

# Lunch Menu

Winter 2010



## \$4.99\* WEEKDAY LUNCH DEALS

- MONDAY – CHEESEBURGERS IN PARADISE
- TUESDAY – YOU'RE A REAL TURKEY
- WEDNESDAY – HOT CHICKS
- THURSDAY – WHERE'S THE BEEF?
- FRIDAY – THE LITTLE PIGS

\* WITH THE PURCHASE OF ANY BEVERAGE, SOUP OR SALAD (DINE IN ONLY)

## HOMEMADE SOUPS

TRY SWEET AND SAVORY'S FAMOUS MADE-FROM-SCRATCH SOUPS. AT LEAST 5 DIFFERENT SOUPS ARE OFFERED DAILY. TOMATO BASIL IS OUR "EVERYDAY" SOUP. PLEASE CHECK OUT OUR BLACKBOARD UNDER THE SPECIALS SECTION.

**CUP (8 oz.) – \$3.49**

**BOWL (15 oz.) – \$4.99**  
**QUART (TO GO ONLY) – \$8.99**

\*\* ALL SOUPS ARE SERVED WITH OUR FRESH BAKED BREAD.

## COMBOS

**SMALL S-N-S SALAD AND CUP OF SOUP – \$6.99**

**SMALL S-N-S SALAD AND HALF SANDWICH – \$7.99**

**CUP OF SOUP AND HALF SANDWICH – \$7.99**

\*\*1/2 KAISER/CROISSANT/MUFFIN SANDWICHES SERVED ON 1/2 PITA. EXCLUDES BURGERS, GARDEN BURGERS PORTABELLAS, GRILLED FISH SANDWICHES AND SPECIALS.

## FROM THE GARDEN

**S-N-S SALAD** (MIXED GREENS, GRAPE TOMATOES, CARROTS, SPROUTS, RED ONIONS & CUCUMBERS SERVED W/ YOUR CHOICE OF DRESSING) **SMALL – \$3.99; LARGE – \$5.99**

**CAESAR SALAD** (FRESH ROMAINE LETTUCE, OUR MADE FROM SCRATCH DRESSING, PARMESAN CHEESE AND OUR CROUTONS) **SMALL – \$3.99; LARGE – \$5.99**

**CHEF'S SALAD** (A LARGE S-N-S SALAD WITH HAM, TURKEY, CHEDDAR, SWISS AND MOZZARELLA) – **\$7.99**

**GRILLED OR BLACKENED CHICKEN SALAD** (GRILLED OR BLACKENED CHICKEN BREAST SERVED OVER A LARGE S-N-S SALAD & TOPPED WITH MOZZARELLA) – **\$7.99**

**GRILLED OR BLACKENED SHRIMP SALAD** (GRILLED OR BLACKENED LARGE SHRIMP SERVED OVER A LARGE S-N-S SALAD AND TOPPED WITH MOZZARELLA) – **\$8.99**

**COLD PLATES** (A LARGE SCOOP OF TUNA OR CHICKEN SALAD ON A BED OF LEAF LETTUCE, TOMATOES, CUCUMBERS & ONION SERVED W/ PASTA SALAD, FRUIT & BREAD) – **\$7.49**

**GREEK SALAD** (FETA, KALAMATA OLIVES, RED ONIONS, GRAPE TOMATOES, PEPPERCINNI AND CUCUMBERS OVER MIXED GREENS. SERVED W/ BALSAMIC VINAIGRETTE) – **\$6.99**

**CRANBERRY-APPLE SALAD** (A SPINACH SALAD WITH GRANNY SMITH APPLES, DRIED CRANBERRIES, CANDIED WALNUTS & BACON BITS AND BALSAMIC VINAIGRETTE) – **\$7.49**

**FRIED OYSTER SALAD** (FRIED OYSTERS, SPINACH, MUSHROOMS, CROUTONS AND RED ONIONS, SERVED WITH BALSAMIC VINAIGRETTE) – **\$9.99**

\*\* PLEASE CHOOSE FROM OUR HOMEMADE DRESSINGS: LOW-FAT RANCH, BLUE CHEESE VINAIGRETTE, 1000 ISLAND, BALSAMIC VINAIGRETTE, NON-FAT ITALIAN, HONEY MUSTARD AND CREAMY BLEU CHEESE.

