Lemonade & Arnold Palmer



Mint

Strawberry Mint ineapple Ginge Cherry Limeade Strawberry Lime

\$3.99

\$4.99

House-Made Potato Chips & Sweet Potato Chips





Side House Salad \$3.99 Side Caesar Salad \$3.99 12oz Can Soda \$1.79 24oz Iced Tea \$2.49 32oz Iced Tea \$2.99

24oz Water \$2.29 **Chicken Noodle Soup** Cup \$3.99 Bowl \$5.99 **Chocolate Chunk** Cookie \$1.79



Shanghai Jae's RICE BOWLS

All bowls served with choice of Grilled Chicken, Crispy Chicken, Pork, Eggplant or Organic Veggie Burger. Grilled Steak and Salmon available for additional Basmati Rice. Brown Rice additional charge

TERIYAKI RICE BOWL \$13.49

Broccoli, Red Peppers, Sautéed Onions and Mushrooms & Teriyaki Glaze over Rice

GF CHIMI BOWL \$13.49

Plantains, Black Beans, and House-made Chimichurri Sauce served over Rice

THAI RICEBOWL \$13.49

Sautéed Onions, Red Cabbage, Carrots, Red Peppers & Sweet Thai-Peanut Sauce over Rice

GF CILANTRO BOWL \$13.49

With Rice, Black Beans & Fresh Made Salsa

STIR FRY BOWL \$13.49

Shredded Kale, Brussel Sprouts, Radicchio, Cabbage, Carrots, Grilled Onions, Red Peppers & our Teriyaki Sauce served over Rice

SOUTHWEST STYLE RICE BOWL \$13.49

Sautéed Onions, Red Peppers, Black Beans, Corn, Sour Cream, Homemade Salsa and Cheese over Rice

BBG RANCH BOWL \$13.49

With Corn, Black Beans, Jack and Cheddar Cheese, Avocado, Cucumber and Crispy Onion Straws, served over your choice of base

Build CR Own Bowl \$13.49

• Black Beans

CHOOSE ONE BASE

- Brown Rice Raw Kale Mix
- Cooked Kale Mix

CHOOSE ONE | CHOOSE YOUR TOPPINGS PROTEIN • Grilled Chicken

Salmon \$+Pulled Pork

- Grilled Green Crispy ChickenGrilled Steak \$+ Peppers
 • Grilled
- Salsa

• Sour Cream

CHOOSEA SAUCE

- Extra Sauce \$1

WRAP AVAILABLE

BACON CHICKEN CAESAR WRAP \$10.99 Grilled Chicken Breast, Bacon, and Caesar Salad

GFO CHICKEN PESTO WRAP \$10.99

Grilled Chicken, Pesto Sauce with Roasted Red Peppers, Tomatoes, Fresh Mozzarella, and Lettuce

FO GREEK CHICKEN WRAP \$10.99

Grilled Chicken, Feta Cheese, Green Peppers, Red Onions, Olives, Tomato and Lettuce with Honey Balsamic Dressing

TUNA CRUNCH WRAP \$10.99 Tuna Salad, Crunchy Carrots, Chowmein Noodles, Crisp Lettuce & Tangy Sesame Ginger Sauce on

TUNA VEGGIE WRAP \$10.99

Tuna Salad, Carrots, Cucumber, Tomato, Lettuce, Red Onion, and Sprouts

GFO FAJITA WRAP \$10.99

Grilled Chicken Breast, Sautéed Onions and Peppers, Rice, Cheese, Salsa and Sour Cream

GFO HUMMUS VEGGIE WRAP \$10.99

ummus, Shredded Carrots, Lettuce, Tomato, Cucumber, Red Onion, Alfalfa Sprouts, Almonds and Red Pepper Almond Sauce

THE PARIS HILTON (IT'S HOT!) \$10.99

Crispy Chicken, Provolone Cheese, Grilled Onions, Arugula and Chipotle Ranch on the side. (Wimps can choose Ranch!)

