

FEEDING LONG ISLANDERS FOR OVER 20 YEARS!

## APPETIZERS

<b>SAMPLER</b> (2) Potato Skins, (4) Mozzarella Sticks, (4) Buffalo Wings	13.95
<b>TIDBITS</b> Grilled shrimp, chicken or steak served "OPEN STYLE" on garlic mozzarella bread	14.95
<b>EGGPLANT ROLLATINI (2)</b>	9.95
<b>FRIED RAVIOLIS (4)</b> Served with marinara sauce	9.95
<b>MACARONI &amp; CHEESE</b> 8oz. 4.99 / 16oz. 8.99 Homemade with our choice blend of cheeses	
<b>POTATO SKINS (4)</b> Stuffed with bacon bits and cheddar w/ side of sour cream	9.95
<b>MOZZARELLA STICKS (6)</b>	9.95
<b>MINI CRAB CAKES (6)</b> Served with Asian slaw and chipotle on the side	9.95
<b>MASHED POTATOES - 16OZ</b>	6.99
<b>GARLIC MOZZARELLA BREAD</b>	4.95
<b>GENERAL TSO'S DUMPLINGS (4)</b> Chicken dumplings (steamed or fried) sautéed in General Tso sauce served with Asian slaw	9.95
<b>COCONUT SHRIMP (4)</b> Served with Asian slaw	9.95
<b>CREAMED HOMEMADE SPINACH</b> Served with grilled pita and nacho chips	12.95
<b>NACHOS SUPREME</b> Nachos, sour cream, jalapeños, olives, tomatoes, and cheddar cheese. <i>Add seasoned BEEF or CHICKEN...\$2.99</i>	9.95
<b>STEAMED BROCCOLI OR SPINACH</b> Sautéed in garlic and oil or plain	7.99
<b>STEAMED BROCCOLI RABE</b> Sautéed broccoli rabe garlic and oil	8.95



MAC N' CHEESE

MOZZARELLA STICKS

## CHICKEN APPS



**CHICKEN WINGS (6PCS)** Plain, Buffalo, Honey BBQ, or Teriyaki ..... 9.95  
**CHICKEN FINGERS (4)** Served with Honey Mustard Regular or Buffalo ..... 9.95  
**MESQUITE CHICKEN QUESADILLA ROLLS** 4 pieces. With real monterey jack cheese, red jalapeno peppers, bell peppers & onions ..... 9.95  
*ADD FRIES TO ANY CHICKEN APP... 2.99*



EST. 1997  
PANTANOS GOURMET

## HOT DOGS

<b>HOT DOG</b>	3.50
<b>THE CONEY ISLAND DOG</b> With sauerkraut and mustard	4.49
<b>THE BLT DOG</b> Bacon, lettuce, tomato, and mayonnaise	5.95
<b>THE MAC DOG</b> Topped with Mac-n-Cheese	5.95

## FRIES & RINGS

<b>REGULAR FRIES</b>	3.99
<b>WAFFLE FRIES</b>	5.99
<b>SWEET POTATO FRIES</b>	5.99
<b>BEER BATTERED ONION RINGS</b>	5.99
<b>TATAR TOTS</b>	4.99
<b>WILLIE FRIES</b> Regular fries with crispy bacon and melted cheddar w/ ranch on the side	7.99
<b>BRUNCH FRIES</b> Fries topped w/ melted cheddar, bacon bits, chopped scallions and 1 egg up	7.99
<b>CRAZY TOTS</b> topped with Mac-n-Cheese, bacon bits and scallions	7.99

## ALL DAY BREAKFAST

### SANDWICHES

ALL SANDWICHES PREPARED WITH SCRAMBLED EGGS UNLESS OTHERWISE SPECIFIED.

