Salad Sandwiches Sand Lb White Albacore Tuna Salad with low-fat mayo 10.00 12.99 Egg Salad with light mayo 10.00 11.99 Juicy White Meat Chicken Salad with low-fat mayo 10 00 12 99 Honey Mustard Chicken Salad with Almonds 10.00 12.99 Cranberry Walnut Chicken Salad with low-fat mayo 10,00 12,99 **Bacon Ranch Chicken Salad** 10.00 12.99



Breakfast

Healthy Breakfast

*Healthy Choice #1

3 Egg Whites Grilled Vegetables on Wheat

*Healthy Choice #2

3 Egg Whites Grilled Turkey on Wheat

*Healthy Choice #3

3 egg whites

Grilled Turkey, Alpine Swiss in Wrap

EXTRAS

Turkey

Wrap

Bagel

ubstitute Whites

1.00

1.00

1.00

1.00

1.00

1.00

1.00

2.50

2.50

1.50

0.50

0.50

A TOTAL NO.	eggs ally style III or a la carte with Toast	3.23
	Eggs Platter with Toast & Home Fries	6.25
3 Eggs	ryman Breakfast . Bacon, Ham, Cheese & Home n a Hero	7.99
3 eggs,	's Hero Roast Beef, Cheese & Home n a Hero	7.99
Tollow and	ern Omelette Peppers & Onions	8.99

*Healthy Choice

*Ultimate Cheese Omelette 7.99	Cheese
3 cheeses, Munster, Swiss and American	Ham
*Greek Omelette 8.99 Spinach, onions & Feta cheese	Bacon Sausage
*ABC Wrap 8.95 Avocado, Bacon and Cheddar	Home Fries Additional Egg
*Aspen Breakfast Wrap 8.95 Egg Whites, Lacey Swiss Cheese.	Substitute Whit
Turkey, Spinach & Avocado	Roast Beef

South of the Border Wrap

Wraps served with choice of Coffee or	Hero	1.25
Orange Juice	Croissant	1.25
*Homemade Texas French Toast *Served w/ Butter and Maple Syrup		9.99
*Homemade Buttermilk Pancakes *Served w/ Butter and Maple Syrup		9.99
*Hat Oatmont 12 on /2 40 1		C /2 20

nut vatilieai		12 04/	4.40	10 02/	3.23
*Served w/ Choice of: Honey, C.	innamon, Milk,	Raisins,	Brown	Sugar	
*Buttered Roll					2.00

Duttorou Ron			
*Assorted Bagels	Plain 0.95 / Buttered or Jelly	3.00	
*Vegetable Cream Cheese		3.00	
	0.05 / 101 / 101		

*Fresh Baked Jumbo Muffins 2.25 / with butter 2.50 *Corn, Oat, Bran, Blueberry, Banana Nut, Chocolate Chip

*Danish Croissant Crumb Cake Pound Cake

*Brownies, Turnovers	3.00	
*Assorted Yogurt Loafs	3.00	

Speciality Salads \$13.95

1. Insalata Rustica

field greens, spindled with raisins and roasted almonds, topped with goat cheese and a homemade raspberry vinaigrette.

2. Field Greens

tossed with walnuts, cranberries, tomatoes, and crumbled goat cheese dressed with a balsamic sauce

3. Fresh Baby Spinach

cranberries, caramelized pecans, blue cheese, sliced apples, dressed with a halsamic sauce

grilled chicken, fresh mozzarella, roasted peppers and avocado over mesculan greens

5 Cohh

strips of grilled chicken over a bed of crisp lettuce with chopped bacon, sliced hard boiled eggs, crumbled blue cheese, sliced red onions and avocado slices

crispy romaine lettuce, homemade croutons in a traditional Caesar dressing topped with grated Pecorino Romano cheese

7. Insalata

chopped salad with grilled chicken, roasted red peoper artichoke hearts and crumbled gorgonzola cheese favoured with a raspberry vinaigrette dressing

8. Insalata Mediterranean

crispy Romaine lettuce with fete cheese, red onions, fresh ripened tomatoes, cucumbers and black olives, tossed in a roasted garlic red wine vinaigrette dressing

