!

BREAD

7-grain
whole wheat
country white
ciabatta roll
dark rye
french
mini baguette
raisin pecan
wheat wrap
tomato wrap
gluten-free

PROTEIN

hummus chicken salad tuna salad turkey roast beef smoked ham

TOP IT!

fresh greens cucumber sliced tomatoes red onion dried cranberries sunflower seeds pepper rings pickles

SPREAD

yellow mustard mayonnaise jolly guacamole bleu cheese dijon mustard horseradish dijonaise whole grain mustard maple mustard olive tapenade cranberry chutney



swiss cheese muenster pepper jack dill havarti american bacon [\$1.25] brie Cheese [\$1.25]

pp 4 your way! ******** [\$6.75]



JAM OUT

grape strawberry raspberry nutella

Salad Dresssings

balsamic vinaigrette red wine vinaigrette white wine vinaigrette horseradish dijonaise blue cheese thousand island caesar ranch

TOP IT!

sunflower seeds granola peanuts sliced banana dried cranberries



\$3.95 // 12 OZ CUP

