

FLAT-BREADS

Includes choice of Side Salad and a Pickle

70. Chicken Tzatziki

Grilled Herb Chicken w Lettuce, Tomatoes and Red Onion topped w/ a cool Greek Tzatziki Yogurt Sauce on Flat-bread Pita

71. Ragin Cajun

Grilled Cajun Chicken, Bacon, Mozzarella, Leaf Lettuce, Tomatoes w Pesto Aioli

72. Tuscan Chicken

Breaded Chicken Cutlet, Fresh Mozzarella, Spinach, Roasted Red Peppers, Roasted Garlic Aioli Dressing

PANINI

Includes choice of Side Salad* & a Pickle

80. The Oogee Wawa

Grilled Roast Beef, Cheddar, Muenster, smothered in Horseradish Sauce and Topped w/ our Homemade Bourbon Bacon Jam, on a Pressed Pretzel Roll!

81. Buffalo Belle

Southern Buttermilk Chicken, Pepper jack and Cheddar, topped w Buffalo Sauce and Ranch on Ciabatta

82. Monte’s Wafflewich

Ham, Smoked Turkey, Maple Bacon, Swiss and Cheddar w Raspberry Jam, Maple Honey Dijon, pressed in a homemade Belgian Waffle!

83. Gobble Gobble

Fresh Turkey, Baked Sweet Potato, Stuffing and Cranberry Sauce on Flatbread

84. Honey Delite

Honey Turkey, Lace Swiss, Cole Slaw and Honey Mustard on Multi grain Panini

85. They Call Me Cuban Pete

The Real Deal Cubano! Home Roasted Mojo Pork, w/sliced Ham, Swiss, Pickles, Mayo and Mustard Pressed in Ciabatta Bread

86. Da Gooch

Grilled Herb Chicken, Fresh Mozzarella, Fresh Basil, Roasted Peppers, Drizzled with a Balsamic Glaze on a Focaccia Roll

73. Habanero Tuna Melt

Homemade Tuna Salad, Leaf Lettuce and Tomato w Melted Spicy Three Pepper Cheese

74. Caprese

Fresh Mozzarella, Spinach, Sun Dried Tomatoes, Roma Tomato Bruschetta, Fresh Basil and Balsamic Glaze

87. Chimichurri Chicken

Grilled Chicken, Covered in Our Authentic Chimichurri sauce, Avocado, Tomatoes w Melted Mozz on a Ciabatta Roll

88. Oui Oui

Ham, Brie Cheese, Sliced Granny Smith Apples and Spicy Mustard on a Baguette

89. Lil’ Petey

Chicken Cutlet, Bacon, Cheddar, Mozzarella and Honey BBQ Sauce on Flat-bread

90. Bang Bang

Southern Buttermilk Chicken. Bacon Jam, Smoked Mozz, Three Pepper Habanero Cheese, Pickles, and Maple Bourbon Spread on French Bread

91. Baguetteaboutit

Prosciutto, Sliced Tomato, Roasted Peppers, Sun-dried Tomatoes, Mozzarella & Basil Pesto and EVOO on a baguette

92. Don Corleone

Ham, Genoa, Cappy w Roasted Peppers, Fresh Mozzarella, Fresh Basil and Balsamic Vinaigrette on Ciabatta

93. Mona Lisa Vito

Breaded Eggplant, Fresh Mozzarella, Roasted Peppers and Basil Pesto on Flat-bread

94. Little Italy

Sliced Steak, Grilled Peppers, Caramelized Onions, Fresh Mozz Garlic Aioli on Rustic Bread

*Side Salads May Include: Potato, Macaroni, Cole Slaw, Tomato & Cucumber, Pasta, Asian Chickpea, and Chickpea

SOUP SPECIAL

Call for our Daily Soups!

Classic Soups 8 oz. or 16 oz.

