

Wraps

CALIFORNIA COAST Monterey Jack Cheese, Avocado, Cucumbers, Sundried Tomatoes, Carrots and Pesto Mayo	5.95
FERTILITY TWISTER Egg Salad and Dill with Spanish Olives, Spinach, Red Onion and Tomato	6.50
UNDER THE SEA Low Fat Tuna with Red Cabbage, Watercress, Carrots, Cucumbers, Tomatoes, Sprouts and Balsamic Dressing	6.75
SAM'S COMBO Chicken Teriyaki with Roasted Veggies & Honey Mustard	6.95
LA LULI Roast Turkey with Cheddar Cheese, Avocado, Arugula & Herb Mayo	6.95
RODEO ROUNDUP Honey Maple Turkey with Yellow Squash, Zucchini, Carrots, Lettuce & BBQ Mayo	6.75
LITTLE ITALY Fresh Mozzarella, Arugula, Marinated Artichokes, Sundried Tomato, Red Onion, Lettuce & Balsamic Dressing	6.75
CAESAR SPECIAL Poached Chicken with Herbs, Shredded Romaine Lettuce, Romano Cheese with Light Caesar Dressing	6.25
CHA CHA CHA Cheddar Cheese with Black Beans, Red Onion Avocado, Lettuce, Tomato & Chipotle Mayo	6.25
SMOKIN' CLUB Smoked Turkey with Avocado, Bacon, Lettuce, Tomato & Herb Mayo	6.95
CASBAH Hummus with Eggplant, Sundried Tomato, Carrots, Black Olives and Lettuce	6.75
IT'S GREEK TO ME Roast Turkey with Feta, Spinach, Cucumber, Tomato & Red Wine Vinaigrette	6.95
PISTOL PACKIN' MAMA Smoked Chicken with Goat Cheese, Spinach and Chipotle Tabasco	6.95
JUANITA'S TRUCK STOP BBQ Chicken with Black Beans, Corn, Lettuce, Tomato and BBQ Mayo	6.95
CAPE COD Smoked Turkey and Brie with Dried Cranberries, Pecans, Arugula and Balsamic Vinaigrette	6.95
SEAWEED NORI Muenster Cheese with Arugula, Watercress, Carrots, Cabbage, Avocado, Cucumber, Sundried Tomato and Sprouts with Sesame Soy Dipping Sauce	5.25

Salads

Our seven green salads consist of a mix of field greens, spinach, arugula, watercress, romaine, red leaf, green leaf lettuce with shredded carrots, red cabbage and bell red pepper. All our salads include our gourmet croutons and choice of dressing.

36 Seven Green Salad (plain)	4.95
Seven Green Salad served with a scoop of:	
37 Chicken Salad and Dill	7.95
38 Chicken Salad with Raisins and Walnuts	7.95
39 Tuna Salad	7.95
40 Chicken Salad with Tarragon and Almonds	7.95
41 Chicken D'Angela	7.95
Chunks of white meat chicken in a creamy balsamic vinaigrette with red grapes, red onions and sundried tomatoes	
42 Chicken Teriyaki w/ Mandarin Oranges	7.95
43 Chicken Francaise with Zucchini and Bell Pepper	7.95
44 Caesar Salad with Poached Chicken Breast	7.75
45 Caesar Salad with Romaine Lettuce, Romano Cheese and Croutons	4.75
46 Greek Salad	7.75
Feta Cheese, Black Olives, Tomatoes, Cucumbers, Bell Peppers and Red Onion	
47 Fresh Mozzarella and Spinach Roulade	7.95
Sundried Tomatoes and Eggplant	
48 Chicken Teriyaki and Roasted Vegetables	8.50
49 Chef Salad	8.25
Roast Turkey, Ham, Swiss and Salami over greens with tomato	
50 Roast Turkey with Artichoke Hearts and Roasted Red Peppers	8.50
51 California Cobb	8.95
Smoked Turkey with Avocado, Cucumber, Tomato and Sprouts	
52 New York Cobb	8.95
Chicken with Bacon, Gorgonzola, Avocado and Tomato	
53 Bosc Pear and Goat Cheese with Dried Cranberries and Pecans	7.95
54 Granny Smith Apple and Farmhouse Cheddar with Walnuts	7.95
55 Fiesta Salad with Black Beans, Cheddar, Avocado, Red Onion and Tomato...	7.95

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All salads include choice of homemade dressing:

Balsamic Vinaigrette, Tomato Parmesan Vinaigrette, Dijon Vinaigrette,
Cilantro Lime Vinaigrette, Light Caesar, Lowfat Yogurt Dill
and Fat Free Honey Mustard—Extras 50¢

Sandwich and Wrap Platters

Our traditional gourmet sandwiches cut into quarters or wraps into thirds

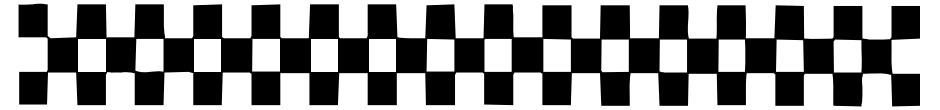
Choose from our menu or leave it to us.