9. Insalata Parma

Romaine lettuce with roasted peppers, olives, shaved Pecorino Romano cheese, red onion and breaded chicken cutlet in a balsamic vinaigrette dressing



From The Grill

Burger platters 3.00 extra! resh fries, cole slaw, and slice pickle

The Control of the Co	
1. *Classic Burger	8.95
Topped with all the traditional toppings lettuce, tomato, red onion, pickles	
2. *Nino's Burger	10.95
Beef patty topped with shaved roast beef, melted mozzarella, sauteed onions	
3. *South of the Boarder	10.95
Roasted jalapeño, red onion, lettuce, tomato, chipotle garlic aioli	
4. *Texas Burger	10.95
Caramelized onions, BBQ sauce, lettuce, tomato, cheddar	
	10.95
Topped with Cheddar cheese caramelized onions	
6.*Mushroom Swiss Burger	7.95
7.* Philly Cheese Steak	13.95
Thinly sliced steak, sauteed onions, mushrooms, peppers and melted mozzarella cheese on toasted hero	
8. *Grilled Cheese	6.00
Cheese of your choice, add bacon or ham 1.00 extra*	
9.* BLT	7.50
Bacon, lettuce & tomatoes on white, rye or whole wheat bread	
10. *Classic Ruben	12.95
Pastrami, sauerkraut, swiss cheese, Russian dressing on grilled Rye bread	

All prices subject to change without notice "Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness."



Chopped Salad Bar

· Bacon Bites

· Grilled Cheese

· Bean Sprouts

· Black Olives

· Green Olives

Broccoli

Carrots

· Celery

· Chick Peas

Cucumbers

· Green Olives

· Roasted Penners

· Sun Dried Tomatoes

· Croutons

13.55 with 5 toppings

Grilled or Fried Chicken included

TOPPINGS

- Artichoke Hearts (\$100 extra)
- · Avocado (\$100 extra)
- · Goat Cheese (\$100 extra)
- · Blue Cheese
- · Cheddar Cheese
- · Feta Cheese
- Mozzarella
- · Dark Raisins
- Dry Cranberries
- · Green Peppers
- Hard Boiled Eggs
- · Seseme Seeds Sliced Almonds
- · Tortilla Strips
- · Tomatoes · Grilled Chicken DRESSINGS

Honey Mustard

Walnuts · Fried Chicken FAT-FREE DRESSINGS

- - SCOOP OF ANY \$2.50 HOMEMADE SALAD

8-10 people

- · Chicken · Tuna · Egg

CATERING PACKAGES

Package #1

1/2 tossed salad or caesar salad \$160.00 1/2 Penne Vodka, Fileto Di Pomodoro or Marinara 1/2 Chicken Francese, Marsala or Parmigiana

1/2 Roasted Potato Wedges or Mixed Vegetables Package #2

1 Full Tossed Salad or Caesar Salad

1 Full Penne Vodka, Fileto Di Pomodoro or Marinara 30000 1 Full Chicken Francese, Marsala or Parmigiana

1 Full Roasted Potato Wedges or Mixed Vegetables Package #3

1 Full Tossed Salad or Caesar Salad

1 Full Penne Vodka, Fileto Di Pomodoro or Marinara \$100.00

1 Full Chicken Francese, Marsala or Parmigiana 1 Full Eggplant Parmigiana or Rollatini

1 Full Roasted Potato Wedges or Mixed Vegetables Package #4

1 Full Tossed Salad or Caesar Salad

1 Full Penne Vodka, Fileto Di Pomodoro or Marinara 1-1/2 Full Chicken Francese, Marsala or Parmigiana

1 Full Meat Lasagne

1 Full Eggplant Parmigiana or Rollatini

1 Full Roasted Potato Wedges or Mixed Vegetables

1 Full Baked Clams

1 Full Stuffed Mushrooms

1 Full Tossed Salad or Caesar Salad

1 Full Veal Francese, Marsala or Parmigiana

1 Full Meat Lasagne

1 Full Penne Vodka, Fileto Di Pomodoro or Marinara 1 Full Eggplant Parmigiana or Rollatini

1-1/2 Full Chicken Francese, Marsala or Parmigiana

1 Full Roasted Potato Wedges or Vegetables

Gold Package



Home of the Greatest Hero Sandwiches

Take out menu



Breakfast Lunch-Dinner



Delivery Available

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Our Signature Sandwiches

Signature Sandwiches \$7.95 includes a side and slice pickle potato /

Sandwiches available on Panini, Foccia, Caibbtia, Tomato, Rosemary
Foccia, -Wraps- Heros & Semolina Bread- \$14,95+ tax