Gourmet Soups & Chili’s

GRILLS & THRILLS

Includes choice of Side Salad & a Pickle

130. La Mega

Grilled Thinly sliced Adobo Steak, w Fried Hash Browns, Melted Cheddar, Pepper Jack, Let & Tomato w Sriracha Aioli Spread in a Grilled Wrap

131. Philadelphia Freedom

Philly-style Chopped Steak and Onions covered w Cheese Wiz Sauce, on a Hoagie ... (or substitute w provolone)

132. Badda Boom

Grilled Roast Beef, Mozzarella, Bacon, Sautéed Peppers & Onions on a Garlic Hero

133. Liberty Bell

Chopped Grilled Chicken, w Grilled Peppers and Onions topped w Melted cheddar on a Hoagie

134. Classic Reuben

Corned Beef w Melted Swiss, Sauerkraut w Russian Dressing on Grilled Rye

135. Druish Princess

Pastrami, Cole Slaw, Swiss and Russian on Grilled Rye

SUPER FOOD GRAIN BOWLS

On Top, Mixed in or Chopped.....Sm. or Lg.

Grains are interchangeable.....Add Chicken to any bowl is additional

Spicy Buddha Bowl

Quinoa, Spinach, Sweet Potatoes, Avocado, Sriracha Chick Peas, Cherry Tomatoes, Bell Pepper Medley and Scallions, Drizzled w Tahini and Sriracha Dressing

Mexican Grain Salad

Brown Rice, Avocado, Black Beans, Cherry Tomatoes, Bell Pepper Medley, Corn, Red Onion, Scallion, Fresh Cilantro, Olive Oil & Lime Juice

Power Grain Bowl

Quinoa, Kale, Purple Cabbage, Sweet Potato, Broccoli, Sunflower Seeds and topped w Hummus and Lemon Juice

Thai Grain Bowl

Quinoa, Sriracha Chick Peas, Purple Cabbage, Carrots, Bell Pepper Medley, Cucumbers, Peanuts, Scallion, Cilantro, Drizzled w Lime and Thai Peanut dressing.

Grilled Veggie Grain Bowl

Brown Rice, Spinach, Grilled Vegetable Medley, Roasted Sweet Potatoes and Pumpkin Seeds Topped w EV Olive Oil & Balsamic Vinegar

Mediterranean Quinoa Bowl

Quinoa, Spinach, Feta, Plum Tomatoes, Cucumber, Red Onion, Bell Pepper Medley, Olives, Hummus and Lemon Juice w Tahini Dressing

GOURMET SALADS

South Beach

Mixed Greens, Gorgonzola, Avocado, Cranberries, Apple, and Walnuts... Try w/ FF Raspberry Vinaigrette Chicken is Additional.

Tex-Mex Salad

Cajun Grilled Chicken, Romaine, Cheddar, Black Beans, Corn, Pico de Gallo, and Tortilla Strips, w/ a Chipotle Ranch Dressing Double Chicken is Additional.

Cajun Salad

Cajun Shrimp, Romaine, Avocado, Cherry Tomatoes, Red Onion and w/ Creamy Cilantro Lime Dressing

UPGRADE TO LARGE - ADDITIONAL

SALAD SPECIALS

Chicken Caesar

Grilled Chicken, Romaine, Homemade Croûtons, Shredded Parmesan w/ Caesar Dressing ... Extra Chicken is Additional.

Cobb Salad

Grilled Chicken, Iceberg/Romaine mix, Hard-Boiled Eggs, Avocado, Gorgonzola, Tomato, and Crisp Bacon Extra Chicken is Additional.

Greek Salad

Romaine/Iceberg Mix, Feta, Cucumbers, Greek Olives, Cherry Tomatoes, Onion w Greek Dressing.. Chicken is Additional.

