



# Lunch and beyond

our lunch menu



125 W. Shiawassee at Adelaide  
810.629.8852  
www.Lunchandbeyond.com

Monday - Thursday 7:00 a.m. - 10:00 p.m.  
Friday and Saturday 7:00 a.m. - 11:00 p.m.  
Sunday 7:00 a.m. - 9:00 p.m.

## Lunch Entrées

Lunch-size entrées from our Supper menu

### Aglio e Aioli

Italian spaghetti with garlic, olive oil, Italian sausage, capers, white wine, tomatoes, and spinach. Served with a small salad. 10.75

### Turkey MeatLoaf

Our meatloaf is made with turkey, eggs, bread crumbs, bell peppers, zucchini, yellow squash, tomato paste, *Grafton* Vermont Cheddar, and French dijon. Served with baked red skinned potatoes and a small salad. 10.50

### Vegetable Strudel

Carrots, zucchini, yellow squash, broccoli, *Grafton* Vermont Cheddar, and Parmigiano-Reggiano, wrapped in phyllo with a Sherry wine sauce. Served with a small salad. 10.50

### Chicken Pot Pie

A savory filling of roasted chicken, carrots, onion, celery, sweet corn and peas, topped with a house-made flakey crust. Served with a small tossed salad. 12.95

## Would be Prom Queens

our most popular sandwiches

### \*1 BLT

*Nueske's* applewood smoked bacon, lettuce, tomato, and mayo on fresh Jewish rye. 8.75

### \*7 He Ain't Heavy

Smoked turkey, *Nueske's* applewood smoked bacon, Muenster cheese, lettuce, mayo, and honey mustard on an onion roll. 10.25

### \*11 Reuben

Warm house-boiled corned beef, *Switzerland* Swiss cheese, sauerkraut, and Russian dressing on grilled Jewish rye. 10.50

### \*12 Georgia Reuben

Turkey breast, *Switzerland* Swiss cheese, cole slaw, and Russian dressing on grilled Jewish rye. 10.50

### \*15 Veggies in a BLanket

Leaf lettuce, sweet red onions, tomatoes, spinach, artichoke hearts, scallion cream cheese, and cucumbers wrapped in whole wheat flat bread. 8.25

### \*19 Croque-Monsieur

*Jambon de Paris* French ham and Swiss Gruyère cheese with a sour cream and Gruyère cheese sauce on challah bread, grilled. 11.25

### \*21 Jacques Brel is Alive and Well and Living in Fenton

*Nueske's* pit-smoked peppered ham, smoked turkey breast, *Nueske's* applewood smoked bacon, *Switzerland* Swiss cheese, lettuce, tomatoes, and mayo on soft challah bread. 10.75

### \*28 Ron's Lifesaver

Smoked turkey breast, *Grafton* Vermont Cheddar, lettuce, tomatoes, sweet red onions, mayo, and Italian pesto on grilled French farm bread. 10.75

### \*37 The Peeping Chicken

Grilled chicken, hummus, honey mustard, fresh spinach, roasted red peppers, red onions, cucumbers on grilled whole wheat bread. 10.75

### \*38 Tiffany "Fweef" SalCini

Warm pastrami, red onions, scallion cream cheese, jalapeño peppers, and honey mustard on grilled pumpnickel. 10.75

### \*40 The Floydian Slip

Our homemade chicken salad, *Zingerman's* natural cream cheese, *American Spoon Foods* raspberry preserves, red onions, and lettuce wrapped in whole wheat flat bread. 10.75

## Gobble It Up

turkey (smoked or roasted) sandwiches

- \*6 **Julie Rye**  
Turkey breast, scallion sour cream, Muenster cheese, spinach, and cucumbers on Jewish rye. 10.50
- \*10 **C'est Grace**  
Smoked turkey breast, sweet red onions, *bleu d'Auvergne* blue cheese, and extra strong French Dijon mustard on grilled pumpernickel. 10.50
- \*26 **M & Em's Mid Shift Break**  
Turkey breast, Italian pesto, and artichoke hearts on grilled French farm bread. 10.75
- \*35 **Julie's Fond Farewell**  
Smoked turkey breast, *Grafton* Vermont Cheddar, mayo, tomatoes, and cole slaw on grilled rustic Italian bread. 10.75

## Herbivorous

no meat sandwiches

- \*16 **Cranewood Corners**  
Fresh mozzarella, sliced tomatoes, and Italian pesto on grilled French farm bread. 9.75
- \*22 **Leah's New Job**  
*Zingerman's* natural cream cheese, *Switzerland* Swiss cheese, cranberry spicy spread, lettuce, and tomato on grilled French farm bread. 9.50
- \*33 **Marionette and the Bust of Elvis**  
Roasted vegetables in olive oil, lettuce, tomatoes, and house-made garlic mayo on warm focaccia bread. 10.25
- \*45 **I Don't Need No Cell Phone**  
Aged Asiago cheese, Italian pesto, roasted red peppers, marinated artichoke hearts, and sautéed onions on grilled Parmesan pepper bread. 10.95
- \*46 **The Information Operator**  
(still a human being-not a machine)  
A portabella mushroom marinated in balsamic vinaigrette, roasted red peppers, caramelized onions, aioli (garlic mayo), fresh spinach, and Swiss cheese on grilled whole wheat. 10.50

## Low Fat High Flavor Sandwiches

All the ingredients we use in these sandwiches are naturally low in fat, there are no chemical or artificial substitutions.

