



BREAKFAST

Breakfast Served Daily
Fresh Bagels, Muffins,
Eggs, Danish



SPECIALTY SANDWICHES

Godfather 8.50

Prosciutto, sweet sopressata, ham cappy, provolone cheese and black olives on a focaccia roll

Florentino 6.95

Grilled eggplant, sundried tomato, smoked mozzarella, leaf lettuce on a pumpkin roll

Mama Mia 7.50

Turkey, salami, Swiss cheese and marinated artichokes on olive bread

Godmother 8.95

Mortadella, sweet capicola, prosciutto, leaf lettuce, relish, Italian dressing on Ciambatta bread

Pitbull 7.50

Pepper turkey, prosciutto, Swiss cheese, pickles and Russian dressing on a multi-grain roll

	Roll	Wedge
1. J&G Combo Genoa salami, ham cappy, mortadella, pepperoni, provolone with lettuce, tomato, roasted peppers, oil and vinegar	6.95	7.95
2. Prosciutto with Fresh Mozzarella Roasted peppers and olive oil	7.95	8.95
3. Boar's Head Ham, Sweet Sopressata, Fresh Mozzarella Marinated mushrooms and oregano	7.25	8.25
4. Mortadella, Genoa Salami, Sweet Capicola, Smoked Mozzarella Tomato, oil and vinegar	7.25	8.25
5. Hot Sopressata, Hot Capicola, Picante Provolone Lettuce, tomato and hot fried peppers	7.25	8.25
6. Baked Eggplant, Boar's Head Ham and Provolone Roasted Peppers	6.95	7.95
7. Hot Sopressata, Sharp Provolone Sweet vinegar peppers and olive oil	7.95	8.95
8. Fresh Turkey with Broccoli Rabe, Provolone Cheese .. Olive oil and balsamic vinegar	7.75	8.75
9. Fresh Turkey with Fresh Mozzarella Roasted red peppers	7.75	8.75
10. Roast Beef with Melted Swiss Cheese On garlic bread with horseradish sauce	7.95	8.95
11. Chicken Cutlet, Broccoli Rabe, Fresh Mozzarella Sundried tomatoes	8.50	9.50
12. Ovengold Turkey, Boar's Head Ham, Roast Beef Yellow American Cheese Lettuce, tomato and mayo	6.95	7.95
13. Grilled Chicken, Melted Swiss Cheese with Ham Honey mustard dressing and tomato	7.95	8.95
14. Baked Eggplant with Fresh Mozzarella Roasted peppers	6.50	7.50
15. Chicken Cutlet with Melted Mozzarella, Prosciutto and Pesto On a focaccia roll	8.95	
16. Hot Pastrami with Melted Swiss Cheese Coleslaw and Russian dressing on a grilled pumpkin roll	7.95	



WRAPS

All Wraps are
8.50 each

Your Choice of a Plain, Whole Wheat, Sundried Tomato, or Spinach Wrap

Caesar

Grilled chicken Caesar Salad

The Gobble

Honey turkey with Alpine Lace Swiss, lettuce, tomato and honey mustard

Tuscan

Fresh mozzarella, roasted peppers, sundried tomato, arugula and pesto sauce

Gladiator

Teriyaki grilled chicken, melted American cheese, onion and lettuce

The Guido

Chicken cutlet with Pepper Jack cheese, avocado, lettuce, tomato and ranch dressing

Jimbo

Low salt ham, provolone, lettuce, onion, oregano, oil and vinegar

Pauly D

Grilled chicken with fresh mozzarella, roasted peppers and arugula

The Roasted

Chicken breast with Muenster cheese, lettuce, tomato and Cajun mayo

Fo-Get-About-It

Chicken cutlet with provolone cheese, lettuce, tomato, hot sauce and bleu cheese dressing

Venice

Fresh turkey, gorgonzola cheese, spinach and tomato

All panini, wraps and specialty sandwiches are made to order. Create your own!

PANINI

All Paninis are
8.50 each

California

Grilled chicken, avocado, roasted peppers, provolone and balsamic vinegar

The Clubber

Honey turkey, bacon, cheddar cheese, lettuce, tomato and mayo

The Shrumme

Portabello mushroom, spinach, Asiago cheese and caramelized onion

Fonzarelli

Pastrami, Swiss cheese, sauerkraut and spicy mustard

Smoke Out

Smoked turkey with smoked mozzarella, arugula and tomato

The Heights

Grilled chicken, Swiss cheese, sundried tomato and spinach



Milano

Grilled eggplant, peppers, zucchini and onion with Fontinella cheese and mixed greens

