

## Salads

Topping Selection Choose Base: SM \$3.50 LG 4.50  
(mixed greens, baby spinach, crisp romaine)



	Small	Large
<b>Adams Special</b> Choice of toppings; 1 meat, 1 cheese, 3 veggies	5.95	6.95
<b>Cesar Salad</b> Topped With Grilled Chicken	5.95	7.95
<b>Greek Salad</b> Crisp romaine, feta, stuffed grape leaves, tomato, olives & onions.	6.95	8.95
<b>Traditional Chef's Salad</b> Turkey, ham, Swiss & American cheese, hard boiled egg & cucumber over mixed greens.	7.95	9.95
<b>Classic Cobb Salad</b> Turkey, avocado, crumbled blue cheese, mushrooms, carrots and bacon over mixed greens.	7.95	9.95
<b>Southern Chicken Salad</b> Cajun chicken, bleu cheese, tomatoes, mushrooms and corn, over crisp romaine.	6.95	8.95

## Proteins

Grilled Chicken	2.00	Peppermill Turkey Breast	2.00
BBQ Chicken	2.00	Italian Tuna	2.00
Breaded Chicken	2.00	White Tuna	2.00
Teriyaki Chicken	2.00	Shrimp	3.50
Honey Turkey Breast	2.00	Bacon Bits	1.50
Smoked Turkey Breast	2.00		

## Vegetables

Kidney Beans	0.75	Jalapeño Peppers	0.75
Black Beans	0.75	Fresh Avocado	1.00
Fresh Corn	0.75	Sun-Dried Tomatoes	1.00
Chickpeas	0.75	Roasted Peppers	1.00
Bell Peppers	0.75	Walnuts	1.00
Carrots	0.75	Raisins	1.00
Mushrooms	0.75	Almonds	1.00
Plum Tomatoes	0.75	Sliced Beets	1.00
Cherry Tomatoes	0.75	Pesto Sauce	1.00
Cucumbers	0.75	Sunflower Seeds	1.00
Hard Boiled Egg	0.75	Artichoke Hearts	1.00
Fresh Broccoli	0.75		

## Cheese

Imported Feta Cheese	2.00	Blue Cheese	1.50
Cheddar Cheese	1.50	Fresh Mozzarella	1.50
Parmesan Cheese	1.50		

## Wraps

\$6.95

- W1. Arizona Wrap**  
Chicken cutlet, pepper jack cheese, hot peppers, lettuce, tomato and herb mayo on a gourmet wrap.
- W2. Veggie Wrap**  
Green zucchini, yellow squash, red, yellow and green peppers with hummus on a gourmet wrap.
- W3. Caesar Wrap**  
Grilled chicken Caesar dressing, Croûtons and Parmesan cheese gourmet wrap.
- W4. American Wrap**  
Roast beef, turkey, American and Swiss cheese, lettuce, tomato on a gourmet wrap.
- W5. Chicken Master Wrap**  
Breaded Chicken, fresh mozzarella, fresh basil, plum tomato, bacon, and ranch dressing on wheat wraps
- W6. Sicilian**  
Grilled chicken, peppers and onions on a gourmet wrap with fresh mozzarella.
- W7. E.Z.Z**  
Grilled chicken, sun-dried tomato, fresh basil, fresh mozzarella and honey mustard on a gourmet wrap.
- W8. Oriental**  
Teriyaki style chicken, steamed vegetables and teriyaki sauce on a gourmet wrap.
- W9. B.B.Q Chicken**  
Sliced BBQ chicken breast, avocado, romaine, jack cheese and sun-dried tomato on a gourmet wrap.
- W10. Santa Fe**  
Spicy turkey, fresh mozzarella, basil, tomato and balsamic vinaigrette on gourmet wrap.

## Quesadillas

A Crisp Half Moon Tortilla Filled With Your Choice Of Delicious Ingredients.

Includes Cheddar Cheese, Jack Cheese, Sour Cream And Salsa.