The GBC Platter

Choice of Any style Tuna or Chicken Salad, over a bed of Iceberg w Tomato and Cucumbers and any of our two Side Salads, side of Flat-bread

UPGRADE TO LARGE IS ADDITIONAL

BUILD YOUR OWN SALAD

Includes choice of 5 toppings! Dressing can be mixed in or on the side.

Salads can also be chopped or mixed.

Sm. or Lg. Available

Choose your base:

Mixed Greens, Iceberg, Romaine or Baby Spinach

Choose your toppings:

Artichoke Hearts, Apple, Bacon Bits, Beets, Bell Pepper Medley, Black Beans, Black Olives, Broccoli, Carrots, Celery, Cheddar, Chickpeas, Corn, Cucumbers, Cranberries, Feta Cheese, Fresh Mozz, Glazed Walnuts, Goat Cheese, Gorgonzola, Grapes, Green Olives, Hard Boiled Egg, Kale, Maple Bacon Crumbles, Parmesan Cheese, Pumpkin Seeds, Purple Cabbage, Quinoa, Raisins, Red Onions, Roasted Red Peppers, Sliced Almonds, Sun-Dried Tomatoes, Sweet Potatoes, Spicy Chickpeas, Sunflower Seeds, Tomatoes, Walnuts

Choose your Dressing:

Sesame Ginger, Honey Mustard, Russian, Creamy Italian, Ranch, Lite Ranch, Bleu Cheese, Creamy Caesar, Greek, FF Italian, FF Raspberry Vinaigrette, EV Olive Oil, Red Wine Vinegar, Balsamic Vinegar, Fresh Squeezed Lemon or Lime, Balsamic Vinaigrette, Chipotle Ranch, House Vinaigrette, White Balsamic Berry Vinaigrette, Cilantro Lime, Thai Peanut (Spicy), Tzatziki (Greek Yogurt)

Additions:

Avocado or Hummus

Premium Additions:

Grilled Chicken, Cajun Chicken, Turkey, Breaded Chicken, Tuna or Chicken Salad (any style), Grilled Portobello, Grilled Veg Medley, Cajun Lime Shrimp

Want More than 5 Toppings?

Additional per Topping.

Extra Dressing is additional.



“Taste The Gourmet Difference”

1360 LAKELAND AVE
BOHEMIA, NY 11716

HOURS:

MON-FRI 5am - 3pm

SAT 5:30am - 2pm

SUN 5:30am - 2pm

• DELIVERY •
CATERING AVAILABLE

PH: 631.750.0765 • 631.750.0766

FAX: 631.750.0767



ORDER ONLINE @
THEGOURMETBAGEL.COM

(FOR PICK UP & DELIVERIES)



*This menu item can be cooked to your liking. Consuming raw or undercooked meats, fish, shellfish, or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

If you have any allergies please let your server know. *Menu prices subject to change.

FRESH BAKERY ITEMS

Bagels each or by the Dozen

BUY 12 GET 3 FREE! (Excludes Holidays)

Plain, Poppy, Sesame, Onion, Salt, Garlic, Everything, Cinnamon Raisin, Egg, Egg Everything, Pumpernickel, Whole Wheat, Whole Wheat Everything, and Bialy. New Gourmet Flavors Daily!

Flats

Plain, Sesame, Everything and Sunflower in Wheat or White.

Specialty Bagels

Asiago, French Toast, Rainbow

Homemade Cream Cheese Spreads

plain and all flavors

Plain, Scallion, Flavored, Strawberry, Chocolate Chip, Bacon & Herb,

Cinnamon Raisin Walnut, Jalapeno Cheddar, Olive Pimiento

New gourmet flavors daily! **Lox Spread**

Assorted Pastries

Muffins, Croissants, Iced Cinnamon Buns, Black & Whites, M&M Cookies

Rainbow Sprinkle Cookies, Crumb Cake, Brownies and more.

Desserts

Rice Pudding, Chocolate Parfait, Yogurt Parfaits, Oreo DeLite, Fruit Salads & More!

