

# Lunch

## DELI SANDWICH

**Bread:** White, Wheat, Rye, Pumpernickel, Marble, Sub or Bagel  
**Topping:** Lettuce, Tomato, Sprouts, Peppers, Cucumber, Onion, Spinach  
**Cheese:** American, Provolone, Cheddar, Swiss

<b>Tuna Salad</b>	<b>\$6.49</b>
<b>Fresh Egg Salad</b>	<b>\$5.99</b>
<b>Grilled Chicken Salad</b>	<b>\$6.49</b>
<b>Roast Beef, Corned Beef, Pastrami, Turkey, Ham</b>	<b>\$5.99</b>
<b>B. L. T.</b>	<b>\$5.99</b>
<b>Cheese</b>	<b>\$0.75</b>

## NEW YORKER

<b>Empire</b>	<b>\$6.49</b>
Grilled Roast Beef, Cheddar Cheese, Horseradish Mayo, on a Toasted Everything Bagel	

<b>Manhattan</b>	<b>\$6.49</b>
Turkey Breast, Spinach, Sprout, Tomato, Honey Mustard on a Toasted Plain Bagel	

*(Double Stuffed Sandwiches Served with Potato Salad and a Pickle Spear)*

<b>Central Park Dog</b>	<b>\$8.99</b>
Large Hot Dog, Sauerkraut, Grilled Onion, Deli Mustard on a Toasted Sub	

<b>Chutzpah</b>	<b>\$8.99</b>
Lean Corned Beef & Pastrami w/ Coleslaw, Swiss cheese, Deli Mustard on Toasted Rye Bread	

<b>East Side</b>	<b>\$8.99</b>
Grilled Roast Beef & Turkey, Cheddar Cheese, Homemade Tiger Sauce on Toasted Marble Bread	

<b>Greenwich</b>	<b>\$8.99</b>
Marinated Grilled Chicken Breast, Melted Provolone, Chili Mayo, Lettuce, Tomato, Sprouts on Toasted White Bread	

<b>Friars Club</b>	<b>\$8.99</b>
Turkey Breast, Bacon, Onion, and 1000 Island Dressing on a Toasted Pumpernickel bread	

## FAVORITE

<b>21 Club</b>	<b>\$6.49</b>
Turkey Breast, Bacon, Swiss Cheese, Lettuce, Tomato, Mayo on Toasted White Bread	

<b>Capital</b>	<b>\$6.49</b>
Chicken Salad, Spinach, Sprouts on Toasted Whole Wheat	

<b>Pike</b>	<b>\$6.49</b>
Grilled Pastrami, Provolone Cheese, Deli Mustard on Toasted Rye Seeded Bread	

<b>Reuben or Rachel</b>	<b>\$6.49</b>
Grilled Corned Beef or Pastrami, Sauerkraut, Melted Swiss Cheese, 1000 Island Dressing on Toasted Rye Bread	

<b>Gyro</b>	<b>\$6.49</b>
Strips of Beef Gyro, Lettuce, Tomato, Onion, Tzatziki Sauce on a Hand-Stretched Pita Bread.	

## CLASSIC

<b>Grilled Cheese</b> (toppings \$.50 extra)	<b>\$4.99</b>
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<b>Tuna Melt</b>	<b>\$6.49</b>
Tuna Salad, Tomato, Melted Cheese	

<b>Steak and Cheese</b>	<b>\$6.99</b>
Grilled Roast Beef, Bell Pepper, Onion, Lettuce, Tomato, Provolone Cheese, Mayo on a Toasted Sub	

<b>Italian Cold Cut</b>	<b>\$6.99</b>
Pepperoni, Salami, Ham, Provolone Cheese, Lettuce, Onion, Tomato, Mayo, Hot Pepper Relish, Oil & Vinegar on a Sub	

<b>Classic Double-Decker Club</b>	<b>\$7.49</b>
Turkey Breast, Ham, Crispy Bacon, Lettuce American Cheese, Tomato, Mayo on White Toast	

