

Cook's Fresh Market Current Sandwich Menu

Cold

CFM Rare Roast Beef / 10.5

Whole Grain Bread, Mustard-Horseradish Aioli, Lettuce, Tomato, Dill Pickle, Muenster Cheese, Red Onion

Parmesan Basil Chicken / 10

Whole Grain Bread, Garlic Marinated Natural Chicken Breast, Fresh Mozzarella, Lettuce, Tomato, Basil Pesto Garlic Aioli

House Smoked Salmon and Roasted Golden Beets / 12

Chevre Cheese Spread, Arugula, Pickled Onions, Whole Grain

Grilled Tri-Tip Sirloin Wrap / 10.5

Grilled Zucchini, Tomatoes, Onion Marmalade, Ricotta Cheese, Pesto Aioli, Spinach, Flour Tortilla

BH Smoked Turkey / 10

Boar's Head Smoked Turkey, Avocado, Red Onion, Cucumber, Lettuce, Sprouts, Tomato, Yogurt Ranch Dressing, Whole Grain Bread

Hot

Roast Pork Shoulder BLT Toaster / 11

Apple-Wood Smoked Bacon, Avocado Aioli, Cheddar Cheese, Lettuce, Tomato,

Italian "Caprese" Toaster / 9.5

Pepperoni, Tomatoes, Fresh Mozzarella, Pesto Aioli, Spicy Vegetable Giardiniera, Wheat Roll

Toasted Smoked Turkey Croissant / 11.5

Brie, Apples, Cranberry Spread, Dijon Mustard Aioli, Arugula

French Onion Roast Beef Grilled Cheese / 11.5

CFM Roast Beef, "Frenched" Onions, Garlic Aioli, White American, Whole Grain

House Cured / Smoked Duck Pastrami / 13

Rye, Thousand Isle Spread, Gruyere Cheese, Spicy Jalapeno Slaw

Classics

Prosciutto di Parma / 15

Arugula, Fresh Mozzarella, Pesto Aioli, Roasted Red Pepper, Balsamic Vinaigrette on Crusty Italian Wheat

Ham and Cheese Melt / 9.5

Shaved Cure 81 Ham, Cheddar Cheese, Mustard Aioli, Tomato, Lettuce and Red Onion on Wheat Roll

Greek Vegetarian Salad Wrap / 9.5

Garbanzo Beans, Cucumber, Tomato, Sprouts, Red Onion, Spinach, Red Pepper, Feta Cheese, Pepperoncini and Sriracha Ranch Dressing

Soup and Sandwich Combo / 9.5

Half of any sandwich with a cup of soup (Prosciutto and Duck Sandwiches + extra \$2.00)

Build your own Sandwich / 10

Any 1 Meat, Any 1 Cheese, Any Sauce, Any Bread, Includes Lettuce, Tomato and Onion.

Each Additional Item + \$1.00. Add Additional Meat + \$4.00, Add Tuna Salad \$3.00, Prosciutto / Duck + \$5.00 Surcharge

SALADS

Duck Cranberry Salad / 13

Wood Roasted Duck, Mixed Greens, Sun-Dried Cranberries, Toasted Pecans, Oranges, Red Onion and Raspberry Vinaigrette

Israeli Chopped Chicken Salad / 10

Grilled Natural Breast, Radish, Tomato, Cucumber, Carrot, Garbanzo, Mixed Greens, Bulgur, Cilantro, Mint, Parsley, Tahini –Lemon Vinaigrette

Power Salad / 10

Spinach, Mixed Greens, Kale, Oranges, Grapes, Pumpkin Seeds, Avocado, Edamame, Reduced Calorie Vinaigrette

Asian Pineapple Sesame Chicken / 11

Grilled Natural Breast, Mixed Greens, Pineapple, Almonds, Asiago Cheese, Crisp Chow Mein Noodles, Cilantro, Toasted Sesame “Caesar” Dressing

Spinach, Beet and Blueberry Salad / 10

Quinoa, Feta Cheese, Walnuts and Reduced Calorie Orange Poppy-Chai Seed Vinaigrette

add Steak \$4 add Salmon \$4 add Chicken \$3.00

Sandwich / Salad Extras

Any Meat \$4.00, Add Tuna Salad \$3.00, Croissant +\$2.00, Gluten Free Bread +\$.75,

Extra Cheese +\$1.00, Avocado +\$1.50, Roasted Red Pepper +\$.50, Sprouts + \$.50

Blue Cheese, Fresh Mozzarella and Chevre + \$1.00

HOMEMADE SOUPS \$4 – 8 oz \$5 – 12 oz

All CFM soups are made from scratch, in house with fresh natural ingredients

Monday	Chicken Asiago Pasta Soup Paleo Beef Vegetable (GF)
Tuesday	Fresh Tomato and Basil (V, GF) Paleo Beef Vegetable (GF)
Wednesday	Southwest Chicken Tortilla Paleo Beef Vegetable (GF)
Thursday	Denver Potato, Green Chile and Cheese Chowder Paleo Beef Vegetable (GF)
Friday	Cauliflower Chowder with Bacon and Cheddar Cheese (GF) Paleo Beef Vegetable (GF)