

# G&H LUNCH MENU

## All Day Sandwiches and Wraps

**KING CAESAR . . . \$10.50**  
Crispy Romaine, Grilled Chicken,  
Parmesan & Caesar dressing on choice  
of Wrap

**HOT STUFF . . . \$10.50**  
Breaded Chicken, Bacon, Romaine,  
Buffalo Sauce & Blue Cheese of Ranch  
Dressing

**THE LUNCHBOX . . . \$10.50**  
Cranberry Apple Chicken Salad &  
Mixed Baby Greens on choice of  
Wrap/Bread

**PARM IT UP . . . \$10.50**  
Breaded Chicken or Turkey Meatball  
Parmesan on Focaccia

**LITTLE MERMAID . . . \$10.50**  
Cranberry Apple Tuna, Lettuce &  
Tomato on choice of Wrap/Bread

**GREEK GODDESS . . . \$10.50**  
Lemon Chicken, Romaine, Crumbled  
Feta, Tomato, Cucumber & House  
Vinaigrette on Wrap

**THE GOBBLER . . . \$10.50**  
House Roasted Turkey Breast, Cheddar  
Cheese, Lettuce, Tomato & Mayo

**COS COB . . . \$10.50**  
Traditional Tuna, Lettuce & Tomato

**QUEEN CURRY . . . \$10.50**  
Curry Chicken Salad & Baby Spinach  
on Wrap

**CREATE YOUR OWN SANDWICH... \$10.50**  
Choice of Bread or Wrap, One Protein or Deli Salad,  
One Cheese, Choice of Mayo and/or Mustard, Choice of  
Lettuce, Veggie toppings and other Condiments for an  
additional charge

**PROTEINS:** Chicken, Ham, Bacon, Roast Beef, Turkey,  
Salmon, Hard Boiled Egg ( as add ons +\$3.00)

**CHEESES:** Cheddar, Feta, Swiss, American, Pepper-jack,  
Mozzarella, Blue Cheese, Parmesan, Provolone  
(as add ons +\$2.50)

**VEGGIES:** Tomato, Onion, Broccoli, Mushrooms, Peppers,  
Spinach, Olives, Cucumber, Chickpeas, Edamame, Beets, Corn,  
Sundried Tomato (as add on +\$1.00),  
Avocado (as add on +\$2.00)

**CONDIMENTS:** Pesto, Horseradish Sauce, BBQ Sauce, Spicy  
Mayo, Honey Dijon, Salsa, Sour Cream, Blue Cheese Dressing,  
Ranch (as add ons +\$.75)

**FULLY LOADED . . . \$9.50**  
Grilled Chicken, Spinach, Tomato, Cucumber &  
Jalapeño Rings with Pesto on Focaccia

**THE NAMASTE . . . \$9.50**  
Kale, Shredded Carrots, Edamame, Chickpeas,  
Cucumber, Sunflower Seeds, Mandarin Oranges &  
Citrus Vinaigrette on choice of Wrap

**THE PRIMADONA . . . \$9.50**  
Tomato, Mozzarella, Basil & Pesto Panini

**LIV'N LIGHT . . . \$9.50**  
Roasted Veggies, Lemon Tossed Arugula, Homemade  
Hummus on choice of Wrap

**COMPO BEACH . . . \$11.50**  
Blackened Chicken, Cheddar Cheese,  
Avocado, Lettuce, Tomato & Spicy Mayo

**THE GANGSTER . . . \$11.50**  
Breaded Chicken, Prosciutto, Mozzarella,  
Roasted Red Peppers, Arugula & House  
Vinaigrette

**ITALIAN COMBO . . . \$11.50**  
Mortadella, Salami, Pepperoni, Ham,  
Provolone, Lettuce, Tomato & House  
Vinaigrette

**CAPTAIN HOOK . . . \$11.50**  
G&H signature Deli Baby Shrimp, Surimi  
Crab, Crispy Celery, Onions, Dill & Creamy  
Treasure Sauce on Wrap

**GREENWICH AVE . . . \$12.50**  
Flank Steak, Caramelized Onions & Mixed  
Peppers

**THE CUBAN . . . \$11.50**  
Panini Pressed Pulled Pork, Grilled Ham,  
Pickles, Provolone, Mayo & Mustard,  
Hoagie Roll

**CHOOSE YOUR BURGER**  
Lettuce, Tomato, Cucumber & Mayo or  
Spicy Mayo on Hard Roll with choice of:  
**Salmon Burger... \$11.50**  
**Quinoa Burger... \$10.50**  
**Turkey Burger... \$10.50**

*Something you'd like but don't see on  
our menu? Just ask us! We'll do our  
best to accommodate your request!*