- |  |      |
|--|------|
| Q1. Cajun Chicken Quesadilla               | 7.95 |
| Q2. Chicken Broccoli Quesadilla            | 7.95 |
| Q3. Cheese Quesadilla                      | 7.95 |
| Q4. Mushrooms, Olive & Spinach Quesadilla  | 7.95 |
| Q5. Bacon, Black beans & Tomato Quesadilla | 7.95 |
| Q6. Beef Quesadilla                        | 7.95 |

## Sides

- |                      |                         |
|----------------------|-------------------------|
| 1. French Fries      | 5. Cole Slaw            |
| 2. Mozzarella Sticks | 6. Chicken Tenders(4ps) |
| 3. Potato Salad      | 7. Buffalo Wings(6PS)   |
| 4. Macaroni Salad    |                         |

## On The Grill

Deluxe Is Served With French Fries, Lettuce, Tomatoes And Pickles For An Additional Charge. Deluxe Option (\$2).

- 1. Cheese Burger** 4.95  
Leaf lettuce and tomatoes on a sesame seed bun
- 2. Bacon cheeseburger** 5.95  
Bacon leaf lettuce plum tomatoes on sesame seed bun
- 3. Texas cheeseburger** 5.95  
Bacon fried onions pepper jack cheese BBQ sauce on sesame seed bun
- 4. California burger** 5.95  
Avocado leaf lettuce plum tomatoes Swiss cheese and ranch dressing
- 5. Turkey Burger** 5.95  
Cheddar cheese, leaf lettuce plum tomatoes
- 6. Veggie Burger** 5.95  
Leaf lettuce plum tomatoes fresh mozzarella
- 7. Veggie Burger and Avocado** 5.95  
Avocado roasted peppers leaf lettuce fresh mozzarella chipotle mayonnaise on sesame seed bun
- 8. Philly Cheese Steak** 6.95  
Peppers onions and American on a hero
- 9. Italian Philly Cheeses Steak** 6.95  
Marinara sauce peppers and Onions fresh mozzarella on hero
- 10. Mexican Philly Cheese Steak** 6.95  
Peppers onions jalapeños fresh avocado chipotle mayonnaise Pepper jack cheese on hero

## Specialty Sandwiches

- S1. Grilled Breast Of Chicken Sandwich** 6.95  
Honey mustard roasted peppers shredded Leaf lettuce plum tomatoes carrots on on French baguette.
- S2. Smoke Breast Of Turkey Sandwich** 6.95  
Smoked turkey leaf lettuce plum tomatoes Brie cheeses honey mustard on a French baguette.
- S3. Old Fashion Tuna Sandwich** 6.95  
Roasted peppers leaf lettuce plum tomatoes shredded carrots cucumbers on a fresh baguette
- S4. Lemon Chicken Sandwich** 6.95  
Leaf lettuce plum tomatoes fresh Mozzarella and light Italian dressing on a French baguette.
- S5. Grilled Chicken and Grilled Vegetables** 6.95  
Oven roasted vegetables Grill chicken chipotle mayonnaise leaf lettuce plum tomatoes Swiss cheese on a French baguette
- S6. Chicken Cordon Bleu** 6.95  
Breaded chicken ham Russian dressing and Swiss cheese on a French baguette.
- S7. Chicken Parmesan** 6.95  
Breaded chicken fresh mozzarella Marinara sauce on a French baguette.
- S8. Meatball Parmesan** 6.95  
Meatballs fresh mozzarella Marinara sauce on a French baguette.

# Adams Market Place & Gourmet Deli

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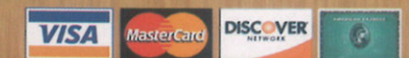
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## Juices

	Sm-16oz	Lg-20oz
1. <b>Nice &amp; Sweet</b> <i>Red apple, beet root, and sweet strawberries</i>	4.99	5.99
2. <b>Mr Green</b> <i>Spinach, kale, cucumber, celery green apple and pineapple</i>	4.99	5.99
3. <b>Detox</b> <i>Celery, ginger, apple, and carrot</i>	4.99	5.99
4. <b>Super Green</b> <i>Kale, spinach, parsley, cucumber, and celery</i>	4.99	5.99
5. <b>Pure Energy</b> <i>Carrot, beet root, spinach, celery, and cucumber</i>	4.99	5.99
6. <b>Body Cleanser</b> <i>Carrot, celery, cucumber, ginger, and spinach</i>	4.99	5.99
7. <b>Super C</b> <i>Grapefruit, orange, lemon, and pineapple</i>	4.99	5.99
8. <b>Green House</b> <i>Spinach, parsley, green apple, and banana</i>	4.99	5.99
9. <b>Sun-riser</b> <i>Pineapple, orange, and carrot</i>	4.99	5.99
10. <b>Eye Opener</b> <i>Apple, lemon, and carrot</i>	4.99	5.99

