

# LUNCH



# MENU

YOUR LOCAL GOURMET MARKET • ESTABLISHED 2006

781-821-0005

## SANDWICH OF THE DAY

- Monday** - Fresh mozzarella, prosciutto, roasted red pepper, fresh basil on a ciabatta roll **\$8.99**
- Tuesday** - Boar's Head black forest ham, muenster cheese, honey mustard, lettuce, tomato on a ciabatta roll **\$7.99**
- Wednesday** - Steak tips, peppers, onions, cheddar cheese on a ciabatta roll **\$8.99**
- Thursday** - Boar's Head Turkey, cranberry cornbread stuffing, cranberry sauce on a wrap **\$7.99**
- Friday** - Portabella mushrooms, roasted red peppers, cucumbers, tomato, romaine, feta cheese, hummus, Greek dressing on a whole wheat wrap **\$7.99**
- Saturday** - Romaine, parmesan cheese, croutons, Caesar dressing on a whole wheat wrap **\$7.99**
- Sunday** - Tuna, tomato and swiss on a ciabatta roll **\$7.99**

## SPECIALTY SANDWICHES

- The Globe** - Boar's Head turkey, provolone, roasted red pepper, lettuce, tomato on a focaccia roll **\$7.99**
- California Club** - Grilled chicken breast, bacon, swiss cheese, avocado, tomato, lettuce and mayonnaise on a ciabatta roll **\$8.99**
- Bacon, Turkey, Cheddar Melt** - Bacon, tomato and Hoffman's super sharp cheddar on a ciabatta roll **\$7.99**
- Veggie Burger** - Veggie burger with your choice of toppings on your choice of bread **\$6.99**
- Salmon Burger** - Store-made salmon burger with your choice of toppings on choice of bread **\$7.99**
- Tomato, Basil, Mozzarella** - Tomato, fresh basil, mozzarella and vinaigrette on a ciabatta roll **\$6.99**
- Greek Wrap** - Romaine, feta cheese, tomatoes, black olives, cucumbers, onion, roasted red peppers and Greek dressing on a wrap **\$7.99**
- Humus & Veggie** - Hummus, cucumber and fresh red pepper on a ciabatta roll **\$6.99**
- Veggie** - Roasted red pepper, buffalo mozzarella, lettuce, tomato and pesto on a fresh baked ciabatta or focaccia roll **\$7.99**
- Classic Italian** - Genoa salami, imported prosciutto, imported ham, provolone, red pepper, onion, lettuce and extra virgin olive oil on a sub roll **\$7.99**

## SPECIALTY SANDWICHES

- Gourmet Beef** - Roast beef, provolone, horseradish, mayonnaise, lettuce, tomato and onion on choice of bread **\$7.99**
- Chicken Little** - Store-made chicken salad, provolone, lettuce, tomato and pickles on choice of a roll or wrap **\$7.99**
- Canton Bulldog** - Buffalo chicken breast, Hoffman's super sharp cheddar cheese, lettuce, onion, tomato, pickles on a bulkie **\$7.99**
- Big Papi** - Genoa salami, capicola, prosciutto, roasted red pepper, buffalo mozzarella, lettuce, tomato and pesto on a ciabatta or focaccia roll **\$8.99**

## SIMPLE SANDWICHES \$6.99

- Turkey** - Choice of oven gold, mesquite smoked, maple honey, home-style all natural
- Ham & Cheese** - Choice of ham: maple honey, black forest, low sodium and choice of cheese
- Chicken Breast** - Choice of Everroast, barbeque or blazing buffalo
- Pastrami & Cheese** - Choice of black pastrami or turkey pastrami and choice of cheese on a bulkie roll
- Corned Beef Brisket & Cheese**
- Chicken Salad** - Store-made
- Cranberry Walnut Chicken Salad**
- Tuna Salad** - Store-made
- Egg Salad** - Store-made
- Seafood Salad** - Store-made

**Add bacon to any sandwich \$ .99**

**Cheese:** American, Imported Swiss, Alpine Lace Swiss, Muenster, Provolone, Cheddar, Double Gloucester, Monterey Jack

**Toppings:** Lettuce, tomato, onion, peppers, pickles, Dijon mustard, honey Dijon mustard, yellow mustard, mayonnaise, horseradish

**Bread:** Ciabatta roll, focaccia roll, bulkie, onion roll, sub roll, whole wheat roll, whole wheat wrap, tomato basil wrap, spinach wrap, white wrap, whole wheat bread, rye bread, white bread



**Boar's Head Brand Provisions**  
Premium Delicatessen

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## HOT SANDWICHES

- Meatball* - Our store-made meatballs, provolone cheese on a toasted sub roll **\$7.99**  
*Chicken Parmesan* - Chicken parmesan, provolone cheese on a toasted sub roll **\$7.99**  
*Eggplant Parmesan* - Eggplant parmesan, provolone cheese on a toasted sub roll **\$7.99**

## HOT ENTREES

- Lasagna* - Our store-made meat lasagna and crusty roll **\$7.99**  
*Chicken Parmesan* - Chicken parmesan and crusty roll **\$7.99**  
*Eggplant Parmesan* - Eggplant parmesan and crusty roll **\$7.99**  
*Eggplant Rollatini* - Our store-made eggplant rollatini and crusty roll **\$7.99**  
*Chicken Potstickers* - Chicken potstickers with sesame soy dipping sauce and rice **\$7.99**  
*Eggplant Stack* - Eggplant, fresh mozzarella, fresh basil, roasted red pepper and side salad **\$7.99**

## SALADS

- Garden Salad* - Field greens, cucumber, tomato, pepper, onion **\$3.99**  
*Greek Salad* - Romaine, cucumber, tomato, feta, black olives **\$4.99**  
*Caesar Salad* - Romaine, croutons, parmesan cheese **\$4.99**  
*Signature Salad* - Field greens, goat cheese, cranberries, walnuts, berries **\$6.99**

### Dressing:

Balsamic or raspberry vinaigrette, Italian, creamy Italian, Greek, ranch, blue cheese

### Add To Any Salad:

- Tuna Salad* \$1.99    *Egg Salad* \$1.99  
*Seafood Salad* \$1.99    *Chicken Salad* \$1.99  
*Veggie Burger* \$2.99    *Grilled Chicken* \$2.99  
*Shrimp* \$2.99    *Salmon Burger* \$5.99  
*Teriyaki Turkey Burger* \$4.99  
*Crusty Roll* \$.99

## ADD ONS

- "Dirty" Potato Chips*  
*Fresh Fruit Cup*  
*Fage Yogurt - Assorted Flavors*

## BEVERAGES

- Poland Spring Water*  
*Nantucket Nectars*  
*Coke & Pepsi Products*  
*Old Fashioned Soda*  
*Spindrift Natural Soda*  
*Snapple*

## DESSERT

- Tate's Chocolate Chip Cookies*  
*Gourmet Cookies (Store-Baked)*  
*Mississippi Mud Pie*  
*Great Skott Snacks - Assorted*  
*Frozen Custard (Locally Made Chilly Cow)*  
*Gelato (Cold Fusion) - Assorted*  
*Ice Cream (SoCo) - Assorted*

## TO ORDER:

**781-821-0005**

[www.maincourse-ma.com](http://www.maincourse-ma.com)

## FREE DELIVERY

For Orders Over \$50  
In Canton, Stoughton, Sharon  
\$8 Delivery Fee Orders \$50 or Less

*All prices are subject to change at any time*

*For Private & Corporate Catering  
Please Refer to Our Catering Menu*

The Main Course Market  
11 Washington Street, Cobb Corner  
Canton, MA 02021