1- Italiano

prosciuto, Sopressata, mortadella, pepperoni, fresh mozzarella, roasted peppers, lettuce, tomato, oil and vinegar

2- Sicilia

Ham cappy, Imported salami, mortadella, pepperoni, provolone, sweet peppers, lettuce, tomato, oil and vinegar

3- Americano

Roast beef, turkey, ham, swiss, american cheese, lettuce, tomato, onion

4- Bella Vita

Grilled chicken, goat cheese, mayo, mixed greens sun-dried tomatoes, olive oil and basaltic vinaigrette

5- Ragazzo

Fried/grilled chicken, broccoli rabe, roasted peppers, fresh mozzarella

6- Tutto Bene

Roast beef, provolone, broccoli rabe, tomatoes w/ garlic mayo

7- Mama Mia

Fresh mozzarella, artichoke hearts, roasted red peppers, black olives, tomatoes, and baby spinach.

8- Andiamo

Smoked turkey, field greens, brie, cranberries, avocado, honey mustard

9- Picante

Turkey, pepper jack, green peppers, cucumbers, tomatoes ranch dressing

10- Delicioso

Cracked Pepper Turkey, melted Muenster cheese sauteed onions, tomato, herb mayo

11- Paesano

Buffalo chicken breast, blue cheese crumbles, lettuce, tomato, and ranch dressing

12- Mangia

Chicken cutlet, ham, melted Swiss, caramelized onions, mayo on a toasted hero

13- Grazi

Grilled chicken, grilled eggplant, mozzarella, tomato, pesto

14- Ti Amo

Cracked pepper turkey, swiss cheese, bacon, coleslaw, and Russian dressing

15- Fa Clado

Roast beef, pepper jack cheese, jalapeno peppers, lettuce, tomato, spicy mayo

16- Giarderna

Grilled Portobelo mushrooms, zucchini, eggplant, roasted pepper, mozzarella, pesto dressing.

17- Bambino

Grilled chicken, bacon, avocado, lettuce, tomato, chipotle dressing * (\$14.95)

18- Boun Giorno

Grilled chicken, field greens, tomato, gorgonzola cheese, raspberry vinaigrette dressing

19- Amici

Smoked turkey, alpine lace cheese, avocado, baby spinach, roasted peppers, honey mustard.

20- Pazzo

Roast beef, melted mozzarella, satueed onions, gravy on a garlic toasted hero * (\$14.95)

21- Venzia

Hot pastrami, melted swiss, cole slaw, Russian dressing

22- Roma

Imported salami, provolone, hot stuffed pepper and Italian dressing

23- Tuscano

Chicken cutlet, melted mozzarella, cheddar, bacon BBQ sauce and honey mustard on garlic toasted hero

24- Napoli

Chicken cutlet, fried eggplant, melted mozzarella, pepperoni, hot peppers, lettuce, tomato with Italian dressing on a toasted hero

25- Sicilia

Grilled chicken, melted mozzarella, tomato and pesto

26- Parlemo

Grilled chicken, mozzarella, arugula, topped with tomato brushetta

27- Florentine

Fried eggplant, melted mozzarella spinach, tomato and red onions with a creamy balsamic dressing

28. Pis:

Sliced chicken breast, Black Forest ham, melted swiss, sliced pickles with Chipole mayo

29- Mia Amore

Smoked turkey, smoked Gouda cheese, apples, craisins and spinach

30- Tutto Anosto

Grilled roast beef, melted mozzarella, sauteed onions, and mushrooms on a toasted garlic hero

