LUNCH MENU



Hummus Platter V

Made In-House with Garlic, Tahini, Lemon, toasty Pita. \$8

Pita + Veggies \$9 All Veggies \$10 GF

Buffalo Breasts GF

Grilled Chicken Strips, Buffalo Sauce, Bleu Cheese, Baby Carrots. \$8.75

Red Beans & Rice

Seasoned Rice & Beans. \$6.5

Edamame V

Warmed, lightly salted. \$6.5

Veggie Pasta Salad

Tri-Color Rotini, fresh Veggies, Italian Seasonings, Parmesan Cheese, Lite Caesar Dressing. Large \$12 / Small \$6.75

GF - Gluten-Free V - Vegan

Healthy Kids' Menu

Toppings for sandwiches available upon request. All Sandwiches come with Baby Carrots.

Ham & Cheese

97% Fat-Free Ham. American Cheese. Whole Wheat. \$5.75

Hot Diggity Turkey Dog

A Healthy Alternative \$5.75

Add Cheese for \$1

Dino Bites

Dinosaur shaped Chicken Nuggets, grilled, not fried. \$6

Kids' Grilled Cheese

A smaller version of our Classic, served on Whole Wheat. \$5.75

PB & J

Grape Jelly, Creamy Peanut Butter, Whole Wheat. \$5.75

From The Garden

Gary's Garden Salad GF/V

Romaine, Mixed Greens, Seasonal Veggies. Full \$9.25 / Half \$6.5

Classic Caesar Salad

Crisp Romaine, Parmesan, Lite Caesar Dressing, House Garlic Croutons. Full \$10.5 / Half \$7

Chef Salad GF

Romaine, Mixed Greens, Tomato Wedges, Fresh Baked Turkey Breast, Low-Fat Ham, assorted Cheeses. \$15

Top any Salad with: Grilled Chicken \$6 (Make it Dirty or Buffalo, add \$1) Grilled Shrimp \$7.5 Grilled Atlantic Salmon \$10 Grilled Yellowfin Tuna (served Med-Rare) \$10 Crab Cake MKT Gluten-Free Crab Cake MKT

Dressings: Asian Sesame, Honey Mustard, House Honey Mustard Vinaigrette, Blue Cheese GF, Lite Caesar GF, Ranch GF, Balsamic Vinaigrette GF / V, Italian GF/V, Red Wine Vinaigrette GF/V

Sandwiches & Wraps

Build-Your-Own Sandwiches (unless otherwise noted) with available toppings. Substitute Side Salad, Grilled Veggies, Red Beans & Rice or Veggie Pasta Salad \$3.5

Sandwiches served on your choice of Whole Wheat Kaiser, Whole Wheat, or Rye (unless otherwise noted). Make most items gluten-free by omitting bread or wrap. Wraps available on Plain or Tomato Flour Tortillas. All Sandwiches and Wraps come with Herr's Ripple Chips and a Dill Pickle Spear.

The Original Turkey Cheese Steak 🐲

Our best seller! Chopped Turkey Breast, melted American Cheese, toasty Sub Roll. \$12.75

Make it a Buffalo Turkey Cheese Steak, add \$1 Or Have it in a Wrap instead, with your choice of Plain or Tomato Wrap and available toppings.

Gary's Famous Turkey Burger 🐲

A 1/2 pound Turkey Burger blended with Gary's own Mixture of Seasonings. \$12.75

Or..... Have it in a Wrap instead, with your choice of Plain or Tomato Wrap and available toppings.

Turkey Burger Royale with Cheese 😻

Our Famous Turkey Burger topped with melted American Cheese, shredded Lettuce, Dill Pickle, Raw Onion, and Mac Sauce. \$13.75

Crab Cake Sandwich

Hand-Made in Crisfield, MD, with Eastern Shore Seasonings. MKT

We also have a Gluten-Free Crab Cake available, MKT

Yellowfin Tuna Steak Sandwich Seasoned

and grilled Med-Rare. \$14 (unless otherwise requested).

