

# LUNCH MENU

**MON – SAT** Breakfast 8:00-11:00 • Lunch 11:00–2:00  
**TUES** CLOSED  
**SUN** Breakfast only 8:00–1:00

open  
6  
days

# On a Roll cafe & CATERING COMPANY



David Barile  
CHEF/OWNER

Luke Boulais  
CHEF DE CUISINE

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www.onarollcafeandcatering.com  
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## sandwiches

Served with Baked Sweet Potato Wedges or Kettle Chips  
Substitute fruit or greens: 3 • Gluten Free Bread: 2

### Cafe Roasted Turkey **GFO**

House-roasted Turkey served on Toasted 7-Grain with Granny Smith Apple, Cheddar Cheese, Lettuce, Tomato & Honey Dijon Aioli. 17

### Buttermilk Fried Chicken **BLT**

**FAVORITE**

House-marinated Chicken, dredged in Flour and Fried Golden Brown, served on a Kaiser Roll with Lettuce, Tomato, Crispy Bacon & Scallion Aioli. 18

### Chicken Salad **GFO**

Our “Not so Traditional” Chicken Salad with Tarragon, Grapes, Lemon, Mayo, Red Onion & Celery served on Your Choice of bread with Lettuce & Tomato. 16

### 3 Cheese Grilled Cheese with Tomato & Bacon **GFO**

Cheddar, Swiss, Provolone, Crispy Bacon & Tomato griddled on house-made Sourdough. 17

### Chicken Caprese **GFO**

Seasoned Chicken on a Griddled Baguette with Vine Ripe Tomatoes, Fresh Mozzarella, Baby Spinach, Pesto Aioli & a Drizzle of Balsamic. 18

### Steak & Cheese Wrap **GFO**

**FAVORITE**

Tender Sliced Sirloin with Caramelized Onions, Mushrooms, Bell Peppers, Melted Provolone & a Chipotle Aioli. 19

### Falafel **V**

House-made Falafel (Ground Chick Peas with Garlic, Parsley, Tahini, Scallions, Celery and Spices, Fried Golden Brown & Crispy). Served in a Wrap with Lettuce, Tomatoes, Cucumbers, Sprouts & Creamy Dill Dressing. 16

### Salmon **BLT** **GFO**

**FAVORITE**

Fresh Grilled Salmon on Toasted 7-Grain with Crispy Bacon, Lettuce, Tomato, & Lemon Caper Aioli. 20

### Chicken Caesar Wrap

Tossed with Crispy Romaine Lettuce, Diced Tomatoes & Our House Caesar Dressing. 16

**Spicy Buffalo Chicken, Red Onion  
& Blue Cheese 17**

**NOTE:** No separate checks • Please ask your server about any substitution costs • We offer Gluten free bread upon request \$1.50 • Eating raw or undercooked food increases your risk of food borne illness • Before placing your order, please inform your server if a person in your party has a food allergy • Gratuity of 20% may be added to parties of six or more

**V** = Vegetarian

**GF** = Gluten free

**VG** = Vegan

**GFO** = Gluten free option

**VGO** = Vegan option

# beverages

## Cafe Drinks

Coffee or Decaf	3
Latte	7
Cappuccino	7
Americano	5
Cafe au Lait	7
Red Eye	7
Espresso	5

Extra Shot: 2.50

## Soda, Juice & Tea

Assorted Sodas	3
Brewed Ice Tea	3
Stash Tea	3
Saratoga	4
Assorted Juices	5

## Wine

Mimosa	12
Champagne	12
Chardonnay	9
Rioja	9
Cabernet	9
Pinot Grigio	9

## Beer

Stella Artois	7
Harpoon IPA	7
Corona	7

## Specialty Beverages

Lemonade	5
Arnold Palmer	5

# salads

## Add to any salad:

Falafel	(7)
Grilled Chicken	(8)
Chicken Salad	(8)
Pecan Chicken	(9)
Grilled Salmon	(10)

