

Fresh Salads

	Side	Full	Bowl
Add Chicken	\$1.25	\$2.50	\$9.00
Add Ahi Tuna	----	\$6.00	\$19
Add Wild Salmon	----	\$6.00	\$19
Add Steak	----	\$6.00	\$19
Add Falafel	----	\$2.75	\$8.25

Garden Salad

Romaine, Sliced Tomatoes, Carrots, Radishes, Cucumber, Red Onions, Green Peppers.
\$3.50/\$5.75/ \$25

Classic Caesar

Romaine, Reggiano Parmigiano, Garlic Croutons and Tomatoes.
\$3.50/\$5.75/\$25

Michigan Mixed Green

Lettuce Greens with dried Cherries, Shaved Red Onion, Maytag Blue Cheese and Toasted Hazelnuts.
\$3.50/\$6.00/\$24

Cobb Salad

Romaine with Diced Tomato, Turkey Breast, Applewood Smoked Bacon and Maytag Blue Cheese.
\$4.25/\$7.75/\$30

Fresh Spinach

Baby Spinach, Tomatoes, Bacon, Hard Boiled Egg, and Sliced Mushrooms
\$3.50/\$6.00/\$25

Greek Salad

Romaine with Green Peppers, Tomatoes, Red Onions, Mild Pepper Rings, Cucumber, Beets and Feta.
\$3.50/\$6.00/\$25

Dressings:

Caesar, Greek, Fat Free Balsamic, Chardonnay Vin, Raspberry Vin, Blue Cheese, Ranch and Smoked Honey Mustard.

Side 1 person

Full 2 people or 1 entrée Bowl 10-12 people

Cold Wraps & Sandwiches

Chipotle Club Sandwich

Grilled Chicken Breast, Avocado, Tomatoes, Applewood Smoked Bacon, Lettuce and Chipotle Mayo on Wholegrain Bread. \$7.75

Hector's Roast Beast Sandwich

Roast Beef, Red Onions, Onion Blossom Horseradish Sauce & Smoked Gouda on Wholegrain bread. \$7.50

Ham It Up Sandwich

Jack Daniel's Ham, Great Lakes Dijon, Havarti, Red Onion, Lettuce and Tomato on Wholegrain Bread. \$6.50

Fresh Roasted Turkey Sandwich

Turkey, Lettuce and Tomato with Mayonnaise on Wholegrain Bread. \$6.50

Tuna Salad Wrap

Chunk White Tuna with Capers, Fresh Dill, Red Onion, Lettuce & Tomato. \$6.50

Chicken Caesar Wrap

Grilled Chicken Breast tossed with Reggiano Parmigiano, Caesar Dressing, Chopped Romaine & Tomato. \$6.75

Thai Chicken Wrap

Grilled Chicken Breast, Fresh Basil, Mint and Cilantro, Red Onion, Tomato, Cucumber and Thai Sauce. \$6.75

Athens Chicken Wrap

Grilled Chicken Breast, Feta, Spinach, Tomatoes, Cucumber, Red Onions and Greek Vinaigrette. \$6.75

Chicken Salad Wrap

Chicken & Dried Cherry Salad, Lettuce & Tomato. \$6.75

*Field Roast is a Vegan Grain Meat Substitute Based on Wheat Protein

Vegetarian Wraps & Sandwiches

Spicy Grilled Tofu

Grilled Marinated Tofu with Lettuce, Cucumber, Carrots, Basil, Cilantro, Mint and Lemongrass Dipping Sauce on a Sundried Tomato Wrap \$7.50

Santa Barbara

Havarti, Avocado, Tomatoes, Mixed Greens, Lemon Aioli on Whole Grain Bread \$7.00

Grilled Veggie

Grilled Eggplant, Balsamic Portobello, Zucchini, Yellow Squash, Red Bell Peppers, and Onion with Roasted Tomato Pesto, and Provolone on a Grilled Ciabatta Roll. \$7.50

Caprese Sandwich

Fresh Tomatoes, Basil and Fresh Mozzarella on Grilled Ciabatta Roll. \$6.50

Veggie Wrap

Hummus, Spinach, Tomatoes, Cucumbers, Mushrooms, Green Peppers, Carrots, Mild Pepper Rings, Feta Cheese and Greek Dressing. \$6.00

Veggie Buffalo Wrap*

Field Roast Sunflower Cutlets with Lettuce, Tomato, Ranch and Buffalo Sauces \$7.75

Falafal Wrap

Our own Chickpea Falafel with Spinach, Tomatoes, Cucumber, Green Peppers and Garlic-Tahini Sauce in a Sun Dried Tomato Wrap. \$6.50

Veggie Black Bean Wrap*

Spicy Marinated Black Beans, Field Roast Chorizo, Lettuce, Tomatoes, Sour Cream and Guacamole in a Sun Dried Tomato Wrap \$7.00

Veggie