

TEL: 516-569-4421  
 FAX # 516.612.4312

WWW.PANTANOSGOURMET.COM



NAME: \_\_\_\_\_

EAT GOOD...FEEL GREAT!

A HEALTHY LUNCH IS A GOOD LUNCH

# CUSTOMIZE YOUR OWN SALAD

**SMALL 24oz...\$5.99**  
**LARGE SALAD...ADD \$4.00**

## 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  
 HARD BOILED EGGS  
 BRUSCETTA (\$1.00)

### CHEESES ADD 0.99¢

- PROVOLONE    SWISS  
 SHARP CHEDDAR    PEPPER JACK  
 MOZZARELLA

### SPECIALTY CHEESES

- |   |   |
|---|---|
| <input type="checkbox"/> CRUMBLER 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

**THE ASIAN SALAD \$13.95 (LARGE ONLY)**

Asian fried chicken dumplings, leaf spinach, sun dried tomatoes, beets, corn, sunflower seeds, and goat cheese all tossed in a Mandarin ginger dressing

**THE WARM SALAD \$9.95**

Baby mixed greens, tomato, fresh mozzarella, roasted peppers and grilled chicken sautéed with balsamic honey mustard

**THE FREEDMAN SALAD \$11.95**

Chopped salad with grilled chicken, dried cranberries and raspberry dressing

**ALYSSA SALAD \$9.95**

Mixed greens, tomatoes, olives, roasted peppers, gorgonzola, roasted pecans...ALL CHOPPED

**MR. LONG \$10.95**

Asian grilled chicken, goat cheese, baby corn, carrots and romaine lettuce.

**MARY'S TUNA MISH \$11.95**

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 hero

**THE FELICIA FOCACCIA \$9.95**

Balsamic Grilled Chicken, Fresh Mozzarella, Bruschetta, Arugula, Roasted Pepper Dressing. Served with Pasta Salad

**JOSE BURRITO \$8.99**

Fresh Egg whites, turkey, cheddar, avocado in a spinach wrap

HUNGRY?