## Fresh Squeezed

	Sm-16oz	Lg-20oz
1. <b>Orange Juice</b>	4.95	5.95
2. <b>Carrot Juice</b>	4.95	5.95
3. <b>Apple Juice</b>	4.95	5.95

## Coffee Bar

	Sm	Med	Lg
1. <b>House Coffee, Decaf and Tea</b>	1.25	1.75	2.00
2. <b>Flavored Coffee</b> <i>(Hazelnut - French Vanilla - Caramel)</i>	1.75	2.00	2.50
3. <b>Steamed Hot Chocolate</b>	2.00	3.00	4.00
4. <b>Iced Cappuccino</b>	2.50	3.50	4.50
5. <b>Iced Coffee or Ice Tea</b>	2.00	2.50	3.00

## Muffins & Danishes

Available All Day

1. <b>Danish &amp; Pastries</b> <i>Danish selection: cheese, pecan, raisin, cinnamon, fruit, apple turnover.</i>	1.99
2. <b>Croissant</b> <i>Croissant selection: plain, cheese, chocolate &amp; almond.</i>	1.99
3. <b>Fat Free Yogurt Muffins</b> <i>Yogurt muffin selection: corn, bran, blueberry, banana, Walnut, chocolate chip, Cinnamon, blueberry, marble, Cappuccino, cranberry orange, red velvet.</i>	1.99
<b>Toasted w. Butter</b>	2.49

## Oatmeal

Small \$1.95 Large \$2.95  
Add \$0.50 Per Toppings  
(Brown Sugar, Banana, Blueberry, Strawberry)

## Smoothie

	Sm-16oz	Lg-20oz
1. <b>The Gem</b> <i>Strawberry Pineapple Carrot</i>	4.99	5.99
2. <b>The Landmark</b> <i>Strawberry Blueberry Mango</i>	4.99	5.99
3. <b>Lucky 8</b> <i>Carrot Pineapple Orange Strawberry</i>	4.99	5.99
4. <b>The Cornell</b> <i>Strawberry Banana Mango</i>	4.99	5.99
5. <b>The Chelsea</b> <i>Strawberries Mango Banana</i>	4.99	5.99
6. <b>The West Side</b> <i>Blueberry Strawberry Banana</i>	4.99	5.99
7. <b>The Adams Choice</b> <i>Pineapple Mango Banana</i>	4.99	5.99
8. <b>The Greenwich</b> <i>Mango Blueberry Banana</i>	4.99	5.99
9. <b>8th Avenue Express</b> <i>Strawberry and Banana</i>	4.99	5.99
10. <b>Peabut Butter Banana and Milk</b> <i>Choice of Milk Almond Milk Soy Milk and Regular Milk</i>	4.99	5.99

## Avocado Sandwiches

All Sandwiches Come With Avocado.

A1. <b>Lemon Grilled Chicken Avocado</b> <i>Mozzarella cheese, Russian dressing on rye bread.</i>	6.95
A2. <b>Cajun Chicken Avocado Sandwich</b> <i>Pepper jack cheese and romaine lettuce.</i>	6.95
A3. <b>Chicken Cutlet Avocado Sandwich</b> <i>Fresh mozzarella cheese on hero.</i>	6.95
A4. <b>Turkey Pastrami Avocado Sandwich</b> <i>Swiss cheese, peppers, honey mustard, onions on whole wheat bread.</i>	6.95
A5. <b>Chipotle Grill Chicken Avocado Sandwich</b> <i>Grill Chicken, Leaf lettuces plum tomato Avocado, Cheddar cheese bacon and chipotle mayo on hero</i>	6.95
A6. <b>Vegetable On Wrap Avocado Sandwich</b> <i>Fresh mozzarella cheese, romaine lettuce and sun dried tomato wrap.</i>	6.95
A7. <b>Vegetarian Burger Avocado Sandwich</b> <i>Fresh mozzarella cheese, romaine lettuce, Russian dressing and roasted pepper on whole wheat bread.</i>	6.95