31- Bologna

Chicken cutlet, melted swiss, cole slaw, bacon and Russian dressing on a trasted hero

32. Florence

Roast beef, crumbled blue cheese, caramelized onions, bacon, buffalo sauce, toasted garlic bread

33- Milano

Chicken cutlet, blue cheese crumbles, buffalo sauce, lettuce, tomato,

34- Bari

Hot roast beef, melted Muenster, caramelized onions, cole slaw, Jalapenos, horseradish sauce on a toasted hero

35- Potenzio

Honey maple turkey, swiss cheese, sun dried tomatoes, field greens, pesto sauce, tomatoes on a hero

36. Rac

Breaded eggplant, melted mozzarella, salami, roasted red peppers, spinach, balsamic vinaigrette on a toasted garlic hero

07 M

Buffalo chicken, shredded carrots, pepper jack cheese, lettuce, tomatoes, blue cheese dressing, on a toasted hero

38- Porto Fino

Chicken cutlet, pepperoni, melted mozzarella, marinara sauce on a toasted hero.

39- Mi Chiamo

Sliced chicken breast, brie cheese, sliced apples, crasins and raspberry vinaigrette and field greens

40- Trapani

Fresh mozzarella, tomato and arugula with pesto

41- Grilled Chicken Club

With bacon, arugula tomatoes, and mayonnaise on toasted focaccia

42- Grilled Chicker

2 slices prosciuto di Parma, fresh mozzarella and roasted peppers & basil



43- Crispy Chicken Cutlet

With BBQ cream cheese and tomatoes on toasted tomato focaccia

44. Roast Roof

With horseradish cheddar, sauteed onions, tomato, chipotle on hero * (\$11.95)

45- Roast Beef

With BBQ cream cheese, tomatoes on toasted tomato focaccia

46- Oven Roasted Turkey

Roasted peppers, avocado, caramelized onions & tomatoes with peppercorn mayo on a whole grain French roll

47- Turkey with Melted Swiss

Bacon, lettuce & tomato on semolina bread with mayo

48- Caiun Turkey

Pepper jack and sauteed onions, chipotle, lettuce & tomato

49- Cajun Roasted Turkey

French Brie, romaine lettuce, tomato & honey mustard

50- Cracked Pepper Turkey

Fresh mozzarella, tomatoes, pesto, roasted peppers & extra virgin olive oil

51- Wood Smoked Turkey Breast

French baguette with brie & honey mustard

52- Maple Glazed Turkey

Melted swiss, red onion, avocado and tomato on toasted focaccia, herbed mayo

53- Chicken Jess

made with fried chicken cutlet, grilled eggplant, fresh mozzarella, roasted red peppers and broccoli rabe on a garlic toasted hero

54- Prosciuto di Parma

Fresh mozzarella, broccoli rabe, tomato & basil with extra virgin olive oil

55- Prosciuto di Parma

Smoked fresh mozzarella, basil roasted peppers and tomato with extra

56- Prosciuto

With eggplant, fresh mozzarella, roasted peppers, tomato and basil with olive oil and vinegar

57- Grilled Chicken

On semolina bread with fresh melted mozzarella & tomato, fresh tomato & pesto

58- Grilled Chicken Breast

Avocado, pepper jack tomatoes & chipole

59- Chipolte Turkey

Pepper jack cheese, arugula chipole and tomatoes

60- Cubano

Roasted pork, ham, Swiss cheese, pickles

61- Grilled Chicken

Avacado, pepperiack cheese, tomato, chipotle mavo

62- Honey Roasted Turkey

Creamy brie. Crispy bacon with tomatoes and honey mustard \





1- Chicken parm	\$12.95
2- Eggplant parm	\$12.95
3- Meatball parm	\$12.95
4- Chicken marsala w/ fresh mozzarella	\$12.95
5- Chicken franchese w/ fresh mozzarella	\$12.95
6- Hot roast beef w/ fresh mozzarella,	\$13.95
caramelized onions signature gravy	
7- Hot roast turkey w/ fresh mozzarella, caramelized onions signature gravy	\$12.95
8- Sausage and peppers	\$12.95
9- Sausage and broccoli rabe	\$13.95

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