Bagel Spreads

Buttered Bagel, Roll or Bialy

Bagel, Roll or Bialy w cream cheese

Cream Cheese & Jelly

Flat w/Butter

Flat w/Cream Cheese

Peanut Butter & Jelly

Flavored Cream Cheese Bagel

Lox Spread on a Bagel

Flat w/Flavored Cream Cheese

Nova & Cream Cheese on a Bagel

Specialty Bagels

BREAKFAST

Eggs Served All Day!

Free 12oz Coffee, Tea or OJ w Breakfast Special until 11am

*1 Egg on Bagel, Roll or Bialy

*2 Eggs on Bagel, Roll or Bialy

*1 Egg w Bacon, Ham or Sausage

*2 Eggs w Bacon, Ham or Sausage

*2 Eggs w Turkey or Turkey Bacon

*2 Egg Whites on Bagel, Roll or Bialy

*2 Egg Whites w Bacon, Ham or Sausage

*2 Egg Whites w Turkey or Turkey Bacon

Sausage or Bacon on Bagel, Roll or Bialy

Add Cheese to Any Sandwich

*Hungry Man

3 Eggs any style w Bacon, Ham, Sausage and Cheese on a Hero

*The Glutton

4 Eggs w Bacon, Sausage, Ham, Turkey, Peppers, Onions, Homefries, American and Cheese Sauce Stuffed in a Hero!

Challah French Toast

Belgian Waffle

Pancakes

*Breakfast Platter #1

2 Eggs, Bacon, Ham or Sausage, Home Fries with Buttered Bagel or Toast and Coffee

*Breakfast Platter #2

2 Eggs, Bacon, Ham or Sausage, Home Fries with a slice of Challah French Toast & Coffee

*Classic Omelet

3 Eggs made w your Choice of Bacon, Sausage, or Ham and American Cheese w Home Fries, Bagel and Coffee

GOURMET OMELETS

Omelets Served w 12oz Coffee and Side Choice of Homefries, Hash Brown Patty, and Buttered Bagel or Toast

*Tex-Mex

3 Eggs, Ham, Sausage, Peppers, Onion, Pico de Gallo and Chipotle Gouda

*Western

3 Eggs, Ham, Peppers and Onions

*Mediterranean

3 Eggs, Grilled Chicken, Spinach, Sun-dried Tomatoes and Feta

*Veggie Deluxe

3 Egg Whites, Grilled Tomatoes, Spinach, Mushroom and Broccoli

*Protein

4 Egg Whites, Grilled Chicken, Spinach and Cheddar

*Lite Turkey

3 Egg Whites, Turkey, Broccoli, Onions and Lite Swiss

*Meat Lovers

3 Eggs w Bacon, Sausage and Ham w Onions and Cheese

BREAKFAST SIDES

Bacon (3pc), Sausage or Ham

Turkey or Turkey Bacon

Hash Brown Patty

Home Fries

Add Home Fries to Sandwich

Add Avocado to Sandwich

GOURMET BREAKFAST SPECIALS

*Gouda and Spicy!

Scrambled Eggs, Grilled Chicken, Bacon, Carmalized Onions, w/ Chipotle Gouda & Hot Sauce in a Wrap

*The Mexcellent Breakfast

Burrito

Scrambled Eggs Loaded w Bacon, Sausage, Peppers, Onions, and Jalapeno, topped w Home Fries, Cheddar, Avocado, Sour Cream and Salsa!

*El Guapo Wrap

2 Fried Eggs, Sliced Adobo Steak, Hash Browns, Lettuce, Tomatoes, Cheddar, and Sriracha Aioli in a Wrap

*“I’m So imPRESSED”

Wafflewich

2 Eggs, Maple Bacon, Honey Ham w Smoked Gouda, Drizzled w Maple Syrup in a Pressed Waffle

*Ciabatta be Kidding Me

Fresh Herbed Egg Whites, Turkey, Sun-Dried Tomatoes, Muenster Cheese, and Pesto on Ciabatta

*Ragin’ Waffle

Scrambled Eggs, Bourbon Bacon Jam, Sausage, Cheese, Drizzled w Cajun Maple Spread in a Jalapeno-Cheddar Waffle

BREAKFAST WRAPS

Choice of Plain, Wheat, Spinach, Sun-Dried or Garlic & Herb Tortilla. (Gluten-Free Add.)