# soups

Soup Du jour	7
Cider Butternut Bisque	7
Available seasonally	

## Pecan Crusted Chicken Caesar Salad **FAVORITE**

Crispy Romaine Lettuce with Pecan Encrusted Chicken, Crunchy Croutons, Parmesan Cheese, Diced Tomatoes & House-made Caesar Dressing. 19

## Spinach Cobb Salad **GF, V, VGO FAVORITE**

A Mix of Baby Spinach & Mixed Greens with Avocado, Bacon Bits, Hard Boiled Egg, Blue Cheese Crumbles, Diced Tomatoes, Cucumber & Scallion. 17

## Beet & Butternut Salad **GF, V, VGO**

Mesclun Greens with Roasted Beets, Roasted Butternut Squash, Crumbled Goat Cheese & Spiced Walnuts. 16

## Mixed Green Salad **GF, V, VGO FAVORITE**

Baby Greens with Dried Cranberries, Diced Granny Smith Apples, Blue Cheese Crumbles & Spiced Walnuts. 16

## Warm Grilled Vegetable Salad **GF, V, VGO**

Grilled Zucchini, Squash, Red Onion, Portobello & Red Pepper, served over Baby Greens with a Fried Goat Cheese Button. Drizzled with Balsamic Syrup. 17

# sides

Honey Poppyseed Coleslaw <b>GF, V</b>	4
Small Mesclun Salad <b>GF, VGO</b>	5
Polenta Fries w/ Creamy Dill <b>V</b>	7
Falafel w/ Creamy Dill <b>V</b>	7
Grilled Chicken <b>GF</b>	8
Chicken Salad <b>GF</b>	8
Pecan Chicken	9
Buttermilk Fried Chicken	9
Spring Rolls <b>V</b>	9
Grilled Salmon <b>GF</b>	10

# house specialties

Substitute fruit or greens: 3 • Gluten Free Bread: 2

## Maine Crab Cake Sandwich **FAVORITE**

House-made Maine Crab Cake Fried Golden Brown, served on a Kaiser Roll with Lettuce, Tomato & Remoulade Sauce. 19

## Fried Shrimp Po'Boy **FAVORITE**

Crispy Fried Shrimp on a Griddled Baguette with Lettuce, Tomato, Chipotle Aioli, our House-made Slaw & Picked Red Onions. Served with Your Choice of Kettle Chips or Baked Sweet Potato Wedges. 19

## House-made Vegetable Spring Rolls **V**

Our Own Crispy Spring Rolls with Marinated Asian Vegetables served with a Small Salad & a Soy-lime Dipping Sauce. 16

## Dill Cider Salmon **GF**

Pan Seared Salmon topped with a Dill, Cider & Whole Grain Mustard Glaze. Served with Cranberry-Pignoli Rice & Wilted Baby Spinach. 20

## Quesadillas **FAVORITE**

Flour Tortillas Stuffed with Hummus, Black Beans, Roasted Corn, Jack Cheese, Tomatoes & Cilantro served with Sour Cream & House-made Salsa.

**Vegetarian (15), Chicken (17), or Steak (18)**

## Sauteed Liver **GFO**

Floured & Sautéed on a Bed of Caramelized Onion, Potato & Bacon with Apples. 16

## Frittata of the Day **GF**

Open-Faced Omelet with a Small Mesclun Salad & Choice of Dressing. Ask Your Server About Today's Frittata. 16

**Egg whites available: add 2**

# burgers

Substitute fruit or greens: 3 • Gluten Free Bread: 2

## Beef Burger **GFO**

Lean Ground Beef Burger Grilled to Your Liking. 16

## Beet & Black Bean Burger **V, VGO, GFO**

Fresh Beets, Black Beans, Red Pepper, Roasted Corn & Our Spice Blend all Mixed Together, Griddled Crispy & Topped with Avocado & Lime Crema. 15

## Beach Comber Burger **GFO FAVORITE**

Hand pressed Beef Burger with Onions & Mushrooms Sauteed in Red Wine, topped with Bacon & Bleu Cheese. 19