Black Forest

Virginia ham, Swiss cheese, tomato with onion and mustard

The Romano

Baked eggplant, prosciutto, Asiago cheese and tomato

Southwestern

Roast beef with Pepper Jack cheese, onions and salsa

HOT SPECIALS

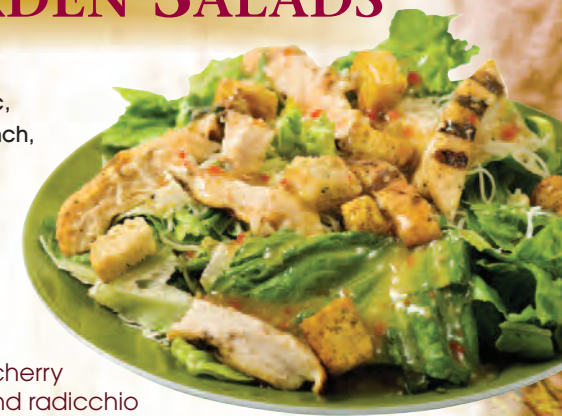
All Wedges 1.00 additional

Chicken Cutlet Parmigiana 7.00	Meatball and Ricotta Parmigiana 6.95
Chicken Cutlet Marinara 6.00	Meatball Parmigiana 6.50
Chicken With Fried Peppers And Marinara 6.50	Meatball Marinara 5.50
Chicken Cutlet With Broccoli Rabe 6.75	Philly Cheesesteak 7.50
Sausage And Broccoli Rabe 6.50	Steak and Mushrooms ... 7.50
Sausage and Peppers ... 6.00	Eggplant Parmigiana 6.00
Sausage Marinara 5.50	Veal and Peppers 7.00
Sausage Parmigiana 6.50	Veal Cutlet Parmigiana .. 8.00

All sandwiches are also available in plates ... Just ask!

FRESH GARDEN SALADS

Dressings: Oil & Vinegar, Balsamic, Creamy Italian, Fat Free Italian, Ranch, Low Fat Ranch, Honey Mustard, Bleu Cheese and French



- Tossed Salad..... 4.95**
Green leaf with carrots, cherry tomatoes, cucumbers and radicchio
- Cobb Salad.....7.95**
Crisp romaine lettuce with sliced avocado, feta cheese, grilled chicken, crispy bacon and hard boiled egg
- Field Green Salad.....7.50**
A crisp bed of mesculin salad with dried cranberries, walnuts and crumbled gorgonzola cheese
- Grilled Chicken Caesar Salad7.95**
- Mandarin Chicken Salad7.95**
A crisp bed of mixed greens with mandarin oranges, grilled chicken and Alpine Lace Swiss
- Mesculin Salad7.50**
Fresh roasted peppers, marinated artichokes and picante provolone
- Chef's Salad.....7.50**
Ham, salami, turkey and Swiss over tossed salad

All items are subject to tax. Prices subject to change without notice. We appreciate your business!

If you have a food allergy, please speak to the owner, manager, chef or your server.

SIDE DISHES



Tomato Cucumber Salad . . .	6.49/lb.
Tortellini Salad	7.49/lb.
Red Potato Salad	3.99/lb.
Chickpea Salad	4.99/lb.
Marinated Bocconcini	8.99/lb.
Marinated Mushrooms	5.99/lb.
Antipasto Salad	7.99/lb.
Mixed Green Salad with Dressing	5.99/lb.
Grilled Vegetables	8.99/lb.
Sauteed Vegetables	6.99/lb.
Potato/Macaroni Salad or Coleslaw	2.49/lb.
Cold Pasta of the Day	5.99/lb.
Broccoli Rabe	6.99/lb.
Shrimp Salad	12.99/lb.

AND MUCH MORE

Feel free to call for the Specials of the Day!

PREPARED FOOD



*Working late?
Busy with the kids?
On the run?*

We can help.

Come by and pick up our delicious prepared foods!

- Pastas
- Dinner Entrees
- Sauces
- Vegetables
- Sandwiches and More



COLD SANDWICHES

Served on a roll, wheat, rye or white bread
Wedges additional 1.00

Tuna Salad	5.75	Roast Beef	6.50
Chicken Salad	5.75	Prosciutto	6.75
Egg Salad	4.75	Sopressata* hot or sweet . .	6.75
Shrimp Salad	7.00	Capicola* hot or sweet . .	6.75
Bologna	5.00	Pastrami	6.75
Ham	6.25	Corned Beef	6.25
Virginia Ham	6.50	Grilled Chicken	6.50
Turkey	5.75	Chipotle Chicken	6.00
Honey Turkey	6.00	Chicken Cutlet	6.00
Jerk Turkey	6.00		
Off the Bone Turkey	6.25		
Mortadella	5.50		
Genoa Salami	5.75		



Boar's Head

EXTRAS

Cheese	75¢	Onions	25¢
Fresh Mozzarella	1.50	Sundried Tomatoes	1.00
Roasted Peppers	75¢	Coleslaw	75¢
Vinegar Peppers	75¢	Broccoli Rabe	1.00
Whole Pickle	95¢	Bacon	1.00
Long Hot Peppers	1.00	Smoked Mozzarella	1.50
Avocado	1.00		

SOUP

Call for Soup of the Day

16 oz. Cup	3.75
Quart	6.95



DESSERTS

- Fresh Fruit Salad
- Assorted Muffins
- Black and White Cookies
- Italian Biscotti



J&G

Deli and Market

Italian - American Deli

Take-Out Menu



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*We Aim
To Please*

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Corporate Accounts Welcome
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\$20 Minimum

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