

## snacks and sweets

dirty chips	1.15	brownies	1.50
penny stick pretzels	1.75	lemon squares	2.00
fresh baked cookies <i>chocolate chip, oatmeal raisin, oreo, white chocolate macadamia nut, heath bar</i>		0.55 each or 3 for 1.50	

## bottled drinks

snapple	1.65	juices	1.85
water - 16oz.	1.00	water - 1 liter	1.75
joe tea - 16oz.	1.75	joe tea - 20 oz.	2.25
sodas	1.75		

## please ask for our catering menu

sandwich theory of Upper Montclair  
www.sandwichtheory.com

590 valley road  
upper montclair, n.j. 07043  
phone 973.746.5666  
fax 973.746.3265



## sandwichtheory

### store hours

7am - 6pm  
monday through friday

8am - 5pm  
saturday

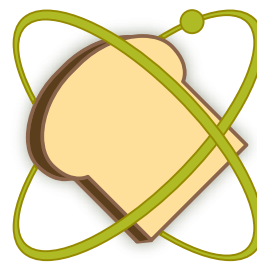
### delivery

we offer free delivery in the Upper Montclair village  
and local delivery monday through friday  
between 11:00am and 3:00pm. \$15 minimum

### gift cards

treat a friend to lunch  
gift cards available in any denomination starting at \$10

*please ask for our daily specials to be faxed to your office each morning*



## sandwichtheory

### breakfast

scrambled eggs, black forest ham and swiss on a croissant	3.95
fried eggs, sausage and cheddar cheese on an english muffin	3.75
scrambled eggs, pepper jack and bacon with salsa in a wrap	3.75
taylor ham, fried egg and american cheese on a bagel	3.75
healthy wrap - four egg whites, roast turkey, havarti in a whole wheat wrap	4.95
whole wheat french toast with eggwhite and side of fresh fruit salad	4.95

### bagels and spreads

raspberry jam and cream cheese	1.85
butter	1.35
scallion cream cheese	1.85
lox spread, cream cheese	2.25

### with your coffee

assorted muffins: blueberry, cranberry orange, banana nut, cappuccino, carrot cream cheese, corn, french vanilla	1.50
croissant	1.50
cinnamon bun	2.25
pastry	1.75

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## specialty sandwiches

- 01** smoked turkey and havarti  
*with honey mustard on peasant bread* 5.95
- 02** tarragon walnut chicken salad  
*served on a croissant* 6.45
- 03** black forest ham and brie  
*with honey mustard on a baguette* 6.45
- 04** smoked turkey and jarlsberg  
*with herb mayo on peasant bread* 5.95
- 05** roast beef and havarti  
*with herb mayo on peasant bread* 6.70
- 06** genoa salami and provolone  
*with roasted peppers and herb mayo on a baguette* 6.25
- 07** black forest ham and jarlsberg  
*with honey mustard on a croissant* 6.20
- 08** mozzarella and prosciutto  
*with roasted peppers on a baguette* 6.75
- 09** roast beef and brie  
*with honey mustard on a baguette* 6.75
- 10** blackened chicken salad  
*served on peasant bread* 6.75
- 11** tuna salad and jarlsberg  
*served on peasant bread* 6.45
- 12** mozzarella and sun dried tomatoes  
*served on a baguette* 5.95

*all sandwiches served with lettuce and tomato*

## wraps

- turkey club wrap  
*smoked turkey, bacon and cheddar with lettuce, tomato and herb mayo* 6.95
- buffalo chicken wrap  
*grilled chicken with blue cheese, celery, lettuce, tomato and spicy mayo* 6.75
- asian grilled chicken wrap  
*with scallions, cucumber, romaine lettuce, cilantro, tomato and hoisin sauce* 6.75
- roast beef wrap  
*with smoked cheddar, red onions, lettuce, tomato and horseradish mayo* 6.95
- chicken caesar wrap  
*grilled chicken with bacon, tomato, romaine, parmesan and caesar dressing* 6.75
- sloppy joe wrap  
*roast beef, roast turkey, swiss, coleslaw and russian dressing* 6.45

## grill pressed sandwiches

- cheddar cheese  
*with tomato on rye bread* 4.50
- black forest ham and gruyere  
*with dijon mustard on peasant bread* 6.45
- cuban  
*roast pork, ham and pepper jack cheese with pickle and russian dressing on a baguette* 6.95
- grilled chicken and mozzarella  
*with roasted peppers and pesto on peasant bread* 7.25
- reuben  
*corned beef and swiss with sauerkraut and brown mustard on rye* 5.95

## classic sandwiches

- |                          |      |                  |      |
|--------------------------|------|------------------|------|
| roast beef               | 5.95 | black forest ham | 5.75 |
| smoked or roasted turkey | 5.75 | tuna             | 5.45 |
| corned beef              | 5.20 | egg salad        | 4.75 |
| peanut butter & jelly    | 3.75 |                  |      |

## extras

- |                    |      |                 |      |
|--------------------|------|-----------------|------|
| sun dried tomatoes | 0.75 | roasted peppers | 0.65 |
| bacon              | 0.95 | coleslaw        | 0.50 |

## salad plates

- garden  
*mixed greens with shredded carrots, cherry tomatoes and cucumbers* 4.25
- goat or blue salad  
*mixed greens with grilled chicken, goat or blue cheese and walnuts with balsamic vinaigrette* 8.45
- asiago salad  
*mixed greens with grilled chicken, asiago cheese and sun dried tomatoes with balsamic vinaigrette* 7.95
- greek salad  
*romaine lettuce with feta cheese, black olives, red onion, green peppers, cucumbers and tomatoes* 5.95
- chicken caesar salad  
*grilled chicken and romaine lettuce with parmesan cheese and home-made croutons with caesar dressing* 7.75
- blackened or tarragon walnut  
*garden salad topped with one of our specialty chicken salads* 7.95
- cobb salad  
*grilled chicken over romaine with hard boiled eggs, bacon, avocado, tomato & bleu cheese with mustard vinaigrette* 7.95

## soups - choose from our daily selection

- |              |      |              |      |
|--------------|------|--------------|------|
| small 12 oz. | 3.35 | large 16 oz. | 4.35 |
|--------------|------|--------------|------|