

THE GOURMET GANG

GOURMETGANG.COM

SOUP

Vegetable Minestrone (V)
with crackers 4.95

PASTA DJOUR

Sundried Tomato Penne Pasta
with red & yellow bell peppers, sundried tomato pesto, and

SANDWICH SPECIAL

California Chicken Club Sandwich

grilled chicken on multigrain ciabatta, red pepper mayo, provolone cheese, bacon, avocado and sundried tomatoes 8.50

SALAD SPECIAL

Grilled Chicken Cobb Small Plate

lettuce mix, grilled chicken, grape tomatoes, avocado, egg, bleu cheese crumbles, bacon, croutons with the Smart Mouth mustard vinaigrette 9.50

Signature Sandwiches

Artisan Style Breads Available

French Baguette, Ciabatta, Multigrain Ciabatta, Sundried Tomato Ciabatta, Stirato

Chicken

- Santa Fe Chicken** roasted red peppers, melted cheddar, red pepper mayo, french baguette 7.50
- Traditional Chicken Salad** field greens, roma tomatoes, french baguette 7.50
- Blackened Chicken Breast** provolone cheese, roasted red peppers, red pepper mayo, french baguette 7.50
- Southwestern Wrap** spicy chicken breast, jasmine rice, black bean & corn salsa, sun dried tomato wrap 7.25
- Teriyaki Chicken Wrap** grilled chicken, jasmine rice, pineapple salsa, oriental ginger dressing, garlic wrap 7.25
- Chicken Cordon Bleu** grilled chicken, ham, swiss cheese, honey mustard, ciabatta bread 7.95

Seafood

- Albacore Tuna Salad** celery, scallions, mayo, field greens, roma tomatoes, french baguette 7.75
- Baked Crab Cake** field greens, roma, tomatoes, red pepper mayo, french baguette 8.75
- Tequila Lime Shrimp Wrap** marinated shrimp, jasmine rice, zesty lime mayo, pineapple salsa, garlic wrap 8.75
- Shrimp Banh Mi** marinated shrimp, fresh jalapenos, radish slices and a vietnamese slaw (carrots, bean sprouts, basil, onion & cilantro) sriracha, vegan mayo, french baguette 10.25

Accompaniments

- | | | | |
|-----------------|------|-------------------|------|
| Fruit Salad | 2.25 | Dill Potato Salad | 2.25 |
| \$7.00lb | | \$6.50 lb | |
| Mediterranean | 2.25 | Pasta Special | 2.25 |
| Pasta /\$6.50lb | | \$6.50lb | |

Chips: \$1.50 ****Gluten Free****

- | | | |
|------------|---------------|-------------|
| Plain | Funky Fusion | Jalapeno |
| Maui Onion | Salt & Pepper | BBQ |
| Salt & Vin | Sour Cream | Reduced Fat |

Cookies: \$1.50 ea

- | | | |
|--------------------------------|----------------|------------------|
| Choc. Chip | Heath | Triple Chocolate |
| Dessert Bars: \$2.50 ea | | |
| Pecan Cappuccino | Luscious Lemon | |
| Marble Cheesecake | Oreo Dream Bar | |

- Peanut Butter Brownie Bar** \$1.75
- Chocolate Drizzle Rice Crispy Treat** \$2.50
- Italian Wedding Cake Slice** \$3.00

- Dessert Bar Platter** (32 asst. mini bars) \$28.00
- Mini Cookie Box** (40 asst. mini cookies) \$14.00

Beverages

- BEVERAGES \$1.89** Coke, Diet Coke, Sprite, Water, Perrier, Sparkling Smart Water
- Honest-Teas:** Tea & Lemonade, Pomegranate Blue
- PEAK TEAS: \$1.89** Green Tea, Diet Tea, Sweet Tea, Unsweet Tea, Peach Tea, Raspberry Tea
- Gallon Beverages: \$10 ea**
- Half Gallon Beverages \$5.50 ea:** Iced Tea or Lemonade

Plate, napkin, cup, and plastic utensils:
\$.50 per person

PICK UP DELIVERY

12.5% added to all delivery orders - \$1.00 Min
Delivery Time: _____
Allow Minimum of 45 Minutes

Deli

- Turkey and Provolone** fresh basil mayo, roasted red peppers, french baguette 6.75
- Sammie Wammie** turkey, thousand Island dressing, coleslaw, swiss cheese, ciabatta 7.25
- Ham & Swiss** chipotle pepper & adobo mayo, field greens, roma tomatoes, ciabatta 7.25
- Roast Beef, Bacon & Cheddar** premium eye-of-round, horseradish mayo, french baguette 7.25
- Italian Sandwich** hard salami, feta, red onions, field greens, sundried tomato ciabatta, side of balsamic vinaigrette 7.25
- Club Sandwich** roast beef, turkey, bacon, provolone, lettuce, tomato, horseradish mayo, french baguette 7.95
- Ham and Provolone** honey mustard, field greens, multigrain ciabatta 7.25