<b>2 EGGS ON A ROLL (COOKED ANY STYLE)</b>	3.49	WITH 1 ADD ON	5.49
		WITH 2 ADD ONS	6.49
<b>THE MORNING MAC</b> Bacon, Egg, Cheddar, smoked mozzarella, Chipotle dizzle Mac N Cheese/Garlic Chaiian Bread	8.95		
<b>THE A.M. AZING</b> Eggs over medium, smoked mozzarella, chicken cutlet, roasted pepper dressing, on a grilled pita	8.95		
<b>SUNRISE QUESADILLA</b> Grilled Steak with scrambled eggs and mozzarella cheese with a side nacho chips	9.95		
<b>THE HANGOVER</b> Eggs, Hashbrowns, Cheese and Philly Steak on a roll	8.95		
<b>THE EYE OPENER</b> Egg whites, sliced avocado, turkey bacon, pepper jack cheese on a toasted croissant	8.95		
<b>BUON GIORNO PANINI</b> Potato, Egg & Cheese	7.95		
<b>BLT</b> Bacon, lettuce & tomato on white toast with mayonnaise	6.95		
<b>THE LENNY</b> Eggs, hashbrowns & cheese	6.95		
<b>EGG WHITE SPECIAL</b> Egg white egg with crumbled feta cheese and tomatoes in a grilled wheat wrap	7.95		
<b>THE HARBOR</b> Grilled pita with fresh egg whites and grilled turkey	7.99		
<b>THE BIG BOY SANDWICH</b> 3 eggs with Applewood bacon, sausage, ham, and cheese	8.95		
<b>MARK'S SPECIAL</b> 2 eggs on a roll with sausage, peppers and mozzarella	6.99		

### ADD ONS

<b>BACON</b>	1.95	<b>SUBSTITUES EGG WHITES</b>	2.00
<b>HAM</b>	1.49	<b>CHEESE</b>	.99
<b>TURKEY</b>	1.50	<b>EXTRA 2 EGGS</b>	1.99
<b>PASTRAMI</b>	1.95		
<b>ROAST BEEF</b>	1.95		
<b>SAUSAGE</b>	1.50		
<b>POTATO</b>	0.99		
<b>TURKEY BACON</b>	1.99		
<b>FRESH AVOCADO</b>	1.75		

### EGG PLATTERS

INCLUDES HOMEFRIES OR SALAD AND TOAST

<b>2 EGGS ANY STYLE</b>	6.99
<b>WESTERN</b> Ham, onions and peppers	8.95
<b>VEGGIE</b> Tomato, onions and peppers	8.95

### ON THE GRILL

<b>FRENCH TOAST</b> Made with challah bread and served with side of cinnamon butter	6.95
<b>HEAVENLY FRENCH TOAST</b> Topped with warm strawberries, bananas and chocolate chips served with a side of cinnamon butter	8.95
<b>OH MY FRENCH TOAST</b> French toast with Nutella, Bananas and Granola	9.95
<b>GRILLED CHEESE</b> On Texas toast with crispy bacon, tomatoes and fries	3.99
<b>GRILLED CHEESE SPECIAL</b> Ham'n Egg Melt	9.99
<b>HAM'N EGG MELT</b> Grilled Cheese with ham, scrambled eggs, American cheese and a side of hashbrowns	9.99

### PANCAKES

<b>BUTTERMILK PANCAKES (3)</b> served with butter and syrup	6.99
<b>CHOCOLATE CHIP PANCAKES (3)</b> Buttermilk Pancakes filled with chocolate pieces	8.95
<b>ULTIMATE STACK</b> 3 Pancakes filled with bacon bits topped with American cheese and eggs	10.95
<b>FAMOUS BANANA STACK</b> 3 Buttermilk Pancakes topped with fresh bananas, pecans and caramel	9.95

### SIDES

<b>APPLEWOOD BACON (4)</b>	3.50	<b>GRILLED HAM</b>	3.50
<b>TURKEY BACON (4)</b>	3.50	<b>HOME FRIES</b>	4.50
<b>SAUSAGE LINKS (4)</b>	3.50	<b>HASHBROWNS (2)</b>	3.50

### OMULETTES

WITH 2 EGGS OR EGG WHITES AND CHOICE OF HOUSE SALAD OR HOMEFRIES AND TOAST

<b>MERRICK</b> Egg whites w/ honey turkey, bacon & swiss	9.95
<b>MIMMA'S</b> Egg whites, grilled chicken and sautéed mushrooms	9.95
<b>ITALIAN</b> Salami, pepperoni, roasted peppers, olives & mozzarella	9.95
<b>GREEK</b> Feta, red onions & olives	8.95

