



Call Ahead! 280-3131

Duane Long


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M- F 7:30 am—12 am

S & S 2:30 pm—12 am

**Signature Sandwiches:**


*Our Sandwiches are freshly prepared offered with a Pickle Spear and a choice of Potato Chips, Carrot Sticks, or Pasta Salad.*

 **Grilled Chicken or Beef Philly Sandwich**.....\$5.29

Grilled chicken breast or Beef Philly-style with peppers, onions, mushrooms and Swiss cheese on a French roll.

**Crispy Chicken Po'Boy**.....\$5.29

Crispy Boneless Chicken topped with shredded lettuce, fresh tomato and remoulade sauce on a French roll. Also offered with grilled chicken.

 **Turkey Cranberry Club Wrap** \$5.29

Smoked turkey with baby spinach, crisp bacon, cheddar cheese and cranberry mayonnaise wrapped in a flour tortilla.

**French Dip Sandwich**.....\$5.49

Shaved Roast Beef with sautéed onions, Mushrooms, and provolone cheese on a toasted French roll. Served with Au Jus Dipping sauce.


**Jay's Cuban Pretzel Sandwich**... \$5.29

Roasted Pork, Ham, Fresh Tomatoes, Onions, with Italian Dressing and Provolone Cheese on a Pretzel Roll.

**Smoke House Club Pretzel Roll**...\$5.69

Smoked turkey and shaved ham with bacon, cheddar and Swiss cheese stacked with honey mustard and lettuce on a croissant.

**Grilled Cheese Stacker**.....\$3.29

 Provolone, Swiss and Cheddar Cheeses melted over Toasted White Wholegrain Bread. Garnished with Freshly Sliced Tomato and Red Onion.

**Grilled Vegetable Wrap**.....\$4.79

Marinated in Balsamic Dressing and Sauté on the Grilled Squash, Zucchini, Red Peppers, Onions, Mushrooms.




**Java Jay Salads:**

 **Taco Salad** .....\$4.95


Your Choice of Taco Beef or Chicken over a Bed of Shredded Lettuce Topped with Seasoned Pinto Beans, Shredded Cheddar Cheese, Sour Cream, and Salsa

**Wonton Chicken Salad**.....\$5.59

Mixed greens with seared chicken breast, Asian style vegetables, mandarin oranges, crispy wontons, toasted almonds and honey mustard dressing. Also offered with crispy fried chicken.

 **Garden Salad**.....\$3.29

Mixed greens with tomatoes, cucumbers, olives, red peppers and julienne cheddar cheese. Served with garlic or pita bread and your choice of dressing.

 **Chicken Caesar Salad**.....\$5.29

Chopped Romaine topped with Shredded Parmesan Cheese, Caesar Dressing and added to the side tomatoes, Black Olives, and Garlic Bread.

**Soup & Salad Comb**.....\$4.29

Our Special includes a side salad and cup of your choice of soup

**On The Side:**

Pasta Salad.....\$1.99

Soup of the Day.....\$1.59

Veggie Sticks & Dip.....\$2.29

Lays Chips.....\$.85

Whole Fruit.....\$.75

	Vegetarian Items
	Vegan Items
	Well Balanced <sup>®</sup> Items
	Carb Friendly <sup>®</sup> Items



Visit our Website for More  
Nutritional Information

[WWW.BalanceMindBodySoul.com](http://WWW.BalanceMindBodySoul.com)