Signature Deli

- North Carolina BBQ** with traditional coleslaw on a french baguette 7.25
- Smoked Gouda & Spinach Blend Club** turkey, ham, caramelized onions, Dijon mustard, stirato bread 7.95

Vegetarian

- Fresh Mozzarella** roma tomatoes, basil mayo, cracked pepper & sea salt, ciabatta 6.95
- Grilled Vegetables** assorted seasonal grilled vegetables, provolone cheese, basil mayo, french baguette 7.25
- Spinach Wrap** spinach with feta, egg & bread crumbs, field greens, tomatoes, red pepper mayo, spinach wrap 6.95

Vegan

- Southwestern Vegan Burger** roasted corn, peppers, onions, green chilies, jasmine rice, black beans, cilantro, roma tomatoes, field greens, avocado, vegan mayo, tomato wrap 8.00
- Tofu Banh Mi** marinated tofu, fresh jalapenos, radish slices and a vietnamese slaw (carrots, bean sprouts, basil, onion & cilantro) sriracha, vegan mayo, french baguette 7.95
- Smoked Tempeh & Avocado** lettuce, roma tomatoes, avocado, vegan mayo, french baguette

Artisan Salads, Plates & Scoops

**Ask Us About Our Gluten Free Salad Options*

All Of Our Hand Cut Chicken, Seafood or Deli Options May Be Added To Any Salad

Grilled, Blackened or Santa Fe Chicken \$2.25

Tequila Lime Tofu \$2.25 – Tequila Lime Shrimp \$5 – Grilled Vegetables \$1.50

- Baja Chicken Salad** santa fe chicken breast, black bean & corn salsa, roma tomatoes, tri-color tortilla strips, cilantro vinaigrette 8.75
- Chinese Chicken Salad** grilled chicken, oriental blend, red peppers, snow peas, green onion, black sesame seeds, wonton noodles, ginger dressing 8.75
- Italian Salad** spinach blend, red onion, grape tomatoes, parmesan cheese, genoa salami, banana peppers, Italian vinaigrette 9.25
- Classic Caesar** shaved parmesan, croutons, mediterranean pasta With blackened chicken 7.00
- California Cobb** turkey, bacon, roma tomatoes, boiled egg, bleu cheese, croutons, mixed greens, bleu cheese dressing 8.75
- Classic Chef** turkey, ham, roma tomatoes, boiled egg, cucumbers, cheddar, homemade croutons, mixed greens, choice of dressing 8.75
- Strawberry Bleu Salad** sliced strawberries, bleu cheese crumbles, spiced walnuts on a bed of field greens with balsamic vinaigrette 8.75
- Greek** feta, sundried tomatoes, red onion, cucumbers, kalamata olives, red peppers, banana peppers, croutons, mixed greens, balsamic vinaigrette 8.50

- Fresh Garden Salad** mixed greens, cucumbers, roma tomatoes, croutons, choice of dressing 5.95
- Side Caesar** romaine, parmesan cheese, croutons, caesar dressing 4.00
- Side Garden** mixed greens, cucumbers, roma tomatoes, croutons, choice of dressing 4.00

Salad Plates & Scoops

- Mini Quiche Plate with Fresh Fruit** 6 inch traditional quiche served with fresh fruit 8.50
- Choose from:**
Ham & Cheese or Spinach & Cheese
- Asian Noodle Bowl** with linguine, bok choy, peanuts and basil with an asian style dressing 7.95
- Add On: Gr. Chicken \$2.25, Tofu \$2.25, Tequila Lime Shrimp \$5**
- Chicken Salad Plate** traditional chicken salad with fresh fruit & pasta d'jour 7.25
- Albacore Tuna Salad Plate** Albacore tuna salad with fresh fruit & pasta d'jour 8.25
- Traditional Chicken Salad Scoop** with cracker packages 3.95
- Albacore Tuna Salad Scoop** with cracker packages 4.95

Signature Dressings:

Balsamic Vinaigrette, Ranch, Honey Mustard, Bleu Cheese, Caesar, Cilantro Vinaigrette, Oriental Ginger, Italian Vinaigrette

Packets: FF Ranch, FF Italian, FF Raspberry vinaigrette, French

I May Look Like I'm Having Deep Thoughts,
But 99% Of The Time, I'm Just Thinking
About What I'm Going To Eat Later

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