- \*66 **Give Me the Skinny on That**  
Smoked turkey breast, *Switzerland* Swiss cheese, honey mustard, cucumbers, and lettuce, on thinly sliced French farm bread. 9.75
- \*67 **Michelle's Mellow Drama**  
Amish turkey breast, low fat cream cheese, leaf lettuce, honey mustard, and tomatoes on toasted 8-grain, 3-seed bread. 9.75
- \*69 **It's Slimmer sans Fromage**  
Amish turkey breast, *American Spoon Foods* sour cherry spoon fruit, and lettuce on fresh French farm bread. 9.75
- \*70 **Stacy's 'Til I Get to a Two**  
Fresh mozzarella, tomatoes, red onions, fat-free tomato basil dressing, and spinach on toasted French farm bread. 8.95
- \*71 **No John, I'm Not Cheezing on You**  
Baked chicken breast, cucumbers, tomatoes, red onions, strong Dijon mustard, and lettuce on toasted whole wheat bread. 9.75

## The Variety Show

a bunch of other great sandwiches

- \*3 **The Downriver**  
Liverwurst, sweet red onions, and hot mustard on pumpernickel. 8.50
- \*8 **Mar's Paesani**  
Salami, greens, artichoke hearts, roasted red peppers, Italian pesto, and fresh mozzarella cheese on rustic Italian bread. 10.75
- \*13 **They Call Him JL**  
Warm pastrami, *Switzerland* Swiss cheese, red onion, and hot mustard on grilled Jewish rye. 10.25
- \*14 **Calling Mabel**  
Albacore tuna salad and *Grafton* Vermont Cheddar on grilled Jewish rye. 10.75
- \*18 **Grilled Fromage**  
*Grafton* Vermont Cheddar cheese and *Nueske's* applewood smoked bacon on grilled cinnamon raisin bread. 9.75
- \*20 **The Chief Ruler**  
Grilled chicken breast, *Nueske's* applewood smoked bacon, Muenster cheese, tomatoes, and ranch dressing on grilled pumpernickel. 10.50
- \*25 **Chicks Dig Scrawny Pale Guys**  
*Nueske's* pit smoked peppered ham, *Nueske's* applewood smoked bacon, red onions, honeycup mustard, barbecue sauce, and *Grafton* Vermont Cheddar on an onion roll. 10.25
- \*29 **Corned Beef**  
House-boiled corned beef brisket, *Switzerland* Swiss cheese, and mustard on grilled whole wheat bread. 9.95
- \*30 **Roast Beef**  
Rare roast beef, *Grafton* Vermont Cheddar, lettuce, tomatoes, red onions, and mayo on rustic Italian bread. 10.50
- \*36 **Miss Smiles' Rainy Day Tuna**  
Albacore tuna salad, honey mustard, lettuce, and tomatoes on toasted Jewish rye. 10.75
- \*41 **Joyce and ALL the Holy Angels**  
Rare roast beef, portabella mushroom relish, and Boursin (herbed cream cheese) on grilled French farm bread. 10.75
- \*42 **The Kenny Witzgall**  
Rare roast beef, provolone cheese, Russian dressing, and jalapeño peppers on a grilled French baguette. 10.75
- \*43 **Dinty Moore**  
Warm house-boiled corned beef, cole slaw, tomatoes, lettuce, Swiss cheese, Russian dressing on grilled Jewish rye. 10.75
- \*44 **Tough Mary**  
Warm house-boiled corned beef, chopped liver, cole slaw, Russian dressing and Swiss cheese on grilled pumpernickel. 10.50
- \*49 **Jody Mac**  
Grilled chicken breast, Muenster, *Grafton* Vermont Cheddar, red onion, applewood smoked bacon, fresh avocado, mayo, tomato, and salsa on a grilled onion roll. 10.75
- \*89 **The French Dip**  
Real roast beef on a buttered crusty baguette served au jus! (o'jho) - a rich beef-base broth, containing a splash of brandy and sautéed onion. The French love it ... and you will too! 10.50

## All that Clucks

chicken/chix salad sandwiches

### \*4 Little Maxime

Our homemade chicken salad and fresh spinach on pecan raisin bread. 12.25

### \*5 Jack Robert

Chicken salad, applewood smoked bacon, lettuce, and mayo on challah bread. 10.75

### \*17 B's Hot off the Press

Grilled chicken breast, *Grafton Vermont Cheddar*, red onions, salsa, and jalapeño peppers on an onion roll. 9.75

