

# Gourmet Sandwiches & Panini

Gourmet Sandwiches & Paninis are served with your choice of:  
French Fries ~ Salt & Pepper Corn Chips ~ Mac & Cheese Cupcake ~ Seasonal Fruit Salad  
House Salad ~ Potato Salad du Jour ~ Cranberry Almond Cole Slaw ~ Pasta Salad

## GRILLED SALMON BLT

Fresh center cut salmon filet, seasoned & grilled to medium-well and topped with crispy bacon, fresh leaf lettuce, homemade tomato jam, and roasted red onion mayonnaise on a grilled Bakery roll... 13.49      Add Cheese... 1.49

## APPLE TURKEY BRIE PANINI

Smoked turkey, creamy Brie cheese, fresh apple slices, and roasted red onion mayo on grill-pressed Panini bread... 10.49

## CRAB CAKE BURGER

Sweet Back Fin & Lump crab cake sautéed and topped with crisp leaf lettuce and homemade dill caper sauce served on a grilled skinny bread... 13.49  
Crab Cake Cheeseburger add... 1.49 cents

## SOUTHWEST CHICKEN CLUB

Chipotle seasoned grilled chicken, pepper jack cheese, crispy bacon, leaf lettuce, grilled peppers & onions, and bourbon mayonnaise on a toasted bakery roll... 11.49

## THAI PEANUT WRAP

Organic baby greens, cucumber matchsticks, roasted red bell peppers, crispy chow mein noodles, and peanut ginger dressing in a grilled spinach & herb wrap  
Grilled Vegetable... 7.49    Grilled Chicken... 10.49    Grilled Jumbo Shrimp... 13.49

## CUBANO

Applewood smoked turkey, baked ham, Swiss cheese, dill pickles, mayonnaise, and dijon mustard on a grill-pressed Panini bread... 10.49

## ASIAGO - PARMESAN FISH FILLET

Fresh white fish fillet dredged in Rosemary scented Asiago and Parmesan cheeses, pan sautéed until golden and crunchy, then topped with creamy Havarti cheese, crisp leaf lettuce, and dill caper sauce on a grilled bakery roll... 11.49

## SMOKED TURKEY & BACON WRAP

Thin sliced smoked turkey, crispy bacon, cheddar cheese, fresh tomatoes, and dilled buttermilk dressing in a grilled spinach and herb wrap... 10.49

## CLASSIC TURKEY OR HAM PANINI

Shaved smoked turkey breast or Black Forrest ham with zesty Gruyere cheese spread and homemade red onion mayonnaise on a grill pressed Panini bread... 9.49  
Pile on the Bacon... 2.49

## CAPRESE CHICKEN CLUB

Tuscan seasoned grilled breast of chicken, fresh mozzarella, crispy bacon, homemade tomato jam, leaf lettuce, and basil mayo on grilled bakery roll... 11.49

## SALAD DRESSING SELECTIONS

Vidalia Vinaigrette ~ Salsa Ranch ~ Red Wine Vinaigrette  
Dilled Buttermilk ~ Honey Balsamic ~ Ginger Peanut ~ Caesar Vinaigrette

# Market Salad Sandwiches

Market Salad Sandwiches are served on your choice of Petite Croissants, Rustic Whole Grain Bread, Spinach & Herb Wrap, Skinny Bread, or Bakery Roll with crisp leaf lettuce and served with one of our homemade sides.

## **HOMEMADE HAM SALAD**

Smoked ham, pickle relish, red onion, and a touch of mayonnaise... 9.49

## **HOMEMADE CHICKEN SALAD du JOUR**

Fresh "Prestige Farms Chicken" prepared as Tuscan, Mesquite Grilled, Vineyard, Curry, Roasted or Thai Peanut Chicken Salad  
Please ask for today's selection ... 9.49

## **HOMEMADE EGG SALAD**

Hard cooked eggs, mayo, sweet pickle relish, Dijon mustard and spices... 7.99

## **HOMEMADE TUNA SALAD**

Albacore tuna, mayo, Dijon mustard, red onion, pickle relish, celery, and spices... 9.49

## **TUNA MELT**

Homemade tuna salad topped with creamy Havarti cheese skillet toasted until golden... 10.49

## **MARKET SALAD TRIO**

Organic gourmet greens and garden-fresh vegetables with any combination of 3 scoops of our homemade Chicken, Ham, Tuna or Egg salads served with your choice of dressing... 9.49

### **Sides:**

French Fries ~ Salt & Pepper Corn Chips ~ Mac & Cheese Cupcake ~ Seasonal Fruit Salad  
House Salad ~ Potato Salad du Jour ~ Cranberry Almond Slaw ~ Pasta Salad

Substitute a cup of homemade soup for any side... 1.49

# Gourmet Salads

All gourmet salads are served with grilled flat bread and can be made into wrap

## SOUTHWEST

Organic gourmet greens, grape tomatoes, grilled sweet corn, black beans, red onion, cucumber, cheddar cheese, house made tortillas, and pumpkin seeds served with homemade salsa ranch...Half... 4.49/ Whole... 7.49

Add Chipotle Grilled Chicken or Rasher of Crispy Bacon... 3.49

Add Chipotle Grilled Salmon or Jumbo Shrimp, Crab Cake... 6.49

## TUSCAN

Organic gourmet greens, fresh mushrooms, artichoke hearts, roasted red bell pepper, Kalamata olives, Gorgonzola cheese, and red onion served with our homemade Honey Balsamic dressing...Half... 4.49/ Whole... 7.49