\$8.50 per person

Choice of Sides

Country Potato, Macaroni or Red Cabbage Coleslaw
1 Side \$10.50pp 2 Sides \$12.50pp 3 Sides \$13.50pp

CHECK US OUT ONLINE WWW.DROPBYGOURMET.COM
FOR COMPLETE LUNCH, CATERING, HOLIDAY & PICNIC MENUS

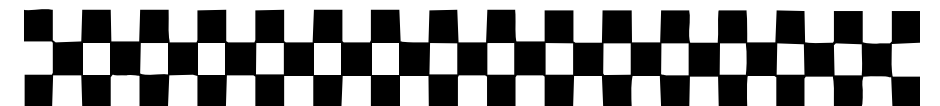


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www.dropbygourmet.com



ORDERS MUST BE CALLED IN BY 9 A.M. for delivery routes ONLY

Drop By Gourmet

At Drop By Gourmet we believe lunch should always be made with the freshest ingredients. Drop by and check out our interesting and delicious line of gourmet sandwiches, healthy salads and wonderful soups. And of course our homemade specialty desserts, all made from scratch!.

Fresh Homemade Soups of the Day

3.50 cup 4.50 pt. 8.95qt.

Sandwiches

ALL OF OUR TUNA AND CHICKEN SALADS ARE MADE WITH ONLY WHITE MEAT AND LOW FAT MAYONNAISE, NO FILLERS ADDED

- 1 Virginia Ham and Muenster Cheese on a Croissant 4.95
- 2 Virginia Ham and Muenster with Avocado 6.50
With lettuce and horseradish cream on 7 grain bread
- 3 Black Forest Ham with Brie 6.95
With honey mustard and lettuce on marble cocktail bread
- 4 Black Forest Ham and Goat Cheese 6.95
With roasted red peppers, arugula and dijon on Italian bread
- 5 Smoked Turkey BLT 6.50
Smoked turkey served on black health bread with bacon, lettuce, tomato and mayo
- 6 Smoked Turkey with Watercress and Apricot Curry Mayo 6.25
With tomato on 7 grain bread
- 7 Roasted Turkey with Arugula and Raspberry Mayo 6.25
With tomato on black health bread
- 8 Roasted Turkey with Low Fat Monterey Jack 5.95
Stuffed into a pita pocket with a spicy creamy dijon mustard—very low in fat and calories!!!
- 9 Roasted Turkey with Roasted Red Peppers and Black Olives 6.95
Turkey breast with sweet roasted peppers and black olives in our marinade of garlic, olive oil and fresh parsley on marble cocktail bread
- 10 Smoked Turkey and Swiss 6.50
With lettuce, tomato and honey dijon mustard on 7 grain bread
- 11 California Sandwich 6.50
Roast turkey, avocado, carrots, sprouts, lettuce, and tomato on whole wheat with honey dijon
- 12 Healthy Reuben 6.95
Our healthy version of the "Reuben" with turkey pastrami, swiss, sauerkraut and dijon on Italian bread
- 13 Italian Combo 6.95
Roast turkey, Virginia ham, Genoa salami, provolone, shredded lettuce, red onion, tomato with a drizzle of our red wine vinaigrette
- 14 Gourmet Hero 6.95
Roast turkey, black forest ham, cheddar, arugula, tomato and horseradish cream on Italian bread
- 15 Roast Turkey and Provolone 6.95
Roasted red peppers, lettuce and dijon on Italian bread
- 16 Weight Watchers Sandwich 1½ oz. of Protein 6.25
Roast turkey and low fat muenster cheese with assorted raw veggies

- 17 Chicken Teriyaki 5.95
Oven roasted chicken breast marinated in our homemade teriyaki sauce with herb mayo and lettuce in a pita
- 18 Chicken Francaise 6.95
Lightly sauteed chicken breast with lemon and fresh herbs, lettuce, tomato and lemon parsley mayo on Italian bread
- 19 Chicken Salad with Dill 5.95
With lettuce in a pita
- 20 Chicken Salad with Raisins and Walnuts 6.50
With lettuce on raisin challah bread
- 21 Chicken Salad with Tarragon and Almonds 6.50
With lettuce on black health bread
- 22 Tuna Salad 5.95
With lettuce on black health bread
- 23 Roast Beef and Swiss 6.95
Homemade Russian dressing, lettuce and tomato on marble rye
- 24 Roast Beef 6.75
Lettuce, tomato and horseradish cream on Italian bread
- 25 Avocado BLT 5.95
Avocado, bacon, lettuce and tomato with Dill Mayo on 7 grain bread