ISLAND BURRITO \$11.99

House-made Roast Pork, Sweet Plantains, Roasted Red Peppers, Avocado, Arugula,





Q2 Lunch Awesomeness

Available April 1-June 28, 2024

Monday

RED PEPPER ALMOND CHICKEN THIGHS \$13.99

Tuesday

Cavatappi Pasta tossed in a creamy Peanut Dressing with Grilled Chicken, Carrots, Green Peppers, Red Onion, Cilantro, Basil and Mint over Lettuce

Wednesdau

Thursday

CREAMY CHIPOTLE CHICKEN \$13.99



Friday

KOREAN FRIED CHICKEN & WAFFLE SANDWICH \$13.99

Red Onion and Cilantro. Served with House-made Potato Chips

Soups

CUP \$3.99 BOWL \$5.99

Everyday - Chicken Noodle Monday - Cream of Tomato Basil Tuesday - Chicken Mulligatawny Wednesday - Broccoli Cheese Thursday - Cream of Mushroom Friday - Clam Chowder

Your Staff is-Hungry Better call Adam & Joe's "Delivering **Your** Lunch Since 1992!"

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ads or Tomato or Wheat Wrap. Gluten Free Wrap Available

The Ferrari - Italian

Sm \$9.79 Reg \$12.49 Super \$14.49 Ham, Cappicola, Salami, Provolone Cheese, Onion, Green Peppers, Hot Peppers, Lettuce, Tomato & Italian Dressing

Gourmet Tuna

Sm \$9.79 Reg \$12.49 Super \$14.49 Tuna Salad, Provolone Cheese, Hot Peppers, Onions, Lettuce, Tomato & Italian Dressing

Sm \$11.79 Reg \$13.49 Super \$15.49 Turkey, Avocado, Swiss Cheese, Sprouts, Lettuce, Tomato & Mayo

Joe's Club

Sm \$11.79 Reg \$12.99 Super \$15.49 Turkey, Bacon, Swiss Cheese, Lettuce, Tomato & 1000 Island Dressing

The Funky Chicken

Sm \$9.79 Reg \$13.49 Super \$15.49 Chicken Salad, Avocado, Swiss Cheese, Sprouts, Lettuce, Tomato & Mayo

Charlie's Favorite

Sm \$9.79 Reg \$11.99 Super \$14.49 Tuna Salad, Avocado, Swiss Cheese, Sprouts, Lettuce, Tomato & Mayo

Turkey Sm \$10.79 Reg \$12.49 Super \$15.49 Oven Roasted Turkeu Breast with Swiss Cheese, Lettuce, Tomato, Mayo

& Italian Dressing

Roast Beef Sm \$11.79 Reg \$13.99 Super \$16.49 Roast of Beef with Swiss Cheese, Lettuce, Tomato.

Mayo & Italian

Dressing

Chicken Salad Sm \$10.79 Reg \$11.99

Velvet Steam Roller

Chicken Salad, Bacon,

Super \$15.49

Rule Britania

The Jaw Breaker

Beef on Coccia

Sundried Turkey

Sundried Tomato Aoili

Mozzarella, Lettuce and Tomato

Sm \$11.79 Reg \$13.49 Lg \$15.49

\$13.99

Sm \$9.79 Reg \$12.49

Swiss Cheese, Lettuce, Tomato & Mayo

Sm \$11.79 Reg \$13.99 Super \$16.49

Roast Beef, Cheddar Cheese, Creamy

Horseradish Sauce, Lettuce & Tomato

Sm \$9.79 Reg \$12.49 Super \$14.49

Turkey, Ham, Swiss Cheese, Lettuce, Tomato

Roast Beef, Roasted Red Pepper Aoili, Fresh

Turkey, Provolone, Cucumber, Tomato, Arugula,

Super \$15.49 All White Meat Chicken Salad made in house with Swiss Cheese, Lettuce, Tomato, Mayo &

Sm \$9.79 Reg \$11.99 Super \$14.49 Mounds of Fresh Crispy Bacon with Lettuce, Tomato, Mayo & Italian Dressing Italian Dressing



TO PLACE YOUR ORDER: 954-771-7226



NOW SERVING HOUSE-MADE POTATO CHIPS \$2.49 & SWEET POTATO CHIPS \$3.49 TRY SOME WITH A

llness - especially if you have certain medical condit

DIPPING SAUCE!

6oz Beef or Vegan Organic Veggie Burgers on White or Honey Oat Wheat Buns.