*BK Wrap 1

3 Egg Whites, Honey Turkey, and Lacey Swiss

*BK Wrap 2

3 Egg Whites, Turkey, Broccoli, Mushroom, and Onion

*BK Wrap 3

3 Egg Whites, Turkey Bacon, Avocado, Tomato and Cheddar

*BK Wrap 4

3 Egg Whites, Grilled Chicken & Spinach

*BK Wrap 5

3 Egg Whites, Grilled Chicken, Jalapeno, and Cheddar Cheese

*BK Wrap 6

3 Egg Whites, Feta, Spinach, Sun Dried Tomatoes and Pesto

*BK Wrap 7

3 Egg Whites, Spinach, Tomato, Avocado

COLD CUT & CHEESE SANDWICHES

All Sandwiches on Bread, Bagel or Roll

All Our Sandwiches Come with a Complimentary Homemade Side Salad & Pickle

Extra Meat additional

Bologna

Ham • Smoked Ham • Ham Cappy • Genoa • Pepperoni

Oven Gold Turkey • Honey Maple Turkey • Cracked Pepper

Turkey • Buffalo Chicken Breast • Roast Beef

Prosciutto di Parma

American • Cheddar • Monterey Jack • Lacey Swiss • Swiss

Fresh Mozz • Mozzarella • Smoked Mozzarella • Muenster

Provolone • 3 Pepper Habanero • Pepper Jack • Chipotle Gouda

Smoked Gouda

Grilled or Breaded Chicken Cutlets

BLT- Bacon, Lettuce, Tomato

Grilled Cheese (sandwich only)

ADD ONS

Lettuce or Onion

Tomato

Avocado, Bacon Jam or Hummus

Cheese, Roasted Peppers or Caramelized Onions

Hero

Wrap

SPECIALTY SANDWICHES

All Our Sandwiches Come with a Complimentary Homemade Side Salad & Pickle

Extra Meat additional

1. The Brooklyn SanGwich

Ham Cappy, Salami, Pepperoni, Provolone, Lettuce, Tomato, Roasted Peppers, Red Onion on a Hero w/ Vinaigrette

2. Two Yutes

Prosciutto di Parma with Fresh Mozzarella, Roasted Red Peppers, Fresh Basil w Balsamic Glaze & Olive Oil on French bread

3. The Balboa

Honey Maple Turkey, Bacon, Muenster, Honey Mustard, Lettuce & Tomato on roll

4. Enzo the Baker

Roasted Turkey, Breaded Eggplant w/ Fresh Mozzarella, Roasted Peppers & Balsamic Glaze on Toasted Ciabatta

5. Big Joe

Hot Roast Beef, Melted Mozzarella, Brown Gravy on a Toasted Garlic Hero

6. Johnny Right Swiper

Roast Beef, Muenster, Bourbon Caramelized onions, Jalapenos, and Coleslaw Topped w BBQ & Horseradish Sauce on a Pretzel Roll

7. Don’t Cry For Me Argentina

Sliced Grilled Beef, Smothered in our Argentinean Chimichurri, w Sautéed Peppers & Onions, Mozzarella & Provolone on Ciabatta

8. American Pride!

Roast Beef, Ham, Turkey, Swiss, American Cheese, Lettuce & Tom on a Hero

9. Smokin’ Joey

Smoked Turkey, Smoked Ham, Maple Bacon, Melted Smoked Gouda, Lettuce, Tomato and Russian Dressing on roll