## Grilled Cheese Sandwiches

C1. <b>Fresh Mozzarella &amp; Tomato</b>	3.99
C2. <b>American Cheese Sandwich</b>	3.99
C3. <b>Swiss Cheese Sandwich</b>	3.99
C4. <b>Provolone Cheese Sandwich</b>	3.99
C5. <b>Muenster Cheese Sandwich</b>	3.99
C6. <b>Cheddar Cheese Sandwich</b>	3.99
C7. <b>Mozzarella Cheese Sandwich</b>	3.99

## Boar's Head Sandwiches

Boar's Head Sandwiches Style Selection  
Sandwich pricing include lettuce, tomato and mayo

**ROLL \$5.99 HERO/WRAP \$6.95**

B1. <b>Oven Roasted Chicken Breast</b>
B2. <b>Buffalo Style Roasted Chicken Breast</b>
B3. <b>Oven gold turkey</b>
B4. <b>Pepper Turkey</b>
B5. <b>Sausalito Turkey</b>
B6. <b>Honey Glazed Turkey Breast</b>

## Desserts

1. <b>Giant Cookie</b>	2.99	4. <b>Strawberry Cheese Cake</b>	3.99
2. <b>Brownie</b>	2.99	5. <b>Carrot Cake</b>	3.99
3. <b>NY Style Cheese Cake</b>	3.99	6. <b>Red velvet</b>	3.99

## Egg Sandwich

Bread Choice: Kaiser Roll or White, Rye or Wheat Slice Bread or Bagel Flavor  
Options: Plain, Sesame, Cinnamon Raisin, Poppy Seed, Whole wheat, Everything Bagel or English Muffin

ES1. <b>Two Eggs On Roll (Cheese 0.50 Extra)</b> <i>Scrambled, fried or over easy</i>	1.99
ES2. <b>Eggs With Meat On Roll</b> <i>Served with choice of: ham, bacon, turkey bacon or sausage, etc.</i>	2.99
ES3. <b>Two Eggs Meat and Cheese On Roll</b> <i>Served with choice of: ham, bacon, turkey bacon or sausage, etc.</i>	3.49
ES4. <b>Eggs Cheese Avocado On Roll</b>	2.99
ES5. <b>Eggs and Pastrami On Roll</b>	2.99
ES6. <b>Egg &amp; Cheese On Croissant</b>	3.49
ES7. <b>Salami Eggs Cheese On Roll</b>	3.49
ES8. <b>Grilled Vegetables and Egg On Roll</b>	3.49

## Bagels

1. <b>Bagel</b> <i>With Butter</i>	1.25	5. <b>Bagel</b> <i>w. Cream cheese and avocado</i>	2.99
2. <b>Bagel</b> <i>With Cream cheese</i>	1.99	6. <b>Bagel</b> <i>With peanut butter and jelly</i>	2.49
3. <b>Bagel</b> <i>w. Scallion, Vege., Cream cheese.</i>	2.49	7. <b>Bagel</b> <i>w. Peanut butter and banana</i>	2.99
4. <b>Bagel</b> <i>With smoked norwegian salmon &amp; cream cheese</i>	6.95	8. <b>Bialy</b> <i>With smoked Norwegian salmon &amp; cream cheese</i>	6.95

## Salad By The Pound

1. <b>Tuna Salad</b>	8.99/LB	5. <b>Pasta Salad</b>	6.99/LB
2. <b>Chicken Salad</b>	7.99/LB	6. <b>Shrimp Salad</b>	9.99/LB
3. <b>Cajun Chicken</b>	7.99/LB	7. <b>Seafood Salad</b>	9.99/LB
4. <b>Egg Salad</b>	5.99/LB		

