


Sandwiches


SERVED WITH CHOICE OF
CHIPS OR SWEET POTATO FRIES
AND CRISPY DILL PICKLE

TUNA OR CHICKEN SALAD | \$6.75
"Not So Traditional" Salads with Lettuce & Tomato. Served on your Choice of Bread.

CAFE ROASTED TURKEY | \$6.95
House Roasted Turkey served on Toasted 7-Grain with Granny Smith Apple, Cheddar Cheese, Lettuce, Tomato & Honey Dijon Aioli.

 FALAFEL | \$6.50
Housemade Falafel (Ground Chick Peas with Garlic, Parsley, Tahini, Scallions, Celery and Spices, Fried Golden Brown & Crispy). Served in a Lavosh Wrap with Lettuce, Tomatoes, Cucumbers, Sprouts & Creamy Dill Dressing.

GRILLED CHICKEN CAESAR WRAP | \$7.00
Seasoned Grilled Chicken Tossed with Crispy Romaine Lettuce, Parmesan Cheese, Diced Tomatoes & Our House Caesar Dressing All Rolled Up in a Warm Lavosh Wrap.

 SWORDFISH OR SALMON BLT | \$8.50
Fresh Grilled Swordfish or Salmon on Toasted 7-Grain with Crispy Bacon, Lettuce, Tomato, & Lemon Caper Aioli.

GRIDDLED HAM & BRIE SANDWICH | \$7.95
Ham, Brie, Crispy Bacon, Watercress & Tomato, Griddled on House-made Sour Dough with Spicy Dijon Mustard.

 TUNA & TAPENADE | \$7.95
Our Albacore Tuna Salad with Kalamata Olive Tapenade, Mesclun, Tomatoes & Blue Cheese on Griddled Sour Dough.

 GRILLED VEGETABLE SANDWICH | \$6.95
Seasoned Grilled Zucchini, Summer Squash, Portobello's, Grilled Red Onions & Spinach on Toasted 7-Grain with Herbed Goat Cheese.

 TABOULEH WRAP | \$5.95
Lemon & Mint Tabouleh Salad with Cucumbers, Feta Cheese & Sprouts all Rolled into a Soft Lavosh Wrap.

WARM GRILLED STEAK WRAP | \$7.50
Warm Grilled Steak, Caramelized Onions, Mushrooms, Scallions & Melted Provolone Cheese with Tomatoes and Leaf Lettuce.

THREE-CHEESE GRILLED CHEESE | \$5.95
Swiss, Provolone & Cheddar on Sour Dough with Crispy Bacon & Tomato, Griddled Golden Brown.

TUSCAN STYLE GRILLED CHICKEN SANDWICH | \$7.50
House Marinated Grilled Chicken Sandwich on Toasted Sour Dough with Pesto Aioli, Fresh Mozzarella, Artichokes & Baby Spinach.

 Indicates meals suitable for vegetarians

Side Orders

Sweet Potato Fries	\$3.50	Small Mesclun Salad	\$3.50
Warm Grilled Chicken	\$2.95	Tuna or Chicken Salad	\$2.95
Coleslaw	\$2.00	Polenta Fries	\$3.95
Pecan Encrusted Chicken	\$3.95		

Beverages

Stash Teas	\$1.65		
Assorted Sodas	\$1.85	Tazo Teas	\$1.65
Brewed Ice Tea	\$1.65	Izze Beverages	\$2.50
Coffee or Decaf	\$1.65	T42 Beverages	\$2.50

Lunch Menu

SERVED FROM 11:00 TO 3:00

On a Roll cafe

David Barile

CHEF / OWNER

For those who enjoy a

healthier
lifestyle,

here's how we can help...

No Preservatives in our food

Food made to order

House-roasted Turkey
and Roast Beef

Hand-pressed Burgers

Daily Housemade Soups
from Fresh Stock

Housemade Breads
& Pastries Baked Daily

All Natural Beverages

Daily Gourmet Specials

Welcome to
On a Roll Cafe!

Lunch Menu

SERVED FROM 11:00 TO 3:00

Soup Selections

SOUP OF THE DAY
Small \$2.95 or Large \$3.95
CIDER BUTTERNUT BISQUE
Small \$2.95 or Large \$3.95
(available seasonally)

Salads

HOUSEMADE DRESSINGS

SPINACH COBB | \$7.50

Warm Grilled Chicken over Spinach & Baby Mesclun Greens with Scallions, Diced Tomatoes, Cucumber, Hard Boiled Egg, Crispy Bacon & Jack Cheese.

