

## 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)