### ROLLS/BAGELS

<b>PLAIN ROLL</b>	0.65
<b>WITH BUTTER</b>	2.25
<b>WITH CREAM CHEESE</b>	2.40
<b>WITH VEGGIE C.C.</b>	2.90
<b>PLAIN BAGEL</b>	1.45
<b>WITH BUTTER</b>	2.25
<b>WITH CREAM CHEESE</b>	2.75
<b>WITH SPECIALTY C.C.</b>	3.49

**FREE** SMALL COFFEE, TEA OR WATER  
ask server for details until 12pm  
excludes deliveries

**THE HIPSTER** 6.99  
Veggie Cream cheese, smashed avocado, Everything seeds, Everything bagel

**MADE TO ORDER BELGIUM WAFFLES** 6.99  
**SPECIALTY WAFFLES** Oreo, Chocolate Chip or Red Velvet add \$1.50

**THE JOSE** 8.99  
Fresh Egg whites, turkey, cheddar, avocado in a spinach wrap

**FAMOUS BANANA STACK**

TAKE OUT · EAT IN · DELIVERY

**PANTANOS GOURMET**  
EST. 1997

Thank You Health Care & Essential Workers!

www.PantanosGourmet.com @of

## THE GRILL BURGERS

All burgers cooked medium and served on a brioche bun unless specified.

<b>THE RACHAEL RAY</b> Lean veggie burger, lettuce, tomato, pepper jack cheese, avocado, and chipotle dressing, on a wheat bun and a side of pasta salad	13.95
<b>THE FONZIE</b> Cheeseburger topped with crispy bacon, lettuce, tomato, and Russian dressing with a side of fries	11.95
<b>THE SOPRANO</b> Melted swiss burger, grilled ham, tomato with honey mustard and onion rings	13.95
<b>7TH HEAVEN</b> Chicken burger with broccoli rabe, garlic & oil, fresh mozzarella and a side of pasta salad	13.95
<b>THE CAJUN SPECIAL</b> Cajun style cheeseburger with sautéed onions, pepper jack cheese, lettuce, tomato, and onion rings	13.95
<b>WHAT-A-BURGER</b> Bacon cheeseburger topped with (1) fried egg, lettuce, and tomato served with a side of french fries	12.95

<b>THE BIG AL</b> 100% beef cheeseburger with lettuce, tomato, and french fries	9.95
<b>THE ITALIAN BURGER</b> Lean chicken burger topped with bruschetta and mozzarella cheese on focaccia bread with a side of pasta salad.	12.95
<b>THE CAPONE</b> BBQ turkey patty grilled with lettuce, tomato and alpine swiss cheese with a side of pasta salad	13.95
<b>THE PERRI WRAP</b> Bacon Cheeseburger Wrap with lettuce, tomato, mayonnaise & ketchup w/ side of french fries	13.95

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

www.PantanosGourmet.com @of

Thank You For Supporting Us!  
We Love To Feed U!

ASK US ABOUT OUR PASTA & BROASTED CHICKEN MENUS

## WHY COOK? HUNGRY? WE DELIVER!

**TRY OUR ACAI BOWL!**  
1 SCOOP...\$6.99 | 2 SCOOPS...\$ 8.99  
INCLUDES: GRANOLA, BANANA, BLUEBERRIES, STRAWBERRIES, COCONUT & HONEY

ADD ONS \$1.35 EA  
Pineapple | Mango | Peanut Butter | Pecans | Oreo Pieces | Nutella | Chopped Peanut Butter Cups | Chia Seeds | Hemp Seeds | Flax Seeds | Walnuts | Almond Butter (\$1.35)

OPEN 7 DAYS A WEEK!  
1308 BROADWAY, HEWLETT, NY  
**516.569.4421**  
Celebrating 21 YEARS  
SPRING 2021 EDITION  
OWNER/OPERATOR: MIKE PANTANO

