

WRAPS

Veggie: \$6.25

Your choice of cream cheese or hummus with cucumbers, lettuce, tomato and carrots. **Add Avocado: \$1.95**

Red Lady Turkey: \$6.95

Turkey breast with cucumber, carrots, lettuce, tomato, mustard and mayo. **Add Avo: \$1.95**

Izzy's Heart-A-Wrap: \$7.25

Turkey with sour cream & chives, green chilies, lettuce, cheddar cheese and bacon.

BLT: \$6.25

Bacon, lettuce, tomatoes & mayo.

Italian: \$7.25

Salami, ham, provolone, olive oil, balsamic vinegar, salt, pepper, lettuce, tomato, onion, pepperoncini and mayo.

Chicken Salad: \$6.25

Chicken salad with lettuce, tomato, cucumber and mayo.

SALADS

The Gindy: \$8.25

Green leaf & spinach with Nova Lox, olives, onions, tomatoes and cucumbers, drizzled with olive oil.

Italian Salad: \$8.25

Green leaf & spinach, salami, ham, tomatoes, pepperoncini, black olives, onions and provolone

The Med: \$8.25

Green leaf & spinach, cucumbers, garbanzos, feta, black olives, red onions and tomatoes

with your choice of turkey or avocado

House: \$5.50

Greens with onions, tomatoes, carrots, cucumbers.

Egg salad salad: \$8.25

Green leaf and spinach with a scoop of egg salad, avocado, cucumber, carrots, onions, tomatoes, bacon

All salads served with house vinaigrette or olive oil and balsamic. Served with a side of bagel chips.

Sides

One egg	1.25
ham	2.00
bacon	2.00
sausage	2.00
apple sauce	.75
sour cream	.75
cream cheese	1.50
flavored cc	2.00
tomato	1.00
toast w/butter	2.00
cole slaw	.75
potato salad	.75
chips	.75
pickle	.50

Drinks

coffee	2.00	americano	2.00
latte	3.25/3.75	cappuccino	3.25/3.75
home made steamed hot coco			2.50/2.75
mocha			3.75/4.00
flavored syrup			.50
hot tea			2.00
bottled H2O			2.00
root beer or cream soda			2.00
Canned soda			2.00
Nantucket Nectars			2.00
Vita-Water			2.00
Gatorade			2.00
Brewed Iced-T (seasonal)			2.00
sub soy on coffee drink			.75