10. Cha Cha Cha

Cracked Pepper Turkey, Pepper Jack, Leaf Lettuce and Tomato Topped w Chipotle Ranch Dressing on Toasted Sourdough

11. Who am I to Dis-a-Brie?

Fresh Roasted Turkey Breast with Creamy Brie, Sliced Granny Smith Apples, Mixed Greens & Honey Dijon Mustard on French Baguette

12. Hot Chix n Waffles

Southern Buttermilk Chicken, Maple Bacon and Smoked Gouda, Topped w Honey Maple Dijon Dressing on Our Jalapeno & Cheddar Belgian Waffle!

13. How You Doin’?

Chicken Cutlet, Melted Cheddar, Bacon, Leaf Lettuce & Tom Topped w Russian Dressing on a Hero

14. Fat Tony

Chicken Cutlet, Maple Bacon, Melted Mozzarella, w Sriracha BBQ on a Toasted Garlic Hero

15. Bread Zeppelin

Cajun Grilled Chicken, Melted Smoked Mozzarella, Bacon Jam, Leaf Lettuce and Topped w Our Maple Bourbon Aioli on a Roll

16. Bruce LeeRoy

Cajun Chicken, w/Sriracha Bbq, Cheddar, Caramelized onions, jalapenos, and Coleslaw on a Pretzel Roll

17. Skinny Tony

Grilled Portobello Mushrooms, Grilled Zucchini, Roasted Peppers, Melted Smoked Mozzarella & Basil Pesto on a Wheat Roll

18. The Pope of Bohemia

Roast Beef, Turkey, Bacon, Muenster, and Brown Gravy on Toasted Garlic Roll

19. Yada Yada Yada

Grilled Chicken, Lacey Swiss, Berry Aioli, Mixed Greens and Tomatoes on a Wheat Roll

20. Badda Bing

Turkey, Bacon, Smoked Gouda, Lettuce, Tomato and Roasted Garlic Aioli on a Baguette

21. LoneStar

Sliced Boars Head Buffalo Chicken, Chipotle Cheese, Roasted Peppers, Leaf Lettuce, Tomato, Topped w Avocado & Ranch Dressing on a Roll

22. Hawaii 5-ohhh

Grilled Chicken Smothered in Hawaiian Pineapple BBQ sauce, Cheddar, Grilled Onions, Jalapenos, Leaf Lettuce and Tomato on a Roll

23. The French Mistake

Chicken Cutlet, Smoked Ham and Melted Swiss, Lettuce and Tomato, w Maple Honey Dijon on a Baguette

24. The G.O.A.T.

Honey Turkey, Spinach, Goat Cheese and Raspberry Jam on Sliced Whole Grain Bread

25. French Connection

Turkey, Avocado, Bacon, Leaf Lettuce and Tomato w Honey Dijon on a Croissant

SALAD SANDWICHES

Choices Vary Daily

All Our Sandwiches Come with a Complimentary Homemade Side Salad & Pickle

Egg Salads

Egg Salad • Egg White & Spinach • Mushroom, Onion & Egg Salad

Tuna

Tuna Salad • Veggie Tuna Salad • Cranberry Apple • White Balsamic Italian Tuna • Honey Mustard • Spicy Sriracha • Mediterranean Protein Power (w Spinach & Egg Whites)

Roasted Garlic Hummus

Grilled Veggie Medley

ADD ONS

Lettuce or Onion

Tomato

Avocado, Bacon Jam or Hummus

Cheese, Roasted Peppers or Caramelized Onions

Hero

Wrap

All Salads and Cold Cuts available by the Pound

WRAPS

Choice of Plain, Wheat, Spinach, Sun-Dried or Garlic & Herb Tortilla. (Gluten-Free Add.)