### \*47 San Diego Jack

Grilled chicken breast, ancho chili-roasted red pepper savory jam, and French Brie on rustic Italian bread. 11.95

## Laundry Debut - a great new sandwich

### \*50 The Brothers Brennan

Italian salame, *Nueske's* pit-smoked peppered ham, provolone, lettuce, tomato, mayo, sautéed red onions, herbed vinaigrette, and old dill pickle on a grilled tomato focaccia. 11.95

## Eat Your Greens, Child

salads

### Ask about our salad of the month

Our salads are served with a bread end and butter.

**Dressings:** Raspberry vinaigrette, maple balsamic vinaigrette, Caesar, Aegean (Greek), *Maytag* blue cheese, ranch or Russian.

### House Salad

*Nueske's* pit smoked peppered ham, turkey breast, *Switzerland* Swiss cheese, hard boiled eggs, and tomatoes on a bed of mixed greens. 10.50

### Greek Salad

Romaine lettuce, feta, dolmas (stuffed grape leaves), roasted red peppers, kalamata olives, cucumbers, cherry tomatoes, red onions, and Greek herbs. 10.50

### Tossed Salad

Cherry tomatoes, carrot slices, cucumbers, red onions, and croutons on a bed of mixed greens. 6.25

### Caesar Salad

Romaine lettuce, grated *Parmigiano-Reggiano* cheese, croutons, and fresh ground black pepper. 7.75

With grilled chicken, add 3.00. With grilled salmon, add 5.25.

### Sparty's Super Siesta Salad

Fresh guacamole, black bean tortilla chips, romaine lettuce, shredded *Grafton Vermont Cheddar*, scallions and green peas tossed with ranch dressing. Small 9.95, Regular 11.75

With chicken breast, add 3.00.

### Bohemian Breeze

Romaine lettuce topped with our fresh house-made chicken salad, mandarin oranges, fresh strawberries, and cashews served with raspberry vinaigrette. Small 9.25, Regular 11.75

### Caprese

Fresh Burrata mozzarella (mozzarella filled with cream) layered with sliced Roma tomatoes and fresh basil leaves, drizzled with a balsamic vinegar reduction and extra virgin olive oil. Served with a simple bruschetta. 10.25

## Sandwich and Soup Combo

### \*48 Small Sandwich and Cup of Soup

Choose from any of the five small sandwiches below made with *Bakehouse* white bread and your choice of the soup du jour, or turkey chili. 9.50

Substitute French onion soup, add 4.50

- Grilled 3 cheeses with *Grafton Vermont Cheddar*, *Parmigiano-Reggiano*, and *Maytag Blue*.
- Nueske's* applewood smoked bacon, *Grafton Vermont Cheddar*, lettuce, tomato, and mayo.
- Albacore tuna salad and *Grafton Vermont Cheddar*.
- Corned beef, *Switzerland* Swiss cheese, and mustard.
- Roast beef, mayo, horseradish, lettuce, tomato, red onion, and *Grafton Vermont Cheddar*.

## Vegetarian Platter

Fresh pita, hummus, tabbouleh, dolmas (stuffed grape leaves), and a baby Greek salad. 11.50

## Enigmatic Food-Stuff

other stuff

### Mac-n-Cheese

Made from scratch with *Grafton Vermont Cheddar*. 6.95

### Soup du Jour Cup 3.95, Bowl 5.95

### Real French Onion Soup

Soupe à l'oignon gratinée. One size only 8.50

### Turkey Chili

Served with sour cream and *Grafton Vermont Cheddar*.

Cup 4.25, Bowl 6.25

### Spanikopita

Greek Spinach Pie. 8.50 Slice

### Quiche du Jour

Ask our staff for flavours. 5.25 Slice

## On Your Side

side dishes

### American Picnic Potato Salad

Red skin potatoes, white wine vinegar, olive oil, red onions, celery, hard-boiled eggs, cucumbers, mayonnaise, and Dijon. 3.95 Side

### Vegetable Strudel

Carrots, zucchini, yellow squash, broccoli, spinach, *Grafton Vermont Cheddar*, and *Parmigiano-Reggiano*, wrapped in phyllo. 7.50 Side

### Tri-colored Linguini Pasta Salad

Spinach and egg linguini noodles, marinated tomatoes, roasted carrots, mixed bell peppers, *Parmigiano-Reggiano* cheese, and maple balsamic vinaigrette. 3.95 Side

### Cole Slaw

This is not a sweet cole slaw. It's closer to the old Jewish slaws that go great with sandwiches. Red and green cabbage, green bell peppers, carrots, and onions with a mayonnaise, sour cream, and caraway seed dressing. 3.25 Side