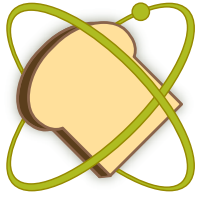


# Lunch



sandwichtheory

sandwichtheory of Upper Montclair  
www.sandwichtheory.com

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

## lunch

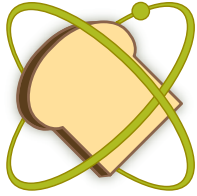
### specialty sandwiches

- |           |  |             |
|-----------|--|-------------|
| <b>01</b> | smoked turkey and havarti<br>with honey mustard on peasant bread               | <b>6.25</b> |
| <b>02</b> | tarragon walnut chicken salad<br>served on ciabatta                            | <b>6.75</b> |
| <b>03</b> | black forest ham and brie<br>with honey mustard on a baguette                  | <b>6.45</b> |
| <b>04</b> | smoked turkey and jarlsberg<br>with herb mayo on peasant bread                 | <b>6.45</b> |
| <b>05</b> | roast beef and havarti<br>with herb mayo on peasant bread                      | <b>6.75</b> |
| <b>06</b> | genoa salami and provolone<br>with roasted peppers and herb mayo on a baguette | <b>6.25</b> |
| <b>07</b> | black forest ham and jarlsberg<br>with honey mustard on whole wheat ciabatta   | <b>6.75</b> |
| <b>08</b> | mozzarella and prosciutto<br>with roasted peppers on a baguette                | <b>6.75</b> |
| <b>09</b> | roast beef and brie<br>with honey mustard on a baguette                        | <b>6.75</b> |
| <b>10</b> | blackened chicken salad<br>served on peasant bread                             | <b>6.75</b> |
| <b>11</b> | tuna salad and jarlsberg<br>served on peasant bread                            | <b>6.45</b> |
| <b>12</b> | mozzarella and sun dried tomatoes <b>v</b><br>served on a baguette             | <b>5.95</b> |
- lettuce, tomato & onion added upon request

### grill pressed sandwiches

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

# Lunch



sandwichtheory

sandwichtheory of Upper Montclair  
www.sandwichtheory.com

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

## lunch (cont'd)

### wraps

turkey club wrap smoked turkey, bacon and cheddar with lettuce, tomato and herb mayo	6.95
buffalo chicken wrap grilled chicken with bleu 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 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	6.95
veggie wrap grilled vegetables, havarti cheese, sun dried tomatoes, arugula with balsamic vinaigrette	6.95 <span style="float: right;">V</span>

#### Choice of Wraps

Whole Wheat • Sun Dried Tomato • Spinach

### salads

garden mixed greens, shredded carrots, cherry tomatoes and cucumbers with balsamic vinaigrette	4.95 <span style="float: right;">V</span>
bleu salad mixed greens, grilled chicken, bleu cheese and walnuts with balsamic vinaigrette	8.45
goat salad mixed greens, grilled chicken, goat cheese and walnuts with balsamic vinaigrette	8.95
asiago salad mixed greens, grilled chicken, asiago cheese and sun dried tomatoes with balsamic vinaigrette	7.95
greek salad romaine, feta cheese, black olives, red onion, green peppers, cucumbers and tomatoes with balsamic vinaigrette	5.95 <span style="float: right;">V</span>
chicken caesar salad grilled chicken, romaine, parmesan cheese, home-made croutons with caesar dressing without chicken	7.75 <span style="float: right;">4.95</span>
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	8.95

### **soups** - choose from our daily selection

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