

TEL: 516-483-4911 • FAX: 516.483.4950

WWW.PANTANOFOODS.COM



NAME: _____

EAT GOOD...FEEL GREAT!

A HEALTHY LUNCH IS A GOOD LUNCH

CUSTOMIZE YOUR OWN SALAD

24oz...\$5.99

STEP 1: CHOOSE YOUR SALAD BASE

CHOPPED... ADD 0.99¢

- ROMAINE MESCULIN MIX ICEBERG SPINACH ARUGULA

VEGETABLES

STEP 2: CHOOSE 3 FREE INGREDIENTS

Each Additional 0.50¢

- FRESH BEETS JALEPEÑOS BROCCOLI CARROTS CELERY CORN
 GREEN PEPPERS CUCUMBER RED ONION TOMATO MUSHROOMS

- CRUNCH** CANDIED PECANS WALNUTS
 SLIVERED ALMONDS...ADD 0.75

STEP 3: CUSTOMIZE YOUR SALAD

PREMIUM OPTIONS

- | | |
|---|--|
| <input type="checkbox"/> GRILLED CHICKEN 2.99 | <input type="checkbox"/> CRISPY BACON 1.49 |
| <input type="checkbox"/> CAJUN GRILLED CHICKEN 3.49 | <input type="checkbox"/> BOAR'S HEAD TURKEY 2.49 |
| <input type="checkbox"/> CRISPY CHICKEN 2.99 | <input type="checkbox"/> TURKEY BACON 1.49 |
| <input type="checkbox"/> TURKEY BURGER 4.99 | <input type="checkbox"/> BOAR'S HEAD HAM 2.49 |
| <input type="checkbox"/> GRILLED SHRIMP (5) 3.49 | <input type="checkbox"/> GENOA SALAMI 2.49 |
| <input type="checkbox"/> TUNA SALAD 2.99 | <input type="checkbox"/> PEPPERONI 1.99 |
| <input type="checkbox"/> CHICKEN SALAD 2.99 | |

OTHER DRIED CRANBERRIES 0.49

VEGGIES ADD 0.49¢

- ROASTED PEPPERS
 ARTICHOKE
 AVOCADO (\$1.35)
 GREEK OLIVES
 SUNDRIED TOMATO
 BRUSCETTA
 CHICK PEAS
 HOMEMADE CROUTONS
 BRUSCETTA (\$1.00)

CHEESES ADD 0.99¢

- PROVOLONE SWISS
 SHARP CHEDDAR PEPPER JACK
 MOZZARELLA

SPECIALTY CHEESES

- | | |
|---|---|
| <input type="checkbox"/> CRUMBLLED FETA 1.35 | <input type="checkbox"/> GOAT CHEESE 1.35 |
| <input type="checkbox"/> FRESH MOZZARELLA 1.35 | <input type="checkbox"/> GORGONZOLA 1.35 |
| <input type="checkbox"/> SHAVED PARMIGIANA 1.35 | <input type="checkbox"/> 4oz BURRATA 2.99 |

STEP 4: CHOOSE A DRESSING

Classic

- | | | |
|--|---|---|
| <input type="checkbox"/> BALSAMIC VINAIGRETTE | <input type="checkbox"/> CREAMY CAESAR | <input type="checkbox"/> HONEY MUSTARD |
| <input type="checkbox"/> CREAMY BALSAMIC | <input type="checkbox"/> CREAMY BLEU CHEESE | <input type="checkbox"/> EXTRA VIRGIN OLIVE OIL |
| <input type="checkbox"/> HONEY LEMON VINAIGRETTE | <input type="checkbox"/> BUTTERMILK RANCH | <input type="checkbox"/> THAI PEANUT |
| <input type="checkbox"/> RED WINE VINAIGRETTE | <input type="checkbox"/> CREAMY RUSSIAN | |
| <input type="checkbox"/> ROASTED PEPPERETTE | <input type="checkbox"/> MANDARIN GINGER | |

Lite

- GOLDEN ITALIAN
 RED WINE VINEGAR
 BALSAMIC VINEGAR

WE HAVE LETTUCE WRAPS!

AS ABOUT OUR SELECTIONS

THE HEALTHY WRAP \$9.95

Honey turkey, coleslaw, carrots, cucumbers, thai peanut dressing served in a lettuce wrap.

OUR POPULAR P-LICIOUS SALADS

HUNGRY?

NEW! THE CERTILMAN \$10.95
 Grilled Shrimp, romaine, arugula, avocado, and strawberries with crumbled feta- mandarine ginger on side.

THE HIBACHI \$8.99
 Grilled hibachi chicken, tomatoes, scallions, red cabbage, mixed greens with romaine lettuce with our raspberry vinaigrette.

ITALIAN GRILLED CHICKEN \$8.99
 Grilled chicken, fresh mozzarella cheese, tomatoes, olives, roasted peppers, romaine lettuce, with our creamy balsamic.

APPLE WALNUT \$8.99
 Grilled chicken, sliced apples, dried cranberries, goat cheese, walnuts with mixed greens and our raspberry vinaigrette.

MR. LONG \$10.95
 Asian grilled chicken, goat cheese, baby corn, carrots and romaine lettuce.

MARY'S TUNA MISH \$10.95
 Dry tuna, arugula, romaine, tomatoes, olives, artichokes, roasted peppers, provolone cheese with our balsamic vinaigrette. All chopped.

TASTY IDEAS!

BURRATA B KIDDIN ME \$12.95
 Breaded eggplant, burrata, prosciutto, arugula, balsamic glaze, famous red sauce on a semolina hero

ITALIAN CHICKEN MELT \$8.99
 Grilled chicken with roasted peppers, fresh mozzarella with a creamy pesto with a balsamic glaze. Served on a panini with side of pasta salad.

EYE OPENER \$8.99
 Egg whites, sliced avocado, turkey bacon, pepper jack cheese on a toasted croissant.