THE CHEESE BURGER \$9.99 With Lettuce, Tomato and Mayo

BACON CHEESE BURGER \$10.99 With Lettuce, Tomato and Mayo

MUSHROOM ONION

CHEESE BURGER \$10.99 Lettuce, Tomato, Swiss, Grilled Onion & Mushrooms and Mayo

BLEU CHEESE

BACON BURGER \$10.99 Crispy Bacon, Crumbled Bleu Cheese, Lettuce, Tomato and Mayo

BBO RANCH BURGER \$10.99

Swiss Cheese, Bacon, Grilled Onions Lettuce, Tomato and BBQ Ranch Dressing

PESTO BURGER \$11.99

Served on your choice of

Fresh Baked Ciabatta or

House-made Focaccia or

or Tomato or Wheat Wrap

White or Wheat Sub Roll or

Sliced White and Wheat breads

TUNA HOT HOT HOT! \$12.99

Red Onion, Tomato & Garlic Spread

Bacon, Sun Dried Tomato Aioli, Avocado,

Tomato, Swiss and Fresh Mozzarella Cheese

ROASTED VEGGIE STACK \$12.99

Roasted Eggplant, Roasted Red Peppers,

Tuna Salad, Swiss, Tomato, Arugula, and

THE AUBERGINE CLASSIC \$12.99

Eggplant, Fresh Mozzarella, Grilled Onions,

Fried Peppers, Balsamic Glaze & Garlic Spread

Tomato, Fresh Mozzarella, Pesto Aoili, Arugula

Tuna, Provolone, Hot Peppers,

B-T-AVOCADO \$12.99

and Balsamic Glaze

TUSCAN TUNA \$13.49

Roasted Red Pepper Aoili

Pesto Aioli, Balsamic Glaze, Fresh Mozz, Provolone, Tomato, Roasted Red Peppers, Arugula on a toasted Ciabatta

'SMOKIN' CHIPOTLE BURGER \$10.99

Swiss Cheese, Bacon, Fried Crispy Onions, Lettuce, Tomato and Chipotle Ranch Aoili

CHICKEN PESTO BALSAMIC \$13.49 Grilled Chicken, Fresh Mozzarella and Provolone Cheese. Tomato and Pesto Sauce

CHICKEN PARMESAN \$13.49

Hand Breaded Chicken Breast, Provolone Cheese, Marinara Sauce and Arugula

ITALIANO \$12.99

Grilled Ham, Salami, Cappicola, Fresh Mozzarella, Tomato, Red Onions, Arugula & Garlic Spread

CHICKEN MILANESE \$13.49

Hand Breaded Chicken Breast, Arugula, Fresh Mozzarella, Tomato, Basil, Balsamic Glaze

ARY'S BRONX BOMBER \$13.99 Grilled Chicken with Bacon, Provolone, Grilled

Onions, Hot Peppers & Chipotle Ranch **PRIME RIB** \$13.99 Slow Cooked Prime-Rib of Beef, Caramelized

Onions, Bacon, Swiss and Cheddar Cheese with Creamy Horsey Sauce

CHICKEN PHILLY Sm \$10.09 Reg \$11.99 Super \$15.49 A healthy portion of Grilled Meat

Provolone Cheese and Sautéed onions. Horsey sauce available upon request.

TERIYAKI CHICKEN Sm \$10.09 Reg \$11.99 Super \$15.99 Teriyaki Grilled Chicken, Sautéed Onions and

Mushrooms on a

MEATBALL PARM Sm \$9.79 Reg \$11.99 Super \$14.49 Italian Meatballs. Provolone Cheese and Marinara Sauce on a toasted sub roll

THE CUBAN Sm \$9.99 Reg \$12.99 Super \$14.99 With Mojo Pulled Pork,

Ham Swiss Yellow Mustard & Pickles

WHICH'S SAHADS

Add to any Salad: Grilled Chicken Breast, Hand Breaded Crispy Chicken, Tuna Salad, Chicken Salad, or Organic Veggie Burger \$4.59: Grilled Salmon \$6.99

Joe's Caesar Salad (395cal) Regular \$9.99 Smaller \$7.99 Crisp Romaine Lettuce, Parmesan Cheese and Croutons. Mixed with our Homemade Caesar Dressing