## WRAPS

Choose from Spinach, Tomato, Whole Wheat & Plain SERVED WITH PASTA SALAD

- BONO WRAP** ..... 12.95  
Pan seared teriyaki tuna steak w/goat cheese, tomatoes & mixed greens
- BULL DOG** ..... 9.95  
Cajun grilled chicken with grilled honey ham, lettuce, tomato and blue cheese
- MEZZ WRAP** ..... 9.95  
Grilled chicken, feta cheese, lettuce, tomato and Italian dressing
- BROADWAY** ..... 9.95  
Grilled chicken & grilled vegetables with a side of balsamic honey mustard
- BIG JOHN WRAP** ..... 10.95  
Crispy chicken fingers, mozzarella, gravy and fries
- TACO WRAP Beef or Chicken** ..... 11.95  
With sour cream, peppers, onions, lettuce, tomatoes, and cheddar cheese served aside nachos
- THE HECTOR BURRITO** ..... 9.95  
Grilled Taco chicken with sautéed peppers and onions, fried rice, with chipotle spread
- THE FIVE-0** ..... 9.95  
Boneless ribs with BBQ sauce and cheddar cheese



THE DRUNK WRAP 10.95

Chicken vodka parm w/ fresh mozzarella & ricotta cheese on a toasted tomato wrap



BIG JOHN



HECTOR BURRITO

- THE STONER** ..... 9.95  
Baked chicken cutlet parmigiana w/ a side of marinara sauce
- CRISPY BLT WRAP** ..... 7.99  
Bacon, lettuce, tomato and mayonnaise
- THE ASIAN** ..... 8.95  
Grilled chicken (cold), mixed greens, cucumbers, carrots, and Thai peanut sauce
- THE MR. RICHIE** ..... 12.95  
Grilled steak, onions, mushrooms, and gorgonzola cheese
- THE GREAT ONE** ..... 9.95  
Grilled Chicken, with romaine hearts and grated cheese with Caesar dressing (Cajun or Balsamic... Add .50c)

## OUR SPECIALTIES

- IL BACIO** ..... 9.95  
Balsamic grilled chicken with fresh mozzarella, & roasted peppers
- THE TOYOTA** ..... 8.95  
Grilled marinated chicken, lettuce, tomato and honey mustard
- THE DELIVERY BOY SPECIAL** ..... 9.95  
Balsamic grilled chicken, melted swiss, lettuce and tomato
- THE TONY VOTA** ..... 9.95  
Grilled chicken cutlet with bacon, lettuce, tomato and mayo
- FRANK SINATRA** ..... 8.95  
Grilled marinated chicken with melted mozzarella
- HOLLYWOOD** ..... 9.95  
Grilled marinated chicken & ham, American and honey mustard
- THE SMOKEY JOE** ..... 10.95  
BBQ smoked brisket, swiss cheese, and coleslaw topped with a crispy onion ring on a rustic roll
- THE 878** ..... 8.95  
Grilled vegetables and fresh Mozzarella with balsamic vinegar
- THE BOARDER** ..... 9.95  
BBQ pulled pork topped with Swiss cheese and coleslaw



THE DUKE'S DIP 13.95

Thinly sliced Steak or Grilled Chicken covered with mozzarella cheese, garlic mayonnaise on a brick oven hero, served with au jus sauce & creamy mashed potatoes on the side

- THE BURRATA B KIDDIN' ME** ..... 12.95  
Breaded eggplant, buratta, prosciutto, arugula, balsamic glaze and famous red sauce on a semolina hero
- THE BUDD** ..... 9.95  
Chicken Cutlet with melted American applewood bacon and creamy Russian dressing

## DELI FAVORITES

SERVED ON ROLL WHITE RYE OR WHEAT HERO, WRAP, FOCACCIA, PANINI... ADDS 1.00

- MIKE'S HONEY TURKEY** ..... 9.95  
Honey turkey, fresh avocados, candied pecans, cucumbers and Hellman's mayo
- THE PANTANO SPECIAL** ..... 9.95  
Genoa salami, mortadella, ham, cappy, pepperoni, provolone, shredded carrots, lettuce and tomato with Italian dressing

## MAKE IT A MEAL

ONLY \$2.99 MORE  
INCLUDES PASTA SALAD, CHIPS OR FRENCH FRIES & CAN DRINK/ BOTTLED WATER Excludes Deliveries

- THE BIG TONY** ..... 11.95  
Chicken cutlet, mat and cheese, Cheddar, bacon bits and BBQ glaze.