## THE LITTLE PIGS

**PIGLET** (GRILLED HICKORY SMOKED HAM, CHEDDAR CHEESE, SPROUTS, TOMATOES AND HONEY MUSTARD ON TOASTED MULTI-GRAIN BREAD) – **\$6.99**

**HAWAII FIVE-O** (PREMIUM HICKORY SMOKED HAM, FRESH PINEAPPLE, MOZZARELLA CHEESE, TOMATOES, BASIL AND A SPLASH OF ITALIAN DRESSING ON A TOASTED PITA) – **\$7.99**

**BLT** (THREE STRIPS OF BACON, LETTUCE, TOMATO AND MAYO ON OUR 3 CHEESE SEMOLINA BREAD) – **\$5.49**

**ULTIMATE GRILLED CHEESE** (YOU HAVE TO TRY IT TO BELIEVE IT. CHEDDAR, HAVARTI AND PARMESAN CHEESE TOPPED WITH GRILLED TOMATOES AND THREE STRIPS OF BACON ON GRILLED ITALIAN BREAD) – **\$6.99**

**BABE THE PIG.** (PREMIUM SLICED HAM, HAVARTI CHEESE GRANNY SMITH APPLES & HONEY MUSTARD ON OUR HOMEMADE 120 LAYER CROISSANT) – **\$7.99**

**MISS PIGGY.** (GRILLED HAM AND AMERICAN CHEESE, ROASTED RED PEPPERS, RED ONIONS, SPINACH, AND A SMOKED TOMATO AIOLI ON AN OVER SIZED ENGLISH MUFFIN) – **\$7.99**

## HOT CHICKS

**THE FUNKY CHICK** (A GRILLED CHICKEN BREAST, SAUTÉED ONIONS, MUSHROOMS & HAVARTI ON A BUN) – **\$7.49**

**THE POLYNESIAN CHICK** (A GRILLED MARINATE CHICKEN BREAST TOPPED W/ SWISS FRESH, BACON, PINEAPPLE, LETTUCE, TOMATO & SOY GINGER GLAZ ON A BUN) – **\$7.99**

**THE AMERICAN CHICK** (A GRILLED MARINATED CHICKEN BREAST TOPPED W/WHITE AMERICAN

Add a cup of soup or a small S-N-S or Caesar salad to any entrée for only \$2.49. All sandwiches come with chips and a pickle. Ranch available upon request.

Additional charges may apply for substitutions, split plates and/or additions. This menu is available from 11:00am to 5:00pm on Mon-Fri and 11:45am to 5:00pm on Sat & Sun. Sweet and Savory Bake Shop and Café, 1611 Pavilion Place, Wilmington, NC 28403 - (910) 256-0115;

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CHEESE, BACON, LETTUCE, TOMATO AND MAYO ON A BUN) — **\$6.99**

**THE BAJA CHICK** (A GRILLED CHICKEN BREAST W/AVOCADO, PICO DE GALLO AND JACK CHEESE ON A BUN) — **\$7.49**

**THE FRENCH CHICK** (A GRILLED CHICKEN BREAST WITH SWISS, HAM AND HONEY MUSTARD ON A BUN) — **\$7.99**

**THE FAV** (MARINATED CHICKEN STRIPS, PICO DE GALLO, SOUR CREAM & MOZZARELLA CHEESE ON A TOASTED PITA) — **\$7.99**

**THE SKINNY CHICK** (A GRILLED CHICKEN BREAST W/LETTUCE, TOMATO & HERB GARLIC MAYO ON A BUN) — **\$6.49**

**CHICKEN GYRO** (MARINATED CHICKEN STRIPS WITH FETA, CUCUMBERS, LETTUCE, TOMATO, ONION, AND CUCUMBER DILL SAUCE) — **\$7.99**

**PHILLY CHICK** (MARINATED CHICKEN STRIPS GRILLED WITH ONIONS, MUSHROOMS AND WHITE AMERICAN CHEESE SERVED ON A BAGUETTE) — **\$7.49**

**CHICKEN CLUB PITA** (MARINATED CHICKEN STRIPS, SWISS, PARMESAN, BACON, LETTUCE, TOMATO, ONION AND MAYO ON A TOASTED PITA) — **\$7.99**

**THE ENGLISH CHICK** (A GRILLED CHICKEN BREAST, HAVARTI CHEESE, LETTUCE, TOMATO, BACON, AND ONION MARMALADE ON AN ENGLISH MUFFIN) — **\$7.99**