GF Greek Salad (227cal) Regular \$11.99 Smaller \$8.99 A Bed of Lettuce, Feta Cheese, Red Onion, Tomato, Green Pepper, Olives, Cucumbers, Red Peppers and Oregano

Adam's House Salad (169cal) Regular \$9.59 Smaller \$7.99 A Bed of Lettuce, Carrots, Cucumber, Tomato, Sunflower Seeds & Croutons

GF Cobb Salad (390cal) \$14.49 A Bed of Lettuce, Bacon, Crumbled Bleu Cheese, Egg, Avocado, Sprouts and Tomato

GFO Strawberry Pecan Salad (251cal) \$13.99 Fresh Strawberries, Candied Pecans, Crumbled Bleu Cheese, Tomato, Red Onion, Over Lettuce. Try it with our House-made Poppy Seed Dressing

Mexican Tortilla Salad (305cal) Regular \$10.99 Smaller \$8.49 Crispy Tri-color Tortilla Strips, Monterey Jack & Cheddar Cheese, Avocado, Corn, Tomato, Diced Hot Cherry Peppers over a Bed of Lettuce

GFO California Club Salad (400cal) \$14.99 Bacon, Avocado, Egg, Tomato, Sprouts, Cheese, Lettuce, Carrots, Sunflower Seeds, Croutons

GFO The Head Chef Salad (608cal) Regular \$15.99 Smaller \$12.99 Turkey Breast, Ham, a Blend of Shredded Cheeses, Tomato, Egg, Cucumber, Carrots & Croutons over A Bed of Lettuce

GF V <u>The Super Green</u> (231cal) Regular \$13.99 Smaller \$10.99

Spring Mix, Spinach, Shredded Kale, Brussel Sprouts, Radicchio, Cabbage, Carrots, Tomatoes, Cucumbers, Garbanzo Beans, Almonds & Craisins

Chinese Salad (220cal) Regular \$9.99 Smaller \$7.99 Chow-mein Noodles over a bed of Lettuce, Shredded Carrots, Mandarin Oranges & Sunflower Seeds. Try it with our house-made Sesame Ginger Dressing

V Crunchy Asian **Salad** (382cal) **\$14.99** Lettuce, Shredded Kale, Brussel Sprouts, Radicchio, Cabbage, Shredded Carrots, Sliced Red Peppers, Cucumbers, Almonds, Mandarin Oranges, Cilantro & Chow Mein Noodles

GFOBBO Ranch Salad (500cal) Regular \$12.99 Smaller \$9.49 Bacon, Tomato, Corn, Black Beans, Monterey Jack and Cheddar Cheese, Avocado and

Crispy Onion Straws over

a Bed of Lettuce. Try it with our BBO Ranch Dressing

Dressings: Hidden Valley Ranch(270cal), Italian(230cal), Bleu Cheese (480cal), 1000 Island (250cal), Honey Mustard (325cal), Oil/Vinegar (380cal), Honey Balsamic Vinaigrette (210cal), BBQ Ranch (325cal), Chipotle Ranch (250cal), Sesame Ginger (210cal), Caesar (300cal), Lemon Garlic (320cal), Lemon Wedges (0cal) and Fat Free Raspberry Vinaigrette (50cal) Extra Dressing \$1.99

Build UR Own Salad ® V

Start with a bed of Romaine or Spring Mix or Arugula(\$1)

\$9.99

Choose up to 5 toppings: (included) Hot Cherry Pepper

Cranberries Crispy Onion Straws Croutons Cucumber Egg

Sunflower Seeds Garbonzo Beans Tortilla Strips

Mandarin Oranges

Olives

Red Onion

Chow Mein Noodles

Add Salad Extras (\$1.79 each)

Mixed Shredded Cheese Crumbled Bleu Feta Fresh Mozzarella Cheddar Swiss Real Bacon **Candied Pecan** Provolone

Avocado

Add a Protein

Chicken \$4.59 Crispy Chicken \$4.59 Tuna Salad \$4.59 Chicken Salad \$4.59 Organic Veggie Patty \$4.59 Hummus \$4.59 Grilled Salmon \$6.99