- MAC DADDY** ..... 10.99  
Chicken Cutlet, Bacon, Cheddar, Ranch dressing with Macaroni salad

- THE ROB** ..... 9.95  
Boneless buffalo chicken with jalapenos, fresh mozzarella, lettuce and blue cheese

- AMIGO** ..... 9.95  
Pesto grilled chicken, fresh mozzarella, lettuce, tomato, and side pesto marinara
- THE MIA** ..... 9.95  
Grilled chicken with avocado, gorgonzola, mixed greens, and a raspberry vinaigrette

- TERRIFIC TERIYAKI** ..... 9.95  
Teriyaki chicken and rice served with a side of sour cream

- THE PERRI WRAP** ..... 13.95  
Bacon Cheeseburger with lettuce, tomato, mayonnaise & ketchup w/ side of fries
- PORTOBELLO WRAP** ..... 9.95  
Portobello mushroom, gorgonzola, baby greens and balsamic vinaigrette

- RUTH'S WRAP** ..... 9.95  
Breaded eggplant, fresh mozzarella, and roasted red peppers
- MONA LISA** ..... 8.95  
Grilled marinated vegetables with balsamic vinegar

- GITLISON** ..... 10.95  
Grilled chicken with homemade creamed spinach

Choice of a Roll, White, Rye, or Wheat Bread Add \$1.00 for Wrap, Hero, Pita, Bagel, Focaccia or Panini

- PHIL SPECIAL** ..... 9.95  
Grilled roast beef with Italian dressing, lettuce, tomato, garlic bread and melted mozzarella
- THE PESCI** ..... 9.95  
Hot roast beef, melted American, sautéed onions, and creamy Russian dressing

- THE JOE D** ..... 9.50  
Cooked in house roast beef with gravy and melted mozzarella
- THE ITALIANO** ..... 9.95  
Chicken cutlet on garlic bread with grilled ham, cappy, and melted mozzarella

- THE JENNY** ..... 8.95  
Chicken cutlet with melted American, lettuce and mayonnaise
- THE BURNSIDE** ..... 8.95  
Chicken cutlet with melted mozzarella and honey mustard

- THE CENTRAL AVENUE** ..... 9.95  
Hot pastrami on grilled rye, mustard and melted Swiss cheese
- THE MICHAELANGELO** ..... 9.95  
Hot corned beef with melted Swiss, sauerkraut and mustard.

- THE JIMMY HOFFA** ..... 9.95  
Roast beef, turkey, ham, American, swiss, lettuce, tomato and mayonnaise
- THAT'S AMORE** ..... 9.95  
Imported sopressata, prosciutto, roasted peppers, fresh mozzarella, and oil & vinegar

- THE HARRY** ..... 9.95  
Thinly Sliced Turkey, Crispy Bacon, Avocados, Mixed Greens and Tomatoes with Chipotle Dressing

- THE BOMB HERO** ..... \$11.99  
Jumbo breaded shrimp with Vodka sauce and melted mozzarella on a garlic hero!

## PANINIS

Served on grilled panini bread with homemade pasta salad

- THE HOW-U-DOIN** 10.95  
Grilled Chicken, Broccoli Rabe, G+O, Smoked Mozzarella, Roasted Pepper Dressing
- STEAK PANINI** 13.95  
Grilled steak topped with roasted peppers and gorgonzola served with sweet potato fries

- THE BRUNO** ..... 11.95  
Grilled teriyaki steak, sopressata, fresh mozzarella with roasted red pepper dressing

- THE FIGHTING IRISH** ..... 9.95  
Grilled corned beef with Swiss cheese, lettuce, tomato and Russian dressing
- FISHERMAN** ..... 9.95  
Fish filet with American cheese, lettuce, tomato, & tartar sauce

- THE FRANCISCO** 9.95  
Fried ravioli, sun dried tomato, & marinara sauce w/ melted mozzarella
- NONNA ROSA** ..... 9.95  
Grilled chicken with roasted peppers, fresh mozzarella, & balsamic vinaigrette