<b>Hamburger</b>	<b>\$6.09</b>
1/3 lb Burger, Lettuce, Tomato, Onion, Mayo (Cheese \$0.50)	

<b>Salmon Burger</b>	<b>\$7.99</b>
Wild Caught Salmon Patty, Provolone Cheese, Lettuce, Tomato, Tartar Sauce	

(Add tasty fries to your burgers for \$2.49 extra; extra burger patty \$2.99)

## WRAP

<b>Redskin Roller</b>	<b>\$6.59</b>
Ham, Turkey, Veggie Cream Cheese, Sprouts, Lettuce, Tomato on a Whole Wheat Wrap	

<b>Ham</b>	<b>\$6.59</b>
Ham, American Cheese, Lettuce, Tomato, Mayo on a Whole Wheat Wrap	

<b>Turkey</b>	<b>\$6.59</b>
Turkey Breast, American Cheese, Lettuce, Tomato, Mayo on a Whole Wheat Wrap	

<b>Italian</b>	<b>\$6.99</b>
Pepperoni, Salami, Ham, Provolone Cheese, Lettuce, Onion, Tomato, Mayo, Hot Pepper, Oil & Vinegar on a WW Wrap	

<b>Chicken Caesar</b>	<b>\$6.59</b>
Marinated Grilled Chicken Breast, Lettuce, Tomato, Caesar Dressing, Parmesan Cheese Wrapped on a Whole Wheat Wrap	

(We can turn any sandwich into a wrap – just request)

## PANINI

<b>Sunshine</b>	<b>\$6.79</b>
Grilled Chicken Breast, Bacon, Provolone Cheese, Tomato, Homemade Chili Mayo on White Bread	

<b>Ashley</b>	<b>\$6.79</b>
Turkey Breast, Bacon, Swiss Cheese, Tomato, And Tiger Sauce on White Bread	

<b>Chelsea</b>	<b>\$6.79</b>
Ham, Bacon, Cheddar Cheese, Tomato, Mustard on White Bread	

<b>Chicken Cordon Bleu</b>	<b>\$6.99</b>
Grilled Chicken Breast, Ham, Provolone Cheese, Onion, Tomato, Honey Mustard on White Bread	

<b>Chicken Pesto</b>	<b>\$6.99</b>
Grilled Chicken Breast, Grilled Bell Peppers, Provolone Cheese, Pine Nut Pesto Sauce on White Bread	

## VEGAN

<b>Vegan</b>	<b>\$5.99</b>
Hummus, Lettuce, Tomato, Alfalfa Sprouts and Onion on a Toasted Bagel	

<b>Vegan Supreme</b>	<b>\$5.99</b>
Cream Cheese, Roasted Bell Pepper, Lettuce, Tomato, Onion, Cucumber on a Toasted Bagel	

<b>Vegan Wrap</b>	<b>\$6.59</b>
Hummus, Grilled Bell Pepper, Spinach, Lettuce, Tomato, Onion. Cucumber, Alfalfa Sprout on a Whole Wheat Wrap	

<b>Veggie Burger</b> (Cheese \$0.50)	<b>\$5.99</b>
Veggie Burger, Cheese, Lettuce, Tomato, Onion, Mayo	

<b>Hummus or Pesto Veggie Pannini</b>	<b>\$6.99</b>
Hummus or Pine Pesto, Grilled Bell Pepper, Spinach, Tomato, Onion. Provolone Cheese, Whole Wheat Bread	

*Breakfast* (7:30am ~ 11:00am)  
(Breakfast Sandwiches are Available All Day)

Bagel

Butter	\$1.99
Peanut Butter or Jelly	\$3.49
Cream Cheese	\$3.49
Veggie or Scallion Cream Cheese or Hummus	\$3.99

SANDWICH

B. L. T.	\$3.99
Sausage, Bacon or Ham, Egg and Cheese	\$4.49
Egg	\$2.99
Egg & Cheese	\$3.49
Sausage, Bacon or Ham	\$3.49
Banner (Egg Whites, American Cheese on a Bagel)	\$3.99
Metro Stop (Egg Whites, Turkey Bacon on a Bagel)	\$4.49
Cheese Please	\$4.49
Grilled Ham, Scallion Cream Cheese and Tomato on a Bagel	
Mo Lean Protein	\$4.99
Grilled Turkey, Egg White, Sprouts, Deli Mustard on a Bagel	

