



Favorite Sandwiches and Hero's

- BLT** - Boar's Head bacon, fresh lettuce and tomato ... \$10.99
on the bread of your choice with or without mayo.
- Chicken Cheese Steak Hero** - Breaded \$12.99
chicken cutlet, sautéed onions & melted American cheese on a toasted garlic hero
- Frigate** - Breaded chicken cutlet with bacon and \$12.99
melted American cheese on a hero
- Gin Lane** - Honey baked ham, melted brie cheese, . \$12.99
lettuce, and honey mustard on a hero
- Italian Hero** - Genoa Salami, Ham, Pepperoni, . \$12.99
Onion, Provolone, Lettuce, Tomato, Red Peppers, and Italian Dressing
- Jorge's Famous Cheese Steak** - The best \$12.99
roast beef, onions, American cheese, on a toasted hero
- Matt Attack** - Breaded chicken cutlet, bacon, \$12.99
melted mozzarella, & BBQ sauce on a toasted garlic hero
- Meadow Lane** - Grilled chicken, roasted peppers, \$12.99
fresh mozzarella, pesto on a hero
- MMM.Marko** - Grilled chicken, oregano, xxvirgin \$12.99
olive oil ,onions, topped with mozzarella cheese, on a toasted garlic hero
- No Bones Hero** - BBQ riblet, bacon, cheddar \$12.99
cheese melted on a hero
- OH-MY** - Breaded chicken cutlet, caramelized \$12.99
onion & bacon chopped together with hot sauce & ranch...slammed into a toasted garlic hero topped with American cheese
- Rueben** - Pastrami or corned beef, ranch, hot \$12.99
sauce, bacon and American cheese on a roll
- Sargeant Sue** - Roast beef, pepper Jack cheese, ... \$12.99
cole slaw, pickles, Russian dressing on a hero.
- Sloop** - Turkey, bacon, melted cheese, lettuce & \$12.99
tomato on a hero
- Summer BLT** - Bacon, lettuce, tomato, avocado ... \$12.99
with aioli (garlic lemon mayo)
- The Corner** - Chicken cutlet, mozzarella cheese, ... \$12.99
caramelized onions, lettuce, tomato, mayo on a hero
- The Durk** - Breaded chicken cutlet, bacon, \$12.99
caramelized onions, mozzarella cheese, honey mustard on a hero
- The Starboard** - Roast beef, mozzarella and \$12.99
bacon on a toasted garlic hero

★ Emily's Healthy

- Emily's Healthy** - Turkey, roasted peppers, \$12.99
lettuce, avocado, hummus, light mayo on whole wheat bread

Italian Chicken Wrap - Grilled chicken breast, . \$11.99
mixed grilled vegetables, provolone cheese,
and lettuce in a whole wheat tortilla

Wraps (Gluten Free + 1.50)

- #1** - Grilled chicken, roasted veggies, melted Swiss \$11.99
cheese & lettuce on a spinach wrap
- #2** - Tuna salad, Monterey Jack cheese, lettuce & \$11.99
tomato on a plain wrap
- #3** - Curry chicken salad, lettuce & mango chutney \$11.99
on a whole wheat wrap
- #4** - Sean's chicken salad, lettuce & tomato on a \$11.99
whole wheat wrap
- #5** - Roast beef, cheddar, horseradish, lettuce & \$11.99
tomato on a tomato wrap
- #6** - Turkey, bacon, mayo, American cheese, lettuce . \$11.99
& tomato on a plain wrap
- #7** - Ham, brie cheese, lettuce, honey mustard & \$11.99
tomato on a plain wrap
- #8** - Grilled chicken, mozzarella, balsamic glaze, \$11.99
lettuce & tomato
- Caribbean Wrap** - Grilled chicken, grilled \$11.99
pineapple, lettuce, mango chutney on a wrap of your choice.
- Isabela Wrap** - Grilled chicken, pepper jack \$11.99
cheese, lettuce, tomato, crispy bacon & ranch dressing
- The Sedona** - Grilled veggies, tomato, Swiss \$11.99
cheese, and sour cream on a sun dried tomato wrap

Panini's and Gyro

- Brie and Pesto Grilled Chicken Panini** - .. \$11.99
Grilled chicken, melted brie, basil pesto...
- Mozzarella, Tomato, and Pesto Panini** - .. \$11.99
Fresh mozzarella with tomato & basil pesto
- Goat Cheese Chicken Panini** - Grilled \$11.99
chicken, crumbled goat cheese, portabello mushrooms, balsamic, & tomato
- Kansas City Panini** - Roast beef, bistro sauce, .. \$11.99
smoked gouda cheese, caramelized onions
- Monte Cristo Panini** - Boars Head turkey, ham, \$11.99
Swiss cheese with honey mustard all grilled and pressed on panini bread
- Roast Beef Panini** - Roast beef, balsamic glaze, \$11.99
Swiss cheese, & caramelized onions
- Turkey Panini** - Boars Head oven gold turkey \$11.99
breast, bacon, cheddar cheese, with blue cheese dressing
- Beef or Chicken Gyro** - Tzatziki sauce, lettuce, .. \$11.99
tomato, and onion; wrapped in a pita

Soups

Call for soups du Jour

Salads and Sides

Chicken Salad - Chicken, celery, mayo salt and pepper

Cucumber Salad - Cucumber, onions, vinigar, dill

Curry Chicken Salad - Chicken, curry, golden raisins, mayo

Egg Salad - Speaks for itself

Emily's Pasta Salad - Penne pasta, mozzarella, fresh basil, tomatoes, Italian dressing

Grilled Vegetables - Zucchini, yellow squash, red onions, portabello mushrooms

Low Fat Chicken Salad - Chicken, grapes, light mayo, salt pepper

Tuna Salad - Albacore tuna, mayo, celery, salt pepper

Coleslaw - Delicious homemade traditional 'slaw

Homemade Macaroni Salad

Breakfast Sandwiches and Omlette's

Breakfast Burrito - Local eggs, salsa, sausage, .. \$8.99
cheddar cheese, jalapeno in a whole wheat wrap or an omlette

The BAE Sandwich - Bacon, 2 eggs, American \$6.00
cheese on a roll

Classic - 2 eggs, cheddar, gilled tomato, spinach, \$6.50
aioli on an English muffin

Emily's Breakfast - Eggs, avocado, bacon, \$9.49
cheddar cheese, hot sauce on a croissant

NSF Breakfast - Eggs, turkey sausage, American .. \$7.50
cheese on a roll

Skinny Mini - Egg whites, turkey, Swiss cheese on \$8.99
a whole wheat wrap or on a platter.

Sonny - 4 egg whites, goat cheese, ham and \$9.49
mushrooms in a wrap, roll or platter. Your choice.

The Western Breakfast - Local egg, cheese, \$8.99
ham, pepper & onion on a wrap or plattered omlette

V-Kab - Grilled chicken, egg whites, roasted red \$10.99
peppers, goat cheese, avocado, salt & pepper in a wrap.

Catering

Traditional Hot Breakfast - Pancakes, French toast, scrambled eggs, bacon, sausage, homefries or hash browns, assorted muffins, fresh bagels, croissants, coffee, orange juice and butter, jelly and cream cheese.

Country Continental Breakfast - Fresh bagels, baked assorted muffins, croissants served with cream cheese, butter, and jelly. coffee and orange juice

Party Hero's - Serves 3 to 4 people per foot, and choices include: The Breakfast Hero, Italian/American Hero and our Specialty Sandwich Hero (Matt Attack, Oh My or your choice)

Green Salad - Large or small - depending upon your group's size