

MAIN

HUMMUS

12oz - \$6.99

Serves well with sliced veggies and pitas

CHICKEN SALAD (contains nuts)

1/2 lb - \$7 1 lb - \$12 2 lb - \$20

Goes great on sandwiches or as appetizers with fresh vegetables, fruit or pitas

YELLOW FIN TUNA SALAD

1/2 lb - \$9 1 lb - \$16 2 lb - \$30

Makes great cold sandwiches or hot tuna melts

CRAB AND SPINACH DIP

12oz - \$11.99

Makes great appetizers served well with pitas

EGG SALAD

1lb - \$5.99 1/2lb - \$3.99

Great for sandwiches

PASTA SALAD

1 1/2 lb - \$4.99 1 lb - \$6.99

Makes great sides for lunch or dinner

POTATO SALAD

1lb - \$4.99 1/2lb - \$6.99

Great for sandwiches

COLESLAW

1 1/2 lb - \$3.99 1 lb - \$5.99

Great lunch sides or dinner sides

FRUIT SALAD

1 1/2 lb - \$3.99 1 lb - \$5.99

Great for lunch or dinner sides

MIXED SEASONAL RAW VEGETABLES

12oz - \$3.99

Great for any dips!!

PULLED PORK BBQ

1/2 lb - \$7 1 lb - \$12 2 lbs - \$20

SLIDER ROLLS

dozen - \$6

LOAVES OF BREAD

white, wheat and rye - \$6

PACK OF PITAS

5-pack of pitas \$3.99

GRAB'N GO MEALS

ENTRÉES

SOUTHERN STYLE BABY BACK RIBS

1 lb - \$12.99

CRABCAKES - \$13.99

Two jumbo lump crab cakes

QUATTRO FORMAGGI BEEF LASAGNA

Layered with meat and cheese! - \$11.99

WINGS

10 Jumbo Chicken Wings with choice of sauce - \$11.99

SIDE ITEMS

SAUTÉED GREEN BEANS

1 lb - \$6 2 lb. - \$10

MAC & CHEESE

1 lb - \$6 2 lb. - \$10

BAKED BEANS

1 lb - \$5 2 lb. - \$8



EAT FRESH. EAT LOCAL.

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PREPARED MEALS

Note: Place all aluminum containers on sheet pan while baking

SOUTHERN BBQ RIBS

1. Pre-heat oven to 350 F
2. Uncover and remove BBQ sauce
3. Bake for 20 min, remove from oven and add sauce
4. Broil for 4 min, center rack on high broil
5. Serve!

WINGS

1. Pre-heat oven to 350
2. Bake, uncovered for 22 min
3. Serve!

CRAB CAKES

1. Pre-heat oven to 350 F
2. Uncover cakes, place in oven for 12 min

QUATTRO FORMAGGI BEEF LASAGNA

1. Pre-heat oven to 350 F
2. Bake 18 – 20 min
3. Serve!



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