

snacks and sweets

dirty chips	1.26	brownies	1.50
penny stick pretzels	1.75	lemon squares	2.00
fresh baked cookies chocolate chip, oatmeal raisin, oreo, white chocolate macadamia nut, heath bar		0.55 each or 3 for 1.50	

bottled drinks

snapple	1.86	juices	2.25
water - 16oz.	1.00	water - 1 liter	2.00
joe tea - 16oz.	1.75	joe tea - 20 oz.	2.25
sodas	1.86		

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

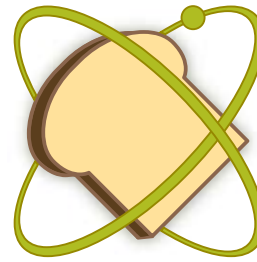
delivery

we offer free delivery to all of Montclair
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
You can check out our specials online at sandwichtheory.com



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

choice of bagels: plain, sesame, poppy, cinnamon raisin, whole wheat, everything	1.00
---	------

choice of spreads: butter, cream cheese,
fruit preserves: strawberry, raspberry, apricot, grape

with your coffee

assorted muffins: blueberry, cranberry orange, banana nut, cappuccino, carrot cream cheese, corn, french vanilla or croissant	1.50
scones: cranberry-orange, blueberry	2.00

 - Vegetarian

www.sandwichtheory.com

phone 973.746.5666

specialty sandwiches

- 01** smoked turkey and havarti
with honey mustard on peasant bread **6.25**
- 02** tarragon walnut chicken salad
served on ciabatta **6.75**
- 03** black forest ham and brie
with honey mustard on a baguette **6.45**
- 04** smoked turkey and jarsberg
with herb mayo on peasant bread **6.45**
- 05** roast beef and havarti
with herb mayo on peasant bread **6.75**
- 06** genoa salami and provolone
with roasted peppers and herb mayo on a baguette **6.25**
- 07** black forest ham and jarsberg
with honey mustard on whole wheat ciabatta **6.75**
- 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 jarsberg
served on peasant bread **6.45**
- 12** mozzarella and sun dried tomatoes **5.95** 

lettuce, tomato & onion added upon request




wraps

- turkey club wrap **6.95**
smoked turkey, bacon and cheddar with lettuce,
tomato and herb mayo
- buffalo chicken wrap **6.75**
grilled chicken with bleu cheese, celery, lettuce,
tomato and spicy mayo
- asian grilled chicken wrap **6.75**
with scallions, cucumber, romaine lettuce, cilantro,
tomato and hoisin sauce
- roast beef wrap **6.95**
with cheddar, red onions, lettuce, tomato
and horseradish mayo
- chicken caesar wrap **6.75**
grilled chicken with bacon, tomato, romaine,
parmesan and caesar dressing
- sloppy joe wrap **6.95**
roast beef, roast turkey, swiss, coleslaw
and russian dressing
- veggie wrap **6.95** 
grilled vegetables, havarti cheese, sun dried tomatoes,
arugula with balsamic vinaigrette



Choice of Wraps

Whole Wheat • Sun Dried Tomato • Spinach

grill pressed sandwiches

- cuban **6.95**
roast pork, ham and pepper jack cheese with pickles
and russian dressing on a baguette
- black forest ham and gruyere **6.95**
with dijon mustard on peasant bread
- grilled chicken panini **7.25**
with mozzarella, roasted red peppers and pesto
on peasant bread
- reuben **6.45**
corned beef and swiss with sauerkraut and
brown mustard on rye
- avocado dream **7.25** 
grilled vegetables, ripe avocado, provolone cheese,
tomato with pesto on multi-grain
- smoked turkey **6.95**
with brie cheese, sliced apple and honey mustard
on multi grain
- panini caprese **7.45** 
fresh mozzarella, arugula, grilled vegetables, sun dried
tomatoes on whole wheat ciabatta
- grilled cheese **4.50** 
with choice of cheese and bread

salads

- garden **4.95** 
mixed greens, shredded carrots, cherry tomatoes
and cucumbers with balsamic vinaigrette
- bleu salad **8.45**
mixed greens, grilled chicken, bleu cheese
and walnuts with balsamic vinaigrette
- goat salad **8.95**
mixed greens, grilled chicken, goat cheese
and walnuts with balsamic vinaigrette
- asiago salad **7.95**
mixed greens, grilled chicken, asiago cheese
and sun dried tomatoes with balsamic vinaigrette
- greek salad **5.95** 
romaine, feta cheese, black olives, red onion, green peppers,
cucumbers and tomatoes with balsamic vinaigrette
- chicken caesar salad **7.75**
grilled chicken, romaine, parmesan cheese,
home-made croutons with caesar dressing
without chicken **4.95**
- blackened or tarragon walnut **7.95**
garden salad topped with one of our specialty chicken salads
- cobb salad **8.95**
grilled chicken over romaine with hard boiled eggs, bacon,
avocado, tomato & bleu cheese with mustard vinaigrette

soups - choose from our daily selection

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