## **WHERE'S THE BEEF?**

**THE SIMPLE DIP** (SIMPLICITY!! SLOW ROASTED BEEF & RED ONION ON A BAGUETTE W/ AU JUS FOR DIPPING)—**\$7.49**

**THE HORSEY DIP** (SLOW ROASTED ROAST BEEF, RED ONION CREAMY HORSERADISH SAUCE AND SWISS AND ON A BAGUETTE WITH A CUP OF AU JUS FOR DIPPING)—**\$7.99**

**RAWHIDE** (SLOW ROASTED ROAST BEEF, JACK CHEESE, SAUTÉED MUSHROOMS AND ONIONS ON A TOASTED PITA. SERVED WITH A SIDE OF RANCH FOR DIPPING) — **\$7.99**

**DAD'S REUBEN** (GRILLED PASTRAMI WITH SAUERKRAUT, 1000 ISLAND DRESSING AND MELTED SWISS CHEESE ON LIGHTLY GRILLED RYE BREAD) — **\$7.49**

**SOUTH PHILLY** (SLOW ROASTED ROAST BEEF GRILLED WITH ONIONS, MUSHROOMS AND WHITE AMERICAN CHEESE SERVED ON A BAGUETTE) — **\$7.99**

**ROY ROGERS** (SLOW ROASTED ROAST BEEF DUNKED IN AU JUS, TOPPED WITH WHITE AMERICAN AND SERVED ON A BUN WITH A SIDE OF HORSERADISH/BBQ/ OR AU JUS SAUCE) —**\$7.49**

## **CHEESEBURGERS IN PARADISE**

OUR BURGERS ARE HAND FORMED WITH SIX OUNCES OF FRESH GROUND BEEF AND ARE SERVED ON OUR HOMEMADE BUN (EXCEPT THE ENGLISH PUB BURGER).

**OUR BURGER** (WITH MAYO, BROWN MUSTARD, LETTUCE, TOMATO, ONION AND YOUR CHOICE OF CHEESE) — **\$6.49**

**BLEU CHEESE BACON BURGER** (TOPPED WITH BLEU CHEESE, BACON, LETTUCE, TOMATO & ONION) — **\$7.49**

**STEAKHOUSE BURGER** (WITH OUR HOMEMADE STEAK SAUCE, CHEDDAR CHEESE, BACON AND SAUTÉED ONIONS) — **\$7.49**

**SOUTHWESTERN BURGER** (TOPPED WITH AVOCADO, PICO DE GALLO AND JACK CHEESE) — **\$7.49**

**ALL AMERICAN BURGER** (WITH WHITE AMERICAN CHEESE, BACON, LETTUCE, TOMATO, MAYO AND KETCHUP) — **\$6.99**

**CAROLINA BURGER** (TOPPED WITH CHEDDAR, BACON, BBQ SAUCE AND COLE SLAW) — **\$7.49**

**NORTH SHORE BURGER** (FROM WAIALUA ON THE NORTH SHORE OF OAHU W/ PINEAPPLE, SOY GINGER GLAZE, BACON, SAUTÉED ONIONS, SWISS AND LETTUCE) — **\$7.49**

**ENGLISH PUB BURGER** (FROM THE VILLAGE OF ARUNDEL IN SOUTHERN ENGLAND W/HAVARTI, BACON, LETTUCE, TOMATO AND ONION MARMALADE ON AN ENGLISH MUFFIN) — **\$7.49**

## **OTHER CARNIVOROUS TREATS**

**GREEK GYROS** (A TASTE OF THE AGEAN. SEASONED LAMB & BEEF TOPPED WITH FETA CHEESE, LETTUCE,

TOMATO, ONIONS, CUCS AND CUC DILL SAUCE ON OUR PITA BREAD) — **\$7.99**

**CLUB S-N-S** (TURKEY, HAM, BACON, HAVARTI, LETTUCE, TOMATO AND RANCH DRESSING ON ITALIAN BREAD) — **\$7.99**

**PICNIC AT THE BEACH** (CHICKEN SALAD, LETTUCE AND TOMATO ON OUR ITALIAN BREAD) — **\$6.49**

**PHAT SAMMIE** (HICKORY HAM, PREMIUM TURKEY BREAST, BLACK ANGUS ROAST BEEF, JACK AND SWISS CHEESE, LETTUCE, TOMATO, ONION AND HERB GARLIC MAYONNAISE ON 3 CHEESE SEMOLINA BREAD) — **\$7.99**

