



Lunch

- 🕒 CAN'T STAY LONG? *This symbol indicates quicker options.*
 🌱 VEGETARIAN? *This symbol indicates meat-free options.*

Please tell your server before ordering if you need separate checks.

FOR STARTERS

🌱 FRENCH ROLL <i>with butter</i>	1.00	🌱 JUMBARS' SIGNATURE SALAD <i>mixed greens with hard cooked egg, grilled asparagus, seedless cucumber, roasted sweet peppers & lemon dill dressing</i>	7.00
🌱 GRILLED CORN MUFFIN <i>with pepper jack cheese</i>	2.50	🌱 🕒 HUMMUS PLATTER <i>house made hummus with tomatoes, olives & tabouleh, served with grilled wheat flatbread</i>	7.50
SOUP DU JOUR	2.50 cup 4.00 bowl	🌱 🕒 SPINACH, TOMATO, SWISS & FARMER'S CHEESE QUICHE	5.00
🌱 VEGETARIAN BLACK BEAN CHILI	3.00 cup 5.00 bowl	🌱 🕒 ASPARAGUS, MUSHROOM & PROVOLONE QUICHE	5.00
🌱 🕒 HOUSE SALAD <i>mixed greens with fresh grape tomatoes, carrots, radishes & choice of dressing</i>	2.50 small 4.50 large	🕒 QUICHE LORRAINE <i>with smoked bacon and caramelized onions</i>	5.00

COMBO MEAL DEALS

served with cup of soup or salad 7.50 | served with bowl of soup 9.00
 served with fresh fruit 9.50

🌱 🕒 GRILLED CHEESE
*with tomato on choice of white or whole wheat
 add ham or bacon 1.00*

🌱 🕒 HUMMUS & VEGGIE WRAP
with spinach, tomato & cucumber

🌱 🕒 HALF MEATLOAF SANDWICH (for whole sandwich, add 2.50)
with tomato & Dijonnaise on choice of white or whole wheat

🌱 🕒 SPINACH, TOMATO, SWISS & FARMER'S CHEESE QUICHE

🌱 🕒 ASPARAGUS, MUSHROOM & PROVOLONE QUICHE

🕒 QUICHE LORRAINE
with smoked bacon and caramelized onions

🌱 MARGHERITA PIZZA (add 1.00)

🌱 SPINACH BASIL PIZZA (add 1.00)

ENTRÉE SALADS

🌱 JUMBARS' SIGNATURE SALAD 7.00
mixed greens with hard cooked egg, grilled asparagus, seedless cucumber, roasted sweet peppers & lemon dill dressing
 with grilled chicken 8.50
 with grilled salmon 9.50
 with shrimp 10.50
 with crab cake 11.50

SALAD NICOISE 13.50
Ahi tuna grilled medium rare on a bed of mixed greens with olives, grilled potatoes, green beans & hard cooked egg with red wine vinaigrette

🌱 🕒 AND THE BEET GOES ON 8.50
roasted beets on a bed of spinach with goat cheese, roasted walnuts, grilled red onion & red wine vinaigrette

ROASTED DUCK BREAST 14.00
on mixed greens with sliced pear, dried cranberries, roasted walnuts & balsamic vinaigrette

BLACKENED SALMON 10.00
on mixed greens with grilled potatoes, roma tomato, cucumber, grilled red onion & herb buttermilk dressing

🕒 MARY'S SALAD 8.50
grilled chicken on mixed greens with hard cooked egg, carrot, tomato, crisp fuji apple, sharp cheddar & honey Dijon dressing
 ORIGINAL MARY'S SALAD add smoked bacon crumbles 9.50

🌱 GREEK SALAD 7.00
mixed greens with tomato, cucumber, olives, feta & red wine vinaigrette with grilled chicken 8.50

🌱 EMILY'S SALAD 7.00
mixed greens with crisp fuji apple, grapes, navel oranges, walnuts & raspberry vinaigrette with grilled chicken 8.50

ANNA'S SALAD 8.50
turkey, dried cranberries, grilled pineapple & sunflower seeds on a bed of spinach with raspberry vinaigrette

HOUSE MADE DRESSINGS

Balsamic Vinaigrette, Herbed Buttermilk, Raspberry Vinaigrette, Red Wine Vinaigrette, Honey Dijon, Lemon Dill

Extra dressing is available at an additional cost.

We accept Visa, Mastercard, Discover, and American Express.