## Egg Platters

Available All Day

Served with Home Fries, Toast Egg Platters  
Choice of Toast: White, Wheat, Rye

EP1. <b>Two Eggs Any Style Platter</b>	3.99
EP2. <b>Two Eggs Any Style with Cheese</b>	4.5
EP3. <b>Two Eggs Any Style with Cheese and Meat</b>	5.49
EP4. <b>Vegetarian Omelette's Platters</b> <i>Egg whites with oven roasted vegetables and fresh mushrooms.</i>	4.99
EP5. <b>Western Omelette's Platter</b> <i>Peppers, onion, and ham.</i>	4.99
EP6. <b>Greek Omelette's Platter</b> <i>Fresh mushroom spinach fate cheese</i>	4.99

## Egg Wraps

Available All Day

Wrap Choices: Spinach, Sundried Tomato, Whole Wheat & Plain

EW1. <b>Greek Style Wrap</b> <i>Eggs, feta cheese, fresh spinach and mushrooms on a spinach wrap.</i>	4.99
EW2. <b>Classic Egg Wrap</b> <i>Eggs, ham, American cheese and home fries on an plain wrap.</i>	4.99
EW3. <b>Healthy Egg White Wrap</b> <i>Egg whites with oven roasted vegetables and fresh mushrooms on a whole wheat wrap.</i>	4.99
EW4. <b>Southwestern Style Wrap</b> <i>Eggs with ham, cheddar cheese, green onions and salsa on a sundries tomato wrap.</i>	4.99

\*\*\*\*\* \$2.00 For Extra Meat \*\*\*\*\*

## Panini

<b>Small \$3.95</b>	<b>Call For Our 3 Daily Selections Panini \$6.95</b>
<b>Large \$4.95</b>	<b>Hot Grilled Sandwiches on European Plat Bread</b>

P1. <b>The Teriyaki Panini</b> <i>Grilled chicken with vegetables, Jarlsberg cheese and teriyaki sauce.</i>	6.95
P2. <b>Combination Panini</b> <i>Corned beef, turkey, Swiss cheese, Cole slaw, Russian dressing, lettuce and tomatoes.</i>	6.95
P3. <b>Chicken Parmigiana Panini</b> <i>Breaded chicken, fresh mozzarella, marinara sauce, fresh basil.</i>	6.95
P4. <b>Tuscan Panini</b> <i>Fresh mozzarella, fresh plum tomatoes, fresh basil, fresh spinach and sun-dried tomato.</i>	6.95
P5. <b>Tuna Melt Panini</b> <i>Tuna salad, cheddar cheese, lettuce and plum tomatoes.</i>	6.95
P6. <b>Delightful Panini</b> <i>Honey-glazed turkey, Jarlsberg cheese, Cole slaw and honey mustard.</i>	6.95
P7. <b>Capri Panini</b> <i>Smoked turkey, pepperoni, provolone cheese, spinach, hot peppers and balsamic vinaigrette.</i>	6.95
P8. <b>The Combo Panini</b> <i>Pastrami, corned beef, provolone cheese, lettuce, tomatoes and mustard.</i>	6.95
P9. <b>Chicken Fajita Panini</b> <i>Grilled chicken, cheddar cheese, roasted peppers, caramelized onions and salsa.</i>	6.95
P10. <b>Russian Panini</b> <i>Roast beef, muenster cheese, caramelized onions, lettuce, plum tomatoes and Russian dressing.</i>	6.95
P11. <b>The Italiano Panini</b> <i>Grilled chicken, roasted peppers, fresh mozzarella and pesto sauce.</i>	6.95
P12. <b>Vegetarian Panini</b> <i>Grilled vegetables, zucchini, eggplant and fresh mozzarella.</i>	6.95
P13. <b>Chicken Club Panini</b> <i>Grilled chicken, smoked bacon, Brie cheese, plum tomatoes and house dressing.</i>	6.95
P14. <b>Chipotle Chicken Panini</b> <i>Grilled chicken, jack cheese, fresh grill vegetable, fresh avocado &amp; chipote sauce.</i>	6.95
P15. <b>The Cuban Panini</b> <i>Roasted pork, Swiss cheese, pickle chips, yellow mustard.</i>	6.95
P16. <b>The New Yorker</b> <i>Grill chicken, grill vegetable, Swiss cheese and spinach</i>	6.95