



# LUNCH

# MENU

Because Quality Matters

781-821-0005

## CREATE A SANDWICH \$6.99

### Choose Your Protein

**Turkey** – Oven Gold, All Natural, Maple Honey, Turkey Pastrami, Smoked, Cracked Pepper

**Ham** – Honey Maple, Black Forest, Sweet Slice

**Chicken** – EverRoast, All Natural, Buffalo, BBQ, Grilled Chicken

**Beef** – Oven Roasted, All Natural, Cajun Roast Beef, Corned Beef Brisket, Black Pastrami, Genoa Salami, Capicola, Bologna, Prosciutto

**Salad** – Egg Salad, Chicken Salad, Cranberry Walnut Chicken Salad, Tuna Salad

**Cheese** – American, Low-fat American, Cheddar, Swiss, Alpine Lace Swiss, Provolone, Muenster, Fresh Mozzarella, Feta, Three Pepper Colby

### Choose Your Veggies

**Veggies** – Romaine, Tomato, Pickle, Onion, Cucumber, Roasted Red Pepper, Jalapeno, Sweet Fire Pickles

### Choose Your Toppings

**Toppings** – Mayo, Chipotle Mayo, Hummus, Roasted Red Pepper Aioli, Thousand Island, Garlic Aioli Spicy, Sweet Fire Relish, Honey Mustard, Ranch Dressing, Spicy Mustard, Horse Radish, Pesto

### Choose Your Bread

**Bread** – Braided Roll, Bulkie Roll, Ciabatta Roll, Wheat, Rye, Pita

**Add Avacado to Any Sandwich \$0.99**

**Add Bacon to Any Sandwich \$0.99**

## SPECIALTY SANDWICHES

**Thanksgiving Wrap** – Oven Roasted Turkey, Cranberry Cornbread Stuffing, Cranberry Sauce & Mayo on a Wrap **\$8.99**

**California Club** – Grilled Chicken Breast, Swiss Cheese, Bacon, Avocado, Tomato, Lettuce & Mayo on a Ciabatta Roll **\$8.99**

**Steak & Cheese** – Teriyaki Steak Tips, Cheddar Cheese, Sauteed Onions & Peppers on a Ciabatta Roll **\$9.99**

## SPECIALTY SANDWICHES

**The Piccoli** – Prosciutto di Parma, Roasted Red Peppers, Fresh Basil, Fresh Mozzarella on a Ciabatta Roll **\$8.99**

**Turkey Club** – Oven Roasted Turkey, Bacon, Lettuce Tomato & Mayo on a Wheat Bread **\$8.99**

**Tomato, Basil, Mozzarella** – Tomato, Fresh Basil, Fresh Mozzarella & Vinaigrette on a Ciabatta Roll **\$6.99**

**Greek Wrap** – Romaine, Feta Cheese, Tomato, Black Olives, Cucumber, Onion, Roasted Red Pepper & Greek Dressing on a Wrap **\$7.99**

**Classic Italian** – Genoa Salami, Capicola, Prosciutto, Provolone, Roasted Red Pepper, Onion, Lettuce & Olive Oil on a Sub Roll **\$8.99**

**Caesar Wrap** – Romaine, Parmesan Cheese, Croutons, Caesar Dressing on a Whole Wheat Wrap **\$6.99**  
**Add Grilled Chicken \$7.99**

**Meatball Sub** – Our Store-made Meatballs, Provolone, on a Toasted Sub Roll **\$8.99**

**Grilled Cheese w/ Tomato** – Asiago, Cheddar, Swiss on Rye **\$7.99**

**Chicken Parmesan Sub** – Chicken Cutlet, Parmesan Cheese, Fresh Mozzarella & Marinara on a Toasted Sub Roll **\$8.99**

**Panko Chicken Cutlet Sub** – Panko Encrusted Chicken Cutlet, Three Pepper Colby & Sweet Fire Aioli on a Toasted Sub Roll **\$8.99**

**Corned Beef or Pastrami** – Swiss and Cole Slaw on Rye Bread **\$8.99**



Boar's Head



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## HOT ENTREES

*Our chefs prepare a wide array of meals each day using only the finest ingredients. All of these items are available to be heated. Call for availability.*

## PANINIS

*Assorted Grilled Paninis – \$5.99 – \$8.99*

## SALADS

*Garden Salad* - Field greens, cucumber, tomato, pepper, onion **\$3.99**  
*Sirloin Steak Salad* – Marinated sirloin steak, blue cheese crumbles, romaine, tomatoes **\$11.99**  
*Signature Salad* - Field greens, goat cheese, cranberries, walnuts, berries **\$6.99**  
*Greek Salad* - Romaine, cucumber, tomato, feta, black olives **\$4.99**  
*Caesar Salad* - Romaine, croutons, parmesan cheese **\$4.99**  
**Dressing:** Balsamic or raspberry vinaigrette, Italian, Greek, ranch, blue cheese

### ADD TO ANY SALAD:

Tuna Salad \$1.99  
Egg Salad \$1.99  
Chicken Salad \$2.99

## DELI SIDES

*Ask About Our Fresh-made Seasonal Sides*  
Pasta Salad, Potato Salad, Spinach Orzo, Cole Slaw, Country Cole Slaw

## HOT SOUP

*Seasonal: Call for Daily Special*  
Servings: Cup \$3.99 Pint \$5.99 Quart \$10.99  
Add a Crusty Roll \$1.00

## ADD ONS

*A wide variety of chips, popcorn, fresh fruit and fresh fruit cups are available.*

## BEVERAGES

*Aquafina Water  
Gatorade  
Iced Tea  
Rock Star Energy  
San Pellegrino*

*Ginger Ale, Mountain Dew, Orange, Pepsi  
Root Beer*

## DESSERT

*We carry a wide variety of cookies, ice cream and candy.*

**\$10 Local Delivery Available to  
Canton, Stoughton, Sharon**

**All prices are subject to change at any time**

**Please Refer to Our Catering Menu for  
Events, Barbecue & Corporate Catering**

**TO ORDER:  
781-821-0005**

**Email: [orders@maincourse-ma.com](mailto:orders@maincourse-ma.com)**

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

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

