



SPECIALTY SANDWICHES

All sandwiches are served on our house panini bread, with a side of potato chips. If you would like to change the bread there is a \$.50 charge for: honey oat wheat, marble rye, classic Italian or your choice of available low-carb* wraps. A vegan marinated tofu may be substituted for meat in any sandwich for an additional \$1.00.

HAVE A COW

Roast beef, provolone cheese, red peppers, onions, served with au jus...6

MEAT YOUR MAKER

Roast beef, provolone cheese, caramelized onions, horseradish sauce...6

RUSSIAN ROULETTE

Corned beef, sauerkraut, swiss cheese, Russian dressing on marble rye...6

CAPRESE CLASSIC

Grilled chicken, tomato, spinach, fresh mozzarella, caramelized onions, roasted red peppers, balsamic reduction. Grilled on Panini bread...6.25

THERE ARNO BETTER

Turkey, tomatoes, spinach, artichoke, fresh mozzarella and herbed mayo...6

BINGHAMTON ON A BUN

(Chicken Spiedie) Grilled marinated chicken, provolone, feta, peppers & onions...6 Buffalo option... \$.50

B.P.D. SPECIAL

Ham, swiss, spicy mustard...6

TURKEY BACON RANCHER

Layers of turkey, bacon & provolone cheese, drizzled with specialty ranch sauce...6

THE B.L.A.T.

Bacon, lettuce, tomato, thinly sliced avocado, and herbed mayonnaise...6

CHICKEN CORDON BLAHHH

Grilled chicken breast, ham, melted swiss cheese, herbed mayo...6

THE WOPPA

Ham, salami, pepperoni, roasted red peppers, caramelized onions, pepperoncinis, topped with provolone...6

ALEXANDER THE GREEK

Grilled chicken, spinach, tomato & chopped olives, topped with feta, red wine vinegar and virgin olive oil...6.25

THE WHARF'S MELT

Original salmon salad recipe, topped with swiss cheese, sliced cucumber & tomato...6.25

THE FAKE MCCOY

Turkey, roast beef, ham, bacon, pepperoni, spinach, caramelized onions, artichoke, avocado, provolone, herbed mayo, spicy mustard...7.5



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THE REAL MCCOY CHALLENGE

4 lb. Masterpiece! 1 lb. turkey, 1 lb. ham, 1 lb. roast beef, 1/4 lb. bacon, 1/4 lb. pepperoni, lettuce, tomato, onion, artichoke, avocado, provolone cheese, herbed mayo and spicy mustard sauce...25

CLASSIC DELI SANDWICHES

Choose 1 from each category...5.5
additional toppings & sauces are .50 each.

YOUR CHOICE OF MEAT

Turkey, Ham, Roast Beef, Salami, Pepperoni, Grilled Chicken, Bacon, Chicken Salad, Salmon Salad.

YOUR CHOICE OF CHEESE

Provolone, Swiss, Fresh Mozzarella, American, Feta, Muenster.

YOUR CHOICE OF BREAD

White, Wheat, Marble Rye, Panini, Wrap.

ANY 3 TOPPINGS

Lettuce, Tomato, Onions, Roasted Red Peppers, Pepperoncinis, Olives, Artichokes, Avocados, Sauerkraut, Apple.

SAUCES

Herbed mayo, Honey Mustard, Mustard, Ranch, Creamy Horseradish, Pesto, Russian, Yeti Sauce, Chipotle Southwest.

WRAPS

All wraps can be served hot or cold, please specify.

GANGSTER WRAP

Ham, salami, pepperoni, roasted red peppers, caramelized onions, pepperoncinis, spinach and provolone cheese, served inside a garlic herb tortilla wrap...6.5

ABSTRACT WRAP

Turkey, artichokes, olives, tomato, spinach, pesto and feta cheese. Served inside a garlic herb tortilla...6.5

WRAPADILLA

Chicken, Monterey cheddar cheese, quesadilla seasoning, onions, peppers and spinach, served inside a jalapeño-cheddar wrap...6.5

THE BEE-KEEPER

Turkey, Monterey cheddar cheese, spinach, honey mustard sauce. Served on a plain wrap...6.5

GARDEN WRAP

Tomatoes, caramelized onions, roasted red peppers, artichokes, olives, cucumbers, avocado, herbed mayo, fresh mozzarella served on choice of wrap...6

Add chicken...\$1.50

Add tofu...\$1.00



FLAT BREAD PIZZA

MAMA MEAT-TA! PIZZA

Sausage, pepperoni, ham, italian seasonings, provolone & mozzarella cheeses...7.5

ABRACADABRA PESTO PIZZA

Pesto sauce, grilled chicken, sun-dried tomato, provolone cheese...7

GREEN ENERGY

Tomato, peppers, onions, pepperoncinis, olives, spinach, fresh mozzarella & feta cheese...7.5

CHICKEN SPIEDIE PIE

White garlic spread, provolone, feta, fresh mozzarella cheeses & famous spiedie chicken...7

PLAIN...5

Toppings: 50 cents each additional

Pepperoni, sausage, ham, grilled chicken, pineapple, apple, peppers, onions, banana peppers, artichokes, spinach, olives, sundried tomatoes fresh mozzarella, feta, provolone, pesto, garlic paste, garlic ranch, white horseradish, buffalo sauces.

SOUPS & SALADS

24 Hour Soup - Ask the Chef! ...3.5

TIME-HONORED CHICKEN NOODLE SOUP...2.5

A gourmet favorite for generations

SIDE SALAD

Lettuce, spinach, cucumbers, tomatoes & onions...3.25

HERBIVORE'S ANTI-PASTO

Lettuce, spinach, cucumbers, tomatoes, onions, roasted red peppers, artichokes, fresh mozzarella, feta cheese, black and green olives, red wine vinegar and virgin olive oil...6

MOUNT FUJI SALAD

Grilled or crispy chicken, lettuce, spinach, grape tomatoes, onions, fuji apples, mandarin oranges topped with our oriental dressing & chow mein noodles...7

ALL ABOUT ARISTOTLE

Grilled chicken, lettuce, spinach, grape tomatoes, green & black olives, onions, topped with feta cheese and balsamic vinaigrette...7

Dressings: Sesame Asian, Ranch, Italian, Russian, Balsamic, Oil & Vinegar.

SIDES

HOLY MACARONI

(A secret recipe) white cheese sauce with spinach, prosciutto & sausage...sm 3/lg 5

PASTA SALAD

Whole wheat pasta with red peppers, olives, tomatoes, cheese, tossed with parmesan cheese, fresh cracked pepper, oil & pesto...sm 2.5/lg 4



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