\$1.50 plate splitting charge.

We encourage our customers to BYOB. \$2.50 cork fee per bottle.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

You should know that despite taking every precaution, cross contact with peanuts, tree nuts, soy, milk, eggs, wheat, fish or crustacean shell fish can occur in our food production areas.



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COLD SANDWICHES

served with grilled potatoes & pickle

- 🕒 **TURKEY & APPLE CHUTNEY** 8.75
juicy turkey breast on house made toasted cinnamon raisin bread with Jumbars' apple cranberry chutney
- 🕒 **TURKEY CLUB** 9.00
juicy turkey breast with smoked bacon, lettuce, tomato & Dijonnaise on our house made whole wheat toast
- ITALIAN TRIO** 8.75
sliced ham, hard salami, and hot capicola, with lettuce, tomato, provolone and a red wine vinaigrette served on our house made herbed foccacia roll

PANINIS

served with grilled potatoes & pickle

- 🌱 **BABY BELLA PANINI** 8.50
with baby bella mushrooms, zucchini, fresh spinach, tomatoes, caramelized onions, spinach, garlic olive oil, mozzarella & provolone
- LENORE'S PANINI** 9.50
juicy turkey breast, caramelized onions, Dijonnaise, smoked bacon & provolone
- HAM PANINI** 8.50
with spinach and farmer's cheese

HOT SANDWICHES

- GREENWICH ST. SPECIAL** 8.75
juicy turkey breast with crisp granny smith apple, sharp Cheddar cheese & Dijonnaise, served open face on white toast

- 🕒 **HOT HAM & CHEESE** 8.50
thinly sliced baked ham, grilled golden pineapple & creamy farmer's cheese on our house made grilled challah bread

- NATURAL BEEF BURGER** 8.50
Natural Beef Burger vegetarian fed, naturally raised without hormones, antibiotics or steroids, served with lettuce and tomato on our house made foccacia roll

- PULLED PORK SANDWICH** 8.75
Jumbars' tender shredded pork in a chili chipotle barbeque sauce served on our house made grilled challah bread

- BURGER EXTRAS**
- American, Caramelized Onions, Provolone, Cheddar, Tomatoes, Farmer's Cheese, Pepper Jack, Mushrooms, Swiss, Spinach, Feta .75
- Roasted Peppers, Bacon, Goat Cheese 1.00

- 🌱 **WHOLE WHEAT FLATBREAD** 7.50
with zucchini, tomato, spinach, garlic olive oil, mozzarella & Asiago cheese
- with grilled chicken 9.00
- with shrimp 11.00

- CHICKEN CREPES** 12.00
with broccoli, grape tomato and a light Asiago cream sauce

TEA, COFFEE, COCOA & CIDER

- DEAN'S BEANS ORGANIC FAIR TRADE COFFEE** 2.25*
- HOT TEA** 2.25
- additional teabag 0.50
- HOT CHOCOLATE** 2.75
- HOT APPLE CIDER (seasonal)** 2.75
with mulling spices
- UNSWEETENED ICED TEA** 2.25*
- ICED GREEN TEA** 2.25*
- FLAVORED ICED TEAS** (each) 2.50
black or green tea with raspberry, mango, peach, pomegranate or blackberry flavor
- MONIN SYRUPS** 10.50 per 750 mL (25.4 oz.) bottle
- DEAN'S BEANS JUMBARS JAVA** 10.50 per 12 oz. whole bean
11.00 per 12 oz. ground

JUICE, SODA & WATER

- JUICE** 2.00 small 2.50 large 16 oz. carafe 4.00
orange, cranberry, organic apple, grapefruit, vegetable juice or apple cider (seasonal)
- SUNRISE** small 2.00 large 2.50
orange juice with a splash of cranberry juice
- SEABREEZE** small 2.00 large 2.50
grapefruit juice with a splash of cranberry juice
- COCA COLA, DIET COKE, SPRITE** 2.25*
- BOYLANS BOTTLED SOFT DRINKS** 2.75
Creamy Red Birch Beer, Black Cherry, Orange, Ginger Ale, Pure Cane Cola, Creme, Diet Creme, Root Beer, Diet Root Beer
- BOTTLED WATER** 2.25
Still or Sparkling
- NANTUCKET NECTARS** 2.75
Lemonade, Half & Half, Pomegranate Cherry, Peach Orange

* Refills Included