



sandwichtheory

sandwichtheory of Upper Montclair  
www.sandwichtheory.com

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Thursday,  
February 23, 2012

### Breakfast

Broccoli & Cheddar Cheese Omelet with Home Fries & Toast	\$5.95
Canadian Bacon, Fried Eggs & Avocado on a Whole Wheat Round Roll	\$4.75
Egg Whites, Feta Cheese, Tomato & Scallions in a Wrap	\$4.45
Vegetable Cream Cheese on choice of Bagel	\$2.75
Flavored Coffee of the Day: Super Chocolate Supreme	

### Lunch

#### Soup

Potato Leek	Small \$3.35
Lentil	Large \$4.35
Chicken Noodle	
Turkey & Black Bean Chili	\$4.75

#### Sides

Black Bean & Corn Salad  
Grilled Asparagus  
Cole Slaw

#### Salad

Grilled Chicken over Mixed Greens, Avocado, Bean & Corn Mix, Roasted Red Pepper, Tortilla Chips with Ranch Dressing	\$8.45
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#### Sandwiches

Grab & Go - 1/2 #4 Smoked Turkey, Jarlsberg, Lettuce & Tomato with Herb Mayo on Peasant with choice of small Soup or small Garden Salad	\$6.25
Chicken Quesadilla with Salsa, Sour Cream and a side of Grilled Green Beans	\$7.75
Grilled Salmon, Arugula, Avocado, Roasted Red Pepper with Oil & Vinegar on Multi-Grain Hero	\$7.95
Smoked Turkey, Fresh Mozzarella, Applewood Bacon, Avocado, Tomato with Chipotle Mayo on Whole Wheat Ciabatta	\$7.95
Roast Beef, Cheddar Cheese, Lettuce, Pickle, Roasted Red Pepper with Horseradish Mayo on Whole Wheat Ciabatta	\$7.95
Italian Sub - Black Forest Ham, Genoa Salami, Provolone, Lettuce, Tomato, Onion with Oil & Vinegar on a Baguette	\$7.25

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WWW.SANDWICHTHEORY.COM**