OMELETTE

(Includes a buttered toast)

Cheese	\$4.99
Veggie and Cheese	\$5.49
Ham and Cheese	\$5.49
Western (Veggie & Ham)	\$6.49
Meat Lover’s (Ham, Sausage, Bacon Bits)	\$7.49

PLATTER

Pancake, Waffle or French Toast( add \$0.99)	\$7.49
2 Extra Lg Eggs, a Choice of Meat*, and a Hash Brown (Meat: Sausage Patty, Bacon, Ham, Turkey Bacon)	
Extras: Meat: 2.49, Egg .99, Cheese .50, Croissant .50, Lettuce or Tomato .50, Hash Brown 1.99	

SOUP

(Prices may vary depending on soup selections)

Soup of the Day	\$4.99
Soup of the Day and Toast or Bagel	\$5.99
Soup of the Day and a Half Sandwich	\$7.29

FRESH SALAD

Garden Salad (Sm)	\$4.99
Grilled Chicken Caesar Salad	\$7.29
Chef Salad	\$7.49

French Fries

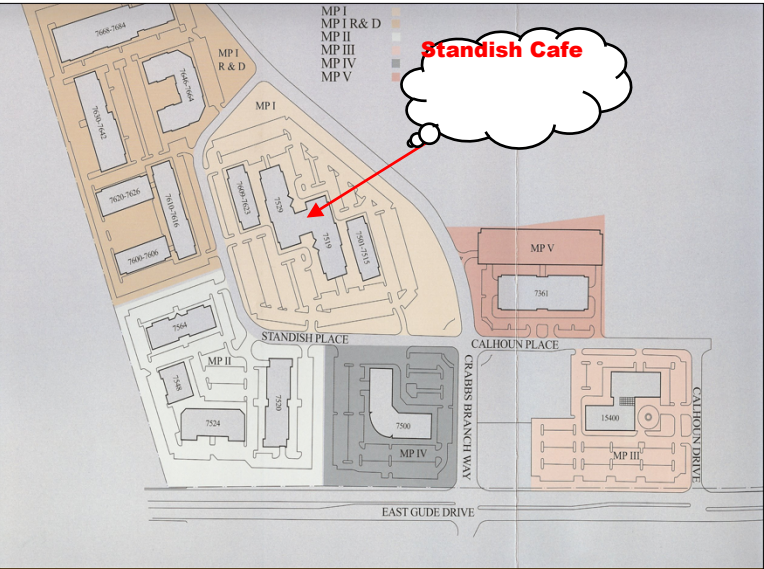
Hot Oven-Baked Crispy Fries	\$3.49 (sm) \$4.49 (lg)
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Additional items and services

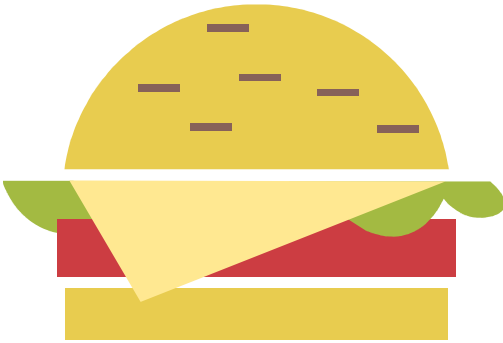
Gourmet Salads, Fruit Cups, Fruit Parfait, etc. are made fresh daily and conveniently ready for your pickup in our refrigerated display case.

For afternoon snack cravings, we have a variety of ice creams, brownies, chips, candy bars, etc.

See our catering menu for your group lunch needs.



*Standish Café*



*“Your Satisfaction is Our Pride”  
“Quality You’ve Come to Expect”*

7529 Standish Place, Suite 106  
Rockville, MD 20855

(Mon-Fri 7:30am~4pm)  
(Located in the same building as the Gym)

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