

# 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

(413) 637-9544 • 55 Pittsfield/Lenox Rd. Lenox, MA  
www.onarollcafeandcatering.com  
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## sandwiches

### *Cafe Roasted Turkey* **GFO**

House-roasted Turkey served on Toasted 7-Grain with Granny Smith Apple, Cheddar Cheese, Lettuce, Tomato & Honey Dijon Aioli. 16

### *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. 16

### *Tuna Tapenade* **GFO**

Our “Not so Traditional” Tuna on House-made Sour Dough Toast with Kalamata Olive Tapenade, Baby Arugula & Provolone. 18

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

Cheddar, Swiss, Provolone, Crispy Bacon & Tomato griddled on house-made Sourdough. 15

### *Griddled Ham & Brie* **GFO**

Thinly Sliced Ham, Creamy Brie, Shaved Red Onions & Baby Spinach on House-made Sour Dough. 16

### *Turkey Caprese & Pesto “Panini”* **GFO**

**FAVORITE**

House Roasted Turkey, Vine Ripe Tomatoes, Mozzarella, Balsamic Syrup & our own Basil Pesto on Griddled Sour Dough. 16

### *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. 15

### *Grilled Vegetable Sandwich* **GFO**

Seasoned Grilled Zucchini, Summer Squash, Portobellos, Grilled Red Onions & Spinach on Toasted 7-Grain with Herbed Goat Cheese. 14

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

**FAVORITE**

Fresh Grilled Salmon on Toasted 7-Grain with Crispy Bacon, Lettuce, Tomato, & Lemon Caper Aioli. 19

### *Chicken Caesar Wrap*

Tossed with Crispy Romaine Lettuce, Diced Tomatoes & Our House Caesar Dressing. 15

### *Spicy Buffalo Chicken, Red Onion & Blue Cheese* 16

**NOTE:** No separate checks for parties of six or more • 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

Latte	7
Cappuccino	7
Americano	5
Cafe au Lait	7
Red Eye	7
Espresso	5

## Wine

Mimosa	11
Champagne	11
Mango "Margarita"	12
Chardonnay	9
Pinot Grigio	9
Rioja	5
Cabernet	9

## Soda & Tea

Assorted Sodas	3
Brewed Ice Tea	3
Coffee or Decaf	3
Stash Tea	3
Specialty Bev	4
Saratoga	4

## Beer

Bud Light	6
Stella Artois	7
Harpoon IPA	7
Corona	7

# soup salad

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. 17

## 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. 15

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

Baby Greens with Dried Cranberries, Diced Granny Smith Apples, Blue Cheese Crumbles & Spiced Walnuts. 13

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

Mesclun Greens with Roasted Beets, Roasted Butternut Squash, Crumbled Goat Cheese & Spiced Walnuts. 13

## Baby Arugula Salad **GF, V, VGO**

Roasted Sweet Potatoes, Overnight Tomatoes, Shaved Reggiano Parmesan, Roasted Fennel, Pickled Red Onions & Toasted Pignolis. 13

# sides

Honey Poppyseed Coleslaw <b>GF, V</b>	4
Small Mesclun Salad <b>GF, VGO</b>	5
Polenta Fries <b>V</b>	6
Falafel <b>V</b>	6
Grilled Chicken <b>GF</b>	7
Pecan Chicken	8
Buttermilk Fried Chicken	8
Spring Rolls <b>V</b>	8
Grilled Salmon <b>GF</b>	9

# house specialties

## Maine Crab Cake Sandwich **FAVORITE**

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

## Taco Salad **GF** **FAVORITE**

Deliciously Seasoned Ground Beef over Tortilla Chips & Romaine. Topped with Jack Cheese, Diced Tomatoes & Scallions. Served with Sour Cream & House-made Salsa. 17

## 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. 15

## Dill Cider Salmon **GF**

Pan Seared Salmon topped with a Dill, Cider & Whole Grain Mustard Glaze. Served with Cranberry-Pignoli Rice & Wilted Baby Spinach. 18

## Quesadillas **FAVORITE**

Flour Tortillas Stuffed with Hummus, Black Beans, Roasted Corn, Jack Cheese, Tomatoes & Cilantro served with Sour Cream & House-made Salsa. Your choice of Vegetarian or Chicken. 15

## Sauteed Liver **GFO**

Floured & Sautéed on a Bed of Caramelized Onion, Potato & Bacon with Apples. 14

## Frittata of the Day **GF**

Open-Faced Omelet with a Small Mesclun Salad & Choice of Dressing. Ask Your Server About Today's Frittata. 13

**Egg whites available: add 2**

# burgers

## Beef Burger **GFO**

Lean Ground Beef Burger Grilled to Your Liking. 15

## Portobello-Lentil Burger **V**

Grilled Portobellos, Lentils, Spinach, Balsamic & Dijon Mustard, Walnuts, Crispy Griddled & served on a Kaiser Roll with Pesto Aioli. 13

## Beach Comber Burger **GFO** **FAVORITE**

Hand pressed Beef Burger with Onions & Mushrooms Sauteed in Red Wine, topped with Bacon & Bleu Cheese. 17