PECAN CRUSTED CHICKEN

CAESAR SALAD | \$7.95

Crispy Romaine Lettuce with Pecan Encrusted Chicken, Crunchy Croutons, Parmesan Cheese, Diced Tomatoes & Housemade Caesar Dressing.

OUR "HOUSE" SALAD | \$6.95

Tabbouleh, Chick Peas, Diced Tomatoes, Cucumbers, Scallions & Sprouts on a bed of Mesclun.

*Add a Scoop of Chicken, Tuna Salad
or Warm Grilled Chicken: \$2.95*

CRAB & ARTICHOKE SALAD | \$7.95

Tarragon, Lime & Chili Marinated Crab & Artichoke Salad over Baby Spinach with Toasted Coconut & Pignolis.

WARM GRILLED

SALMON SALAD | \$8.50

Atlantic Salmon Grilled to Order Over Crispy Romaine Lettuce with House-made Croutons, Diced Tomatoes, Parmesan Cheese & our own Caesar Dressing.

MIXED GREENS WITH ROASTED VEGETABLES | \$6.95

Baby Greens with Roasted Beets, Butternut Squash, Crumbled Goat Cheese & Spiced Walnuts.

GRILLED PORTOBELLO SALAD | \$7.50

Marinated & Grilled Portobello Mushroom, Artichokes, Caramelized Red Onions, Overnight Tomatoes served over Baby Spinach with a Fried Goat Cheese Button.

Housemade Dressings

HONEY BALSAMIC VINAIGRETTE

ITALIAN

CITRUS VINAIGRETTE

BLUE CHEESE

CREAMY DILL

HOUSE CAESAR

Burgers

SERVED ON A
HOUSEMADE SOUP DOUGH BULKIE ROLL
WITH CHIPS OR SWEET POTATO FRIES

LEMON-THYME CHICKEN BURGER | \$6.95

House Made Chicken Burger with Garlic, Lemon and Fresh Thyme. *Add cheese: \$0.75*

BEACHCOMBER BURGER | \$7.50

Onions & Mushrooms Sautéed in Red Wine, all rolled into a Burger. Grilled and Topped with Bacon & Blue Cheese.

ITALIAN BURGER | \$7.50

Pesto & Buffalo Mozzarella Mixed In And Topped With Provolone Cheese.

BEEF BURGER | \$6.95

Lean Ground Beef Burger Grilled to Your Liking.
Add cheese: \$0.75

House Specialties

QUESADILLAS | \$7.50

Flour Tortillas stuffed with Hummus, Black Beans, Roasted Corn, Jack Cheese, Tomatoes & Cilantro. Served with Sour Cream & Housemade Salsa. Your choice of Vegetarian, Chicken, or Steak.

SAUTEED LIVER | \$6.50

Floured & Sautéed on a Bed of Caramelized Onion, Potato & Bacon with Apples.

HOUSEMADE VEGETABLE

SPRING ROLLS | \$7.95

Our Own Crispy Spring Rolls With Marinated Asian Vegetables Served Over Mesclun Greens With A Soy Lime Dipping Sauce.

MAINE CRAB CAKE SANDWICH | \$7.95

Housemade Maine Crab Cakes Fried Golden Brown, Served on a Sourdough Bulkie Roll with Lettuce, Tomato & Remoulade Sauce.

FRITTATA OF THE DAY | \$5.95

Open-Faced Omelet with a Small Mesclun Salad & Choice of Dressing. Ask Your Server about Today's Frittata. *Egg whites available: add \$1.50*

SOUP AND ½ | \$6.75

A cup of our soup served with Any Half Sandwich, with your choice of Sweet Potato Fries or Chips.

INDIVIDUAL PIZZAS | \$6.95

Grilled Six Inch Pizza with your Choice of Toppings:
Artichoke Hearts Sausage Tomatoes
Mushrooms Spinach BBQ Onions
Peppers Pepperoni

 *Indicates meals suitable for vegetarians*

We would be happy to make substitutions for you!
Please ask your server about any additional cost.

*Eating raw or undercooked food increases
your risk of food borne illness*