Vegetarian Wonders

- 26 Vegetarian Sandwich 6.25
Muenster cheese, avocado, watercress, arugula, shredded red cabbage, carrots, red bell peppers, with low fat tofu dressing on 7 grain bread
- 27 The Spa 6.50
Provolone, avocado, black olives, cucumbers, sundried tomatoes, lettuce and alfalfa sprouts with our homemade pesto mayo on black health bread
- 28 Hummus Pita 5.95
Our homemade hummus with cucumbers, carrots, sundried tomatoes and sprouts
- 29 Cool Cucumber Sandwich 4.95
Thinly sliced cucumbers w/ sprouts on 7 grain with our zesty herb mayo
- 30 Spinach and Swiss 5.25
With Lettuce, tomato, sprouts and dill mayo in a pita
- 31 Egg Salad with Dill 5.50
With watercress on black health bread
- 32 Goat Cheese with Sun Dried Tomatoes and Capers 6.75
With arugula on marble cocktail bread
- 33 Fresh Mozzarella Sandwich 6.75
Fresh homemade water mozzarella with tomatoes and roasted red peppers and our marinade of olive oil, garlic and Italian seasoning on Italian bread
- 34 Grilled Eggplant and Fresh Mozzarella Sandwich 6.95
Lightly grilled eggplant layered with fresh mozzarella, marinated tomatoes and roasted red peppers on Italian bread
- 35 Honey Roasted Peanut Butter with Raspberry, Grape or Strawberry Fruit Preserves on whole wheat bread 3.50

Choice of Breads Include:

Black Health, 7 Grain, Pita, Whole Wheat, Croissant, Raisin Challah, Marble Rye, Baguette, Italian, Marble Cocktail, Ciabatta, Portugese or Challah Roll
Extras: Sundried Tomatoes .50¢ Bacon .75¢ Avocado .50¢
Roasted Peppers .50¢ Sprouts .25¢ Tomato .35¢ Cucumber .25¢

Special Sandwich Menu

- A** Hummus and Roasted Vegetables on Seven Grain Bread 6.75
- B** Egg Salad and Dill with Spanish Olives, Pimento and Watercress on Marble Rye Bread 6.95
- C** Tuna with Sundried Tomatoes, Sprouts and Red Onion on Marble Rye Bread 6.95
- D** Fresh Mozzarella with Sundried Tomatoes, Arugula Tomato Parmesan Vinaigrette on French Bread 6.75
- E** Garden Burger with Melted Muenster, Red Onion, Roasted Peppers, Lettuce and Russian Dressing on 7 Grain Bread 5.75
- F** Herb Chicken with Asiago Cheese, Arugula, Pickled Red Onion, & Arugula Pesto on Ciabatta 6.95
- G** Gorgonzola Cheese with Sliced Bosc Pears, Watercress, Brown Sugar Pecan Butter on Raisin Challah 6.50
- H** Melted Brie with Raspberry Preserves and Walnuts on a Croissant 5.25
- I** Banana Bread with Cream Cheese and Sliced Bananas dusted with cinnamon 4.25
- J** Genoa Salami and Fresh Mozzarella with Honey Mustard on Italian Bread 6.25
- K** Smoked Turkey with Monterey Jack Cheese, Avocado, Sundried Tomato, Lettuce & Chipotle Mayo on Italian Bread 6.95
- L** Roast Turkey with Spinach, Marinated Artichokes and Lemon Caper Mayonnaise on Black Bread 6.50
- M** Honey Maple Turkey with Cheddar Cheese, Spinach, Sprouts, Honey Mustard on Marble Rye 6.95
- N** Smoked Turkey with Brie, Lettuce and Honey Mustard on 7 Grain 6.50
- O** Poached Chicken Breast with Swiss Alpine Lace, Roasted Peppers and Red Onion, Lettuce and Dijon on Black Health Bread 6.75
- P** Chicken Tostada with Jack Cheese, Black Beans, Tomato, Shredded Lettuce, Avocado and Cilantro Sour Cream 6.50
- Q** Chicken Breast with Mozzarella, Marinated Roasted Peppers and Basil with Arugula on Italian Bread 6.95
- R** Roast Beef with Cream Cheese, Red Onion, Lettuce, Tomato and Balsamic Dressing on Italian Bread 6.95
- S** Roast Beef with Cheddar, Red Onion, Lettuce, Tomato and Chipotle Mayonnaise on Italian Bread 6.95