**MELTS** (CHICKEN OR TUNA SALAD SERVED OPEN FACED ON OUR MADE FROM SCRATCH,120 LAYER CROISSANT. TOPPED WITH FRESH TOMATO AND SWISS CHEESE)

**CHICKEN OR TUNA** — **\$7.49**

**WRIGLEY FIELD** (SMOKED SAUSAGE, SAUERKRAUT SAUTÉED ONIONS, HONEY MUSTARD AND HAVARTI ON A BAGUETTE) — **\$7.99**

## **SIDES**

**SIDE ITEMS** (HOMEMADE CHIPS, PREMIUM FRENCH FRIES, POTATO WEDGES, COLESLAW, POTATO SALAD, PASTA SALAD) — **\$1.99**

**FRESH FRUIT BOWL** (SEASONAL FRESH CUT FRUIT) —**\$2.49**

## **YOU'RE A REAL TURKEY**

**JOHNNY APPLESEED** (PREMIUM TURKEY BREAST HAVARTI CHEESE, GRANNY SMITH APPLES AND HONEY MUSTARD ON OUR HOMEMADE CROISSANT) — **\$7.99**

**HOT TOMALE** (PREMIUM TURKEY BREAST, PICO DE GALLO, HAVARTI CHEESE, JALAPEÑOS AND A SPLASH OF LOW FAT RANCH DRESSING ON TOASTED MULTI-GRAIN BREAD) — **\$6.99**

**CUCUMBER RIVER** (PREMIUM TURKEY, CHEDDAR CHEESE, DICED CUCUMBERS, TOMATOES AND LETTUCE WITH A CUCUMBER DILL SAUCE ON A TOASTED PITA) — **\$7.99**

**TURKEY REUBEN** (GRILLED TURKEY BREAST, SAUERKRAUT, 1000 ISLAND DRESSING AND MELTED SWISS CHEESE ON GRILLED RYE) — **\$7.49**

Add a cup of soup or a small S-N-S or Caesar salad to any entrée for only **\$2.49**. All sandwiches come with chips and a pickle. Ranch available upon request. Additional charges may apply for substitutions, split plates and/or additions. This menu is available from 11:00am to 5:00pm on Mon-Fri and 11:45am to 5:00pm on Sat & Sun. Sweet and Savory Bake Shop and Café, 1611 Pavilion Place, Wilmington, NC 28403 - (910) 256-0115;

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**RASTA** (TURKEY BREAST, SWISS, PINEAPPLE, LETTUCE, TOMATO AND RANCH DRESSING ON RYE BREAD) – **\$6.99**

## UNDER THE SEA

**BUBBA GUMP** (MARINATED SHRIMP AND SHREDDED MOZZARELLA CHEESE WITH PICO DE GALLO AND MARINATED CUCUMBER STRIPS ON A TOASTED PITA) – **\$8.49**

**SORRY CHARLIE** (TUNA SALAD, MELTED JACK, LETTUCE TOMATO AND ONION ON TOASTED RYE) – **\$6.99**

**WASABI TUNA** (SASHIMI GRADE TUNA WITH WASABI AIOLI, LETTUCE AND TOMATO ON OUR HOMEMADE BUN) – **\$7.99**

**SHRIMP GYROS** (LARGE SHRIMP, FETA CHEESE, CUCUMBERS, LETTUCE, TOMATO, ONIONS AND CUCUMBER DILL SAUCE ON A TOASTED PITA) – **\$8.49**

**JERKED MAHI** (JERK SEASONED GRILLED MAHI TOPPED WITH LETTUCE, TOMATO, PINEAPPLE AND HERB GARLIC MAYO SERVED ON OUR HOMEMADE BUN) – **\$7.99**

**BLACKENED SALMON** (BLACKENED SALMON TOPPED WITH LETTUCE, TOMATO AND A BERRY CHUTNEY SERVED ON OUR HOMEMADE BUN) – **\$7.99**

**SCALLOP PO BOY** (LARGE SEA SCALLOPS QUICK FRIED AND TOPPED WITH LETTUCE AND TOMATO ON A BAGUETTE. SERVED WITH A SIDE OF TARTAR SAUCE) – **\$8.99**

## KID'S MENU

WE OFFER A SEPARATE CHILDREN'S MENU FOR KIDS 12 & UNDER FOR \$4.99/MEAL (BEVERAGE & SIDE ITEM INCLUDED). SELECTIONS INCLUDE, CHICKEN TENDERS, PIZZA, MINI BURGERS, GRILLED CHEESE, PB&J, MINI HOT DOGS, FRIED SHRIMP AND MINI HAM AND CHEESE SANDWICHES. PLEASE ASK YOUR SERVER FOR A COPY OF THE MENU & CRAYONS.