- NONNA URSULA** ..... 9.95  
Asian grilled chicken, spinach in garlic and oil, sun dried tomato with provolone cheese
- THAT'S ITALIAN** ..... 9.95  
Prosciutto with salami, fresh mozzarella, roasted peppers, & Italian dressing

- THE ANDERSON** ..... 9.95  
Mini crab cakes, Asian slaw, & goat cheese w/ southwest mayonnaise

- THE CALABRESE** 8.95  
Fresh mozzarella, sweet peppers, tomatoes, basil, & EVOO

- THE ITALIAN CORNER**  
ALL MADE IN A HERO

- NEW SLOPPY GIUSEPPE**  
Smashed meatballs, Sautéed onions, Gravy Marinara, Melted Mozzarella on A Garlic Brioche Bun

- THE ITALIAN CORNER**  
ALL MADE IN A HERO

- DRUNKEN NONNA** ..... 10.95  
Mom's meatballs, vodka sauce, and creamy burrata
- CHICKEN VODKA PARMIGIANA** ..... 11.95  
Chicken cutlet hero covered in a creamy vodka sauce and melted Mozzarella.

- CHICKEN PARM HERO** ..... 9.95  
Chicken cutlet, marinara, and Mozzarella cheese
- EGGPLANT PARM HERO** ..... 9.95  
Breaded eggplant, Baked Mozzarella, marinara sauce.

- MEATBALL PARM HERO** ..... 9.95  
Beef meatballs with marinara, melted Mozzarella cheese

- THE GRUBFATHER** ..... 13.95  
Philly steak, chopped onion rings, Chipotle, and melted Swiss with Mac'n Cheese on a garlic hero!

- THE PHILLY** ..... 10.95  
Sliced steak with peppers, onions, mayonnaise and cheddar cheese served on a hero
- THE NEW YORK** ..... 10.95  
Sliced steak with sautéed onions, mushrooms, provolone cheese, mayonnaise and ketchup served on a hero

## MAKE IT A MEAL

ONLY \$2.99 MORE  
EXCLUDES DELIVERIES  
INCLUDES PASTA SALAD, CHIPS OR FRENCH FRIES & CAN DRINK/ BOTTLED WATER

- THE CARLO** ..... 9.95  
Grilled chicken with onions, provolone cheese, & pesto mayo
- THE CATHY** ..... 9.95  
Chicken cutlet w/ American cheese, lettuce, tomato, & Russian dressing

- THE GRILLER** ..... 9.95  
Grilled roast beef with mozzarella cheese & brown gravy
- THE LARRY** ..... 11.95  
Grilled cajun shrimp, avocado, applewood bacon, romaine lettuce, tomatoes with creamy Russian dressing

- THE MILAN** ..... 9.95  
Fried eggplant with roasted peppers & fresh mozzarella cheese
- THE PETER** ..... 9.95  
Imported prosciutto with fresh mozzarella, baby arugula, tomatoes & balsamic vinaigrette

- THE TURNPIKE** ..... 9.95  
Grilled pastrami with Swiss cheese, lettuce, tomato and mustard.
- THE VEGAS** ..... 9.95  
Grilled vegetables with fresh Mozzarella cheese, and balsamic vinaigrette.

- THE FRANCISCO** 10.95  
Chicken cutlet with breaded eggplant, fresh mozzarella and our famous vodka sauce.

- FLAT BREADS** 12" Pizza Crust stuffed & grilled quesadilla style
- THE DONNA** ..... 11.95  
Grilled shrimp with avocado, shredded mozzarella and cheddar cheese
- THE BLAZIN' BILL** ..... 10.95  
Buffalo chicken strips with blue cheese and cheddar cheese

- FOCACCIA** \$9.95  
SERVED WITH PASTA SALAD
- SICILIAN**  
Grilled pesto chicken with fresh mozzarella and marinara sauce
- THE DENIRO**  
Chicken cutlet with American cheese, lettuce, tomato, and creamy blue cheese dressing

- BADA BING**  
Grilled turkey, bacon, lettuce, tomato and Russian dressing
- MINUTE MAN**  
Blackened grilled chicken served with lettuce, tomato, creamy blue cheese & melted cheddar

