

The Good Life Market Pre-Order Menu – One Day Notice Please

COLD DELI SANDWICHES

The Ploughman's Lunch <i>Oven roasted turkey with sharp cheddar, lettuce, mayo, & mango chutney on multigrain bread.</i>	\$9.50
A Better B.L.T. <i>Thinly sliced roast beef with bacon, tomato, lettuce, mayo, & blue cheese crumbles on sourdough bread.</i>	\$10.00
Uncle Vinny's <i>Salami, capicola, ham, provolone cheese, roasted red peppers, red onion, & red pepper pesto on split focaccia bread.</i>	\$10.00
Tuna Provence <i>Albacore tuna salad, capers, red onion, green leaf lettuce and fresh tomato on your choice of sourdough or wheat bread.</i>	\$8.50
Erin Go Bragh <i>Thinly sliced corned beef with horseradish sauce, cheddar cheese, sliced pickle, & red onion on multigrain bread.</i>	\$9.50
The Good Life Club <i>A double decker sandwich filled with ham, turkey, bacon, Swiss cheese, lettuce, tomato, & garlic mayo on toasted sourdough bread.</i>	\$11.00
Greek Salad Wrap (V) <i>Chopped cucumber with dill, feta cheese, kalamata olives, red onion, tomato, lettuce and fat free balsamic vinaigrette on your choice of tortilla.</i>	\$7.00
Summer in Italy (V) <i>Fresh mozzarella with extra virgin olive oil, sliced tomatoes, and basil pesto on split focaccia.</i>	\$9.50
Blue Moon Chicken Salad Wrap <i>White meat chicken salad with blue cheese, dried cranberries, walnuts, & baby spinach on your choice of tortilla.</i>	\$8.50
Hummusouli (Vegan) <i>Roasted garlic hummus, tabouli salad, shredded carrots, lettuce, & tomato on your choice of tortilla.</i>	\$7.50
Chicken Caesar Salad or Wrap <i>Grilled chicken, lettuce, shredded parmesan, croutons and Caesar dressing.</i>	\$9.50
Simple Ham & American <i>Deluxe ham and creamy American on sourdough bread.</i>	\$7.50

****Modifications and custom sandwiches/salads, including gluten free, can be pre-ordered with a minimum of one day notification.****

GRILLED PANINI SANDWICHES

D'Attolico's <i>Prosciutto, mozzarella, roasted red pepper, basil pesto and balsamic vinaigrette on grilled focaccia.</i>	\$9.50
Hawaiian Melt <i>Ham, pineapple, roasted red pepper and Monterey jack cheese with honey mustard grilled on sourdough bread.</i>	\$9.00
Horsin' Around <i>Roast beef with horseradish sauce, thinly sliced onion and cheddar cheese grilled on multigrain bread.</i>	\$9.50
Classic Reuben <i>Lean corned beef, sauerkraut, Swiss cheese and Thousand Island dressing grilled on rye bread.</i>	\$9.50
Steakhouse Wrap <i>Roast beef with grilled mushrooms, sundried tomatoes, red onions, feta cheese and a creamy red pepper sauce, grilled on your choice of tortilla.</i>	\$11.00
The Godmother <i>Grilled jumbo shrimp, artichoke hearts, fresh spinach, provolone cheese and garlic mayonnaise grilled on focaccia.</i>	\$9.00
Grilled Cheese (V) <i>Choice of American, Swiss, Cheddar or Jack cheese on sourdough bread.</i>	\$5.00

FRESHLY MADE SALADS

Garden Salad (Vegan) <i>Fresh greens and loads of healthy vegetables with your choice of dressing.</i>	\$7.50
Spinach Salad <i>Fresh baby spinach, topped with bacon, fresh mushrooms, hardboiled egg, and red onion with horseradish-honey mustard dressing.</i>	\$9.00
Hometown Chef Salad <i>All the garden salad fixins, with diced turkey, hardboiled eggs, crumbled bacon and sunflower seeds. Served with ranch dressing.</i>	\$10.00
Sea Star Salad <i>Baby spinach and green leaf lettuce, topped with grilled shrimp, red peppers, mandarin oranges and sliced almonds. Served with sesame ginger dressing.</i>	\$10.00

Allergen Warning: Sandwiches, salads, soups, and prepared foods are made with and share equipment with foods that contain: MILK, EGGS, WHEAT, FISH, PEANUTS, SESAME, TREE NUTS, SOY, SHRIMP, CLAMS and other common allergens

To order call (207)655-1196 * 1297 Roosevelt Trail, Raymond, ME 04071