**NEW LUNCH ITEMS ARE SHADED!**

**INTERESTED IN BOX LUNCHES, CATERING OR OTHER SPECIAL ORDERS? PLEASE ASK.**

## BLACKBOARD SPECIALS

CHECK OUT OUR BLACKBOARDS FOR DAILY FRESH CATCH AND UNIQUE AND INVENTIVE SPECIALS AND SOUP SELECTIONS. EVERY DAY WE RUN THREE DIFFERENT QUICHES PLUS A LOW CARB SPECIAL

## FRIENDS, NOT FOOD

**PORTABELLA AND ROASTED RED PEPPER** (RED ONION SPINACH, MOZZARELLA CHEESE AND SMOKED TOMATO AIOLI ON 3 CHEESE SEMOLINA BREAD) – **\$7.99**

**VEGGIE D-LITE** (CUCUMBERS, SPROUTS, ONIONS, LETTUCE MUSHROOMS, TOMATOES, SWEET PEPPERS AND OUR HOUSE RECIPE HUMUS ON 3 CHEESE SEMOLINA BREAD) – **\$6.49**

**GARDEN BURGER** (A COMPLETELY VEGETARIAN BURGER WITH LETTUCE, TOMATO, ONION AND SPICY BROWN MUSTARD ON OUR MULTI-GRAIN KAISER) – **\$6.99**

**HUMDINGER** (A HUGE SERVING OF OUR HOUSE RECIPE HUMUS, SWEET PEPPERS, DICED CUCUMBER AND TOMATO ON A TOASTED PITA) – **\$6.49**

**GREEK GARDEN BURGER** (OUR GARDEN BURGER WITH FETA CHEESE, CUCUMBERS, LETTUCE, TOMATO, ONION AND CUCUMBER DILL SAUCE ON A MULTI-GRAIN KAISER) – **\$7.99**

**ENGLISH GARDEN BURGER** (OUR GARDEN BURGER WITH LETTUCE, TOMATO, HAVARTI CHEESE AND AN ONION MARMALADE SERVED ON AN ENGLISH MUFFIN) – **\$7.99**

**SOUTHWEST GARDEN BURGER** (OUR GARDEN BURGER WITH AVOCADO, PICO DE GALLO AND JACK CHEESE ON OUR MULTI-GRAIN KAISER) – **\$7.99**

## BEVERAGES

**FOUNTAIN DRINKS, ICED TEA, COFFEE, OR HOT TEA** (FREE REFILLS) – **\$1.99**

**ORANGE JUICE OR MILK (1 FREE REFILL)** – **\$2.19**

**SAN PELLEGRINO BOTTLE** – **\$2.49**

**BOTTLED WATER** – **\$1.49**

**BEER, WINE AND MIXED BEVERAGES** (WE HAVE A FULL SERVICE BAR AVAILABLE WITH A LARGE SELECTION OF BEER, WINE AND LIQUOR. CHECK OUT OUR DRINK SPECIALS BELOW)

- **SUNDAY** -- \$4 BLOOD MARY'S; \$2.75 MIMOSA'S, \$2.50 DOS EQUIS LAGER PINTS; \$2.50 GAELIC ALE PINTS, \$2.50 HOUSE WINE/GLASS
- **MONDAY** – \$3 OFF ALL BEER PITCHERS, \$2.50 SAM ADAMS DRAFT
- **TUESDAY** – \$3 OFF ALL BUCKETS OF BEER; \$2.50 STELLA PINT
- **WEDNESDAY** – \$2.50 MOST MICRO/IMPORTS; \$2.50 BLUE MOON PINTS, \$5 OFF ALL WINE BY THE BOTTLE
- **THURSDAY** – \$1.00 OF ALL WINE BY THE GLASS ; \$2 BUD LIGHT OR YUENGLING
- **FRIDAY** – \$ OFF ALL DRAFT BEER; \$1 OFF ALL HOUSE SPECIALTY COCKTAILS
- **SATURDAY** – \$3.50 WELL DRINKS; LONGBOARD PINTS – \$2.50

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