Blackened Tuna Wrap

Blackened Yellowfin, House Pineapple-Mango Salsa, Dirty Rice, Lettuce. \$15

Salmon Sandwich

Seasoned and grilled. \$14

Cajun Catfish Sandwich

Seasoned, grilled, topped with Louisiana's Own Cajun Power Garlic Sauce. \$14

Buffalo Chicken Wrap

Grilled Chicken, Buffalo Sauce, Lettuce, Tomato, Bleu Cheese or Ranch Dressing, \$12.5

Southwest Wrap

Grilled Chicken Breast, Cheddar Cheese, House Pico, Red Beans & Rice, Lettuce, Texas Pete Hot Sauce. \$13.5

Chicken Caesar Wrap

Grilled Chicken Breast, crisp Romaine, Lite Caesar Dressing, Parmesan Cheese. \$11.75

Zatty Wrap

Grilled Chicken Breast, Cheddar Cheese, Honey Mustard, Bacon, Lettuce, Tomato. \$13.75

Grilled Ham & Swiss

97% Fat-Free Ham, grilled, topped with melted Swiss Cheese, toasty Thick-sliced Wheat Bread. \$11

Traditional BLT Sandwich

Toasted Whole Wheat or Rye, Bacon, Lettuce, Tomato, Mayo. \$9

Double Dog with Cheese

2 grilled Turkey Dogs, melted American Cheese, toasty Sub Roll. \$9.75

Veggie Melt 😻

Seasoned Grilled Veggies, melted American Cheese, Lettuce, Tomato, toasty Sub Roll. \$9.75

Or Have it in a Wrap instead, with your choice of Plain or Tomato Wrap and available toppings.

Cali Garden Burger 👼

100% Natural Ingredients, Certified Vegan. \$11

Grilled Cheese

BEST. GRILLED CHEESE. EVER.

Thick-sliced Wheatberry Wheat Bread, melted American Cheese. \$8.75

Gary's Fresh Baked Turkey Breast Sandwiches served on your choice of Whöle Wheat Kaiser, Whole Wheat, or Rye (unless otherwise noted). All Sandwiches come with Herr's Ripple Chips and a Dill Pickle Spear.

Substitute Side Salad, Grilled Veggies, Red Beans & Rice or Veggie Pasta Salad \$3.5

Build-Your-Own Turkey Breast Sandwich 😻 Carved in-House and piled high. \$13.75

Double-Decker Turkey Club 3 pieces of toasted Whole Wheat, Lettuce, Tomato, Mayo, crispy Bacon. \$14.75

Add Cheese \$1.5

Turkey Reuben

Grilled Seeded Rye Bread, Sauerkraut, melted Swiss Cheese, 1,000 Island Dressing. \$13.75

Thanskgiving Wrap

Homemade Stuffing, Whole Berry Cranberry Sauce, Mayo. (Plain or Tomato Wrap) \$13.5

Available Toppings:

For Free: Lettuce, Tomato, Grilled or Raw Onions, Heinz Ketchup, Gulden's Spicy Mustard, French's Yellow Mustard, Low-Fat Mayo, Crushed Hot Peppers, Sweet Pepper Strips, Cocktail Sauce, Tartar Sauce

Avocado, Bacon, Grilled Mushrooms, Jalapenos, Cranberry Sauce, Spinach, House Pico, House Fruit **Salsa** \$1.5

> Cheese: American, Swiss, Provolone, Cheddar \$1.5

Fresh Fruit Smoothies G

20 oz Smoothies are made with Your Choice of Fruit:

Strawberry, Mango, Banana, Blueberry, Pineapple

Blended with 100% Orange Juice and Low-Fat Vanilla Yogurt. \$6.75

Add Whey Protein or Peanut Butter for \$2 *Dairy-Free Upon Request