Add Tuscan Grilled Chicken or Rasher of Crispy Bacon... 3.49

Add Tuscan Grilled Jumbo Shrimp or Salmon, Crab Cake... 6.49

## GOURMET FRUIT & NUT SALAD

Organic gourmet greens, fresh mushrooms, Feta cheese, fresh seasonal fruits, sherry spiced nuts, and red onion, with Vidalia Vinaigrette...Half... 4.49/ Whole... 7.49

Add Rosemary Grilled Chicken or a rasher of Crispy Bacon... 3.49

Add Rosemary Grilled Salmon, Jumbo Shrimp, Crab Cake... 6.49

## THAI PEANUT

Organic gourmet greens, fresh mushrooms, cucumber, Mandarin Oranges, red bell pepper, grape tomatoes, green onion, black sesame seeds, and crispy chow mein noodles with ginger peanut vinaigrette...Half... 4.49/ Whole... 7.49

Add Asian Grilled Chicken or Rasher of Crispy Bacon... 3.49

Add Asian Grilled Salmon or Jumbo Shrimp, Crab Cake... 6.49

## THE SOGO SALAD

Organic gourmet greens, grape tomatoes, crisp cucumber, fresh mushrooms, feta cheese, and red onion with your choice of dressing...Half... 4.49/ Whole... 7.49

Add Citrus Grilled Chicken or Rasher of Crispy Bacon... 3.49

Add Grilled Jumbo Shrimp, Salmon, Crab Cake... 6.49

## GRILLED CHICKEN CAESAR

Organic gourmet greens topped with grilled chicken, homemade croutons, and shredded parmesan cheese...Caesar Vinaigrette...Half... 8.49/ Whole... 11.49

## CLASSIC CHOPPED SALAD

Organic greens, smoked turkey, baked ham, Swiss & Cheddar cheeses, cucumber, grape tomatoes, and red onion, with your choice of red wine vinaigrette

Or Dilled Buttermilk Dressing... 10.49

## SALAD DRESSING SELECTIONS

Vidalia Vinaigrette ~ Salsa Ranch ~ Ginger Peanut ~ Caesar Vinaigrette  
~ Red Wine Vinaigrette ~ Dilled Buttermilk ~ Honey Balsamic

# Gourmet Burgers

House seasoned 6 oz. handmade patty grilled over an open flame.

Served on grilled Roll...\$10.49

## **ULTIMATE SOUTHERN CHEESEBURGER**

Grilled beef burger, topped with our “famous” pimento cheese, a touch of mayo, leaf lettuce, and crispy onion straws

## **BLT BURGER**

Grilled beef burger topped with leaf lettuce, crispy bacon, red onion mayo, and heirloom tomatoes

Add Cheese...1.49

## **CAPRICE CHEESEBURGER**

Grilled beef burger topped with fresh Mozzarella cheese, leaf lettuce, heirloom tomatoes, and basil mayo on toasted bakery roll

## **BUILD YOUR OWN BURGER**

Grilled beef burger with your choice of Cheddar, Havarti, Swiss or Pepper Jack cheese, lettuce, and your choice of condiments

Add Bacon or Guacamole... 2.49

Add Extra Cheese or Fried Egg... 1.49

## **FIRECRACKER BURGER WRAP**

Grilled beef burger melted pepper jack cheese, crispy onion straws, leaf lettuce, and spicy Dijon mustard grill pressed in a spinach and herb wrap

## **SOUTHWEST CHEESEBURGER**

Beef burger topped with grilled peppers & onions, melted Pepper Jack cheese, crispy bacon, bourbon mayonnaise, and leaf lettuce

## **DOUBLE UP**

Add an Extra Patty to any Burger... 3.99

Add Bacon... 2.49

### Sides:

French Fries ~ Salt & Pepper Corn Chips ~ Mac & Cheese Cupcake ~ Seasonal Fruit Salad  
House Salad ~ Potato Salad du Jour ~ Cranberry Almond Slaw ~ Pasta Salad

Substitute a cup of homemade soup for any side... 1.49

# Southern Slim Menu

All sandwiches include your choice of a healthy side dish.  
Organic House Salad, Cranberry Almond Slaw or Seasonal Fruit Salad.

Skinny sandwiches are served on a healthy, multigrain 100-calorie sandwich thin  
Or grilled flatbread.

## **SKINNY MARKET SALAD SANDWICHES**

Chicken salad du jour, Ham salad, Egg Salad, Tuna Salad or  
Pimento Cheese leaf lettuce on 100 calorie sandwich thin... 7.49

## **GUACAMOLE CHICKEN CLUB**

Grilled chicken, fresh tomatoes, bacon, lettuce & guacamole  
On grilled flatbread... 9.49

## **SKINNY ASIAGO – PARMESAN FISH FILET**

A lighter version of our popular fish sandwich... 9.49

## **MEDITERRANEAN WRAP**

Healthy homemade lemon hummus, fresh cucumbers, grape tomatoes  
Kalamata olives, organic baby greens & dilled buttermilk  
in a grill, pressed spinach & herb wrap... 8.49  
Add Grilled Jumbo Shrimp... 13.49 - Grilled Chicken... 11.49

## **SKINNY SALAD DRESSING SELECTIONS**

2 Tbsp. ~Vidalia Vinaigrette, 110 cal. ~ Red Wine Vinaigrette, 45 cal.  
Honey Balsamic, 100 cal.