All Our Sandwiches come with a Complimentary Homemade Side Salad & Pickle

Extra Meat additional

40. Napolitano

Grilled Italian Herb Chicken, Fresh Mozzarella, Roma Tomato Bruschetta, Romaine Lettuce Topped w Pesto Aioli

41. The Vasili

Herb Grilled Chicken, Feta, Leaf Lettuce, Tomatoes, Cucumber, Olives, Red Onion and Greek Dressing

42. Edward Caesar Hands

Grilled Cajun Chicken, Mixed w Romaine Hearts, Shredded Parmesan/Romano Mix and Creamy Caesar Dressing. Add some Croutons For That Crunch!

43. The Moon Wok

Teriyaki Grilled Chicken, Carrots, Broccoli, Purple Cabbage, Sunflower Seeds, Red Onion w Sesame Ginger Dressing

44. Luca Brasi

Breaded Chicken Cutlet, Smoked Gouda, Maple Bacon, Leaf Lettuce, Tomato and our Chipotle Aioli

45. South Beach

Grilled Chicken, Gorgonzola, Dried Cranberries, Diced Apple w Field Greens Topped w Our White Balsamic Berry Vinaigrette.

46. Bohemian Rhapsody

Grilled Chicken, Assorted Grilled Veggies, Mozzarella, w Leaf Lettuce and Balsamic Vinaigrette

Chicken

Chicken Salad • Sriracha & Maple Bacon Cranberry Chicken • Orchard Chicken Chipotle Chicken • Bourbon • Balsamic Grilled Honey Mustard • Cajun • Spicy Thai Asian • Buffalo • Chipotle • Sriracha Chicken Bacon Cheddar and Many More!

Seafood

• Shrimp • Cilantro Lime Shrimp Salad • Cajun Shrimp

47. My Cousin Vinny

Turkey Breast, Swiss, Crispy Bacon, Leaf Lettuce and Tomato with Ranch Dressing

48. BLTA Express

Our Maple Bacon, Topped w Avocado, Leaf Lettuce, Tomatoes and Roasted Garlic Aioli spread.

49. Spicy Tuna

Tuna Salad, w Avocado, Carrots and Cucumber Topped w Sriracha Aioli

50. Shrimpodado

Blackened Shrimp, with Fresh Avocado, Pico de Gallo, Shredded Cabbage and Cilantro-Lime Dressing

51. Turkey Cobb

Pepper Turkey, Bacon, Avocado, Romaine, Tomato and Bleu Cheese Dressing

52. Lawn Guylander

Roast Beef, Cheddar, Caramelized Onions, Leaf Lettuce and Tomato, with Spicy Sriracha Barbeque Sauce

53. Bean Me Up

Homemade Roasted Garlic Hummus, Spinach, Feta, Olives, Cucumber & Fresh Pesto

54. Ciao Down

Our Marinated Grilled Vegetable mix (Portobello, Zucchini, Squash, Carrots, Peppers, Eggplant and Onions) Topped w/ Fresh Mozz and Balsamic Glaze

LETTUCE WRAPS

Wrapped in Iceberg Lettuce Leaves Or Create Your Own! Try in a Tortilla Wrap too!

60. Thai and Mighty

Grilled Chicken, Shredded Carrot, Mixed Shredded Cabbage, Cilantro & Scallions Topped w Thai Peanut Dressing

61. Guac and Roll

Turkey, Avocado, Bacon, and Tomato Topped w Pesto Aioli

62. Spring Chicken

Herb Grilled Chicken w our Refreshing Cabbage & Fennel Slaw (Mayo-Free), Topped w Diced Grapes

63. Spicy Vegetarian

Hummus, Sriracha Chickpeas, Avocado, Cherry Tomatoes, Purple Cabbage, Cilantro, Pumpkin and Sunflower Seeds, with Greek Yogurt Dressing

64. Cowboy Shrimp

Blackened Shrimp, w Tomato and Cowboy Caviar (Avocado Bean Salad)

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If you have any allergies please let your server know. *Menu prices subject to change.