



## *Joey's Menu*

### *Hot or Cold Sandwiches \**

Ham or Turkey Sandwich

Joey's BLT, mayonnaise added

Fried Egg Sandwich with toasted bread, lettuce, tomato, and mayonnaise

Joey's Burger with all the trimmings

Hot Dog

Wood-fire Grilled Turkey Burger with all the trimmings

\* All sandwiches served with chips.

### *Trio Plates*

Trio Plate (Tuna and Chicken Salad plus third choice of the day) with crackers

### *Healthy Heart and Wise Brain Choices*

Lemon-herb Marinated Chicken Plate with cottage cheese and fresh-cut tomatoes

Char-broiled Chopped Steak with cottage cheese and fresh-cut tomatoes

### *Fish of the Day*

Baked to perfection and served with steamed vegetables

### *Salads*

Mediterranean Salad (mixed greens topped with grilled chicken breast, walnuts, cranberries, black olives, fresh-cut tomatoes, with balsamic vinaigrette).

Spinach Salad (baby spinach, tomatoes, red onions, walnuts, dried cranberries, boiled egg, topped with apple wood bacon or grilled chicken. Served with your choice of dressings, though Balsamic vinaigrette is recommended.

All-American Chef Salad (traditional lettuce blend, cut tomatoes, red onion, sliced cucumbers, boiled eggs, cut ham and turkey topped with jack cheddar cheese and served with your choice of dressing.