- THE BIG CHEEZE** 10.95  
Philly Steak Mac'n-Cheese, Pepper Jack, Cheddar, Chipotle Aioli, Garlic Challah Toast

- BUFFALO MAC MELT** 10.95  
Buffalo Chicken Fingers, Mac'n Cheese, Buffalo Ranch, Melted Cheddar, on Garlic Challah Toast

- LITTLE PJ** 11.95  
Chicken Fingers, Melted Swiss, Mac'n-Cheese, Onions Rings with Chipotle Dressing served on garlic bread

- CHICKEN, BEEF OR VEGETABLE QUESADILLA** 11.95  
Served with peppers, onions, sour cream, and cheddar cheese with a side of rice or regular fries.  
Grilled Steak... Add \$3.49 or Shrimp... Add \$1.99

- THE CHICK-A-RITO BURRITO** 10.95  
Chicken Salad, Chopped Doritos, Chipotle Aioli, Melted Cheddar, Shredded Lettuce on a pressed Spinach Wrap

- THE FRIED RAVIOLI HERO** 12.95  
Melted Provolone, Vodka Sauce, Pesto Aioli on a Garlic Hero

- THE BANG BANG BURGER** 14.95  
Beyond Burger Patty, Melted Swiss, smashed Avocado, Garlic Mayo, chipotle Aioli, Everything Seeds, Top with Onion Rings, Served w/ side of Cajun Tots

- THE ROLANDO** 13.95  
Chicken Vodka Parm with pepperoni and mozzarella sticks on baked Semolina Hero

## HOUSE SALADS

ADD \$4 to ANY Salad to make it a LARGE

- CAESAR SALAD** ..... SMALL 5.95  
Romaine, croutons, and grated cheese
- HOUSE SALAD** ..... SMALL 5.95  
Lettuce, tomato, cucumber and carrots

- GREEK SALAD** ..... SMALL 8.95  
Tossed salad w/ feta cheese, red onions and black olives served with our house dressing
- SALAD SUPREME** ..... SMALL 8.95  
Tossed salad with fresh mozzarella, artichokes, mushrooms, and roasted peppers

- THE GYM TEACHER** ..... SMALL 9.95  
House salad with dry white tuna and balsamic vinaigrette
- CHEF'S SALAD** ..... SMALL 9.95  
Tossed salad with turkey, ham, American, and boiled eggs served with our creamy Russian dressing

- ITALIAN SALAD** ..... SMALL 9.95  
Tossed salad with salami, provolone cheese, olives and roasted peppers
- WARM SALAD** ..... SMALL 9.95  
Baby mixed greens, tomato, fresh mozzarella, roasted peppers and grilled chicken sautéed with balsamic honey mustard

- COLD SALAD** ..... SMALL 10.95  
Caesar salad with grilled chicken, bacon, croutons, and ranch dressing

- CREAMY CAESAR BALSAMIC VINAIGRETTE**  
ROASTED PEPPERETTE BLUE CHEESE CHIPOTLE RUSSIAN MANDARIN GINGER
- RANCH THAI PEANUT GOLDEN ITALIAN PESTO HONEY MUSTARD OIL & VINEGAR**

## SALAD ADD ONS

- CHOPPED SALAD ..... 1.00  
CHICKEN SALAD ..... 2.99  
CHICKEN ..... 2.99  
TURKEY ..... 2.99  
GRILLED STEAK ..... 5.99  
GRILLED SHRIMP ..... 3.99  
GRILLED VEGGIES ..... 1.99  
FRESH AVOCADO ..... 1.50  
TUNA FISH ..... 3.99  
EXTRA DRESSING ..... 0.50

## EAT WELL, FEEL GREAT!!

- DR. B** ..... SMALL 9.95  
Baby mixed greens, tomato, dried cranberries, beets and grilled chicken
- DIET DELITE** ..... SMALL 9.95  
Tossed salad with honey turkey and alpine swiss cheese
- SPINACH DELITE** ..... SMALL 10.95  
Spinach leaves, tomato, bacon, crumbled eggs, and grilled chicken

- CREAMY CAESAR BALSAMIC VINAIGRETTE**  
ROASTED PEPPERETTE BLUE CHEESE CHIPOTLE RUSSIAN MANDARIN GINGER
- RANCH THAI PEANUT GOLDEN ITALIAN PESTO HONEY MUSTARD OIL & VINEGAR**

- SALAD DRESSINGS**

- MR. LONG SALAD** ..... SMALL 11.95  
Shaved grilled chicken, goat cheese, baby corn, carrots, romaine lettuce with Thai peanut dressing
- SUMMER SALAD** ..... SMALL 9.95  
Mixed greens, apples, goat cheese, shaved almonds, dried cranberries, and chick peas... ALL CHOPPED
- ASIAN SALAD** ..... LARGE ONLY 13.95  
Asian fried chicken dumplings, leaf spinach, sun dried tomatoes, beets, corn, sunflower seeds, and goat cheese all tossed in a Mandarin ginger dressing

- GRILLED CHICKEN CAESAR** ..... SMALL 9.95  
Served with homemade caesar dressing
- FREEDMAN SALAD** ..... SMALL 11.95  
Chopped salad with grilled chicken, dried cranberries and raspberry dressing
- TACO SALAD** ..... LARGE ONLY 12.95  
Beef or chicken, sour cream, peppers, onions, and cheddar over our house salad

- ALYSSA SALAD** ..... SMALL 9.95  
Mixed greens, tomatoes, olives, roasted peppers, gorgonzola, roasted pecans... ALL CHOPPED
- BBQ POPCORN SHRIMP** ..... SMALL 9.95  
Over caesar salad

## P-Licious Salads

ADD \$4 to ANY Salad to make it a LARGE

- MR. LONG SALAD** ..... SMALL 11.95  
Shaved grilled chicken, goat cheese, baby corn, carrots, romaine lettuce with Thai peanut dressing
- SUMMER SALAD** ..... SMALL 9.95  
Mixed greens, apples, goat cheese, shaved almonds, dried cranberries, and chick peas... ALL CHOPPED
- ASIAN SALAD** ..... LARGE ONLY 13.95  
Asian fried chicken dumplings, leaf spinach, sun dried tomatoes, beets, corn, sunflower seeds, and goat cheese all tossed in a Mandarin ginger dressing

- GRILLED CHICKEN CAESAR** ..... SMALL 9.95  
Served with homemade caesar dressing
- MR. LONG SALAD**
- TACO SALAD**

- MARY'S TUNA MISH** SMALL 11.95  
Dry tuna, arugula, romaine, tomatoes, olives, artichokes, roasted peppers, provolone cheese, olive oil & balsamic vinaigrette (ALL CHOPPED)
- THE LONG BEACH (LARGE ONLY)** 14.95  
Pan seared teriyaki tuna over mixed greens with sun dried tomatoes, roasted peppers, crumbled goat cheese served with a Mandarin ginger dressing on the side

- WE MAKE LETTUCE WRAPS!**
- THE HEALTHY WRAP** \$9.95  
Honey Turkey, cole slaw, carrots cucumbers, Thai Peanut dressing served in a lettuce wrap

- THE CHICK-A-RITO BURRITO** 10.95  
Chicken Salad, Chopped Doritos, Chipotle Aioli, Melted Cheddar, Shredded Lettuce on a pressed Spinach Wrap
- THE FRIED RAVIOLI HERO** 12.95  
Melted Provolone, Vodka Sauce, Pesto Aioli on a Garlic Hero

- THE BANG BANG BURGER** 14.95  
Beyond Burger Patty, Melted Swiss, smashed Avocado, Garlic Mayo, chipotle Aioli, Everything Seeds, Top with Onion Rings, Served w/ side of Cajun Tots
- THE ROLANDO** 13.95  
Chicken Vodka Parm with pepperoni and mozzarella sticks on baked Semolina Hero

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Chicken Salad, Chopped Doritos, Chipotle Aioli, Melted Cheddar, Shredded Lettuce on a pressed Spinach Wrap
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www.PantanosGourmet.com  
Pantano's makes every effort to insure that the prices and items listed are up to date and correct. However, the prices and items listed are NOT guaranteed, and are subject to change without notice.  
3.5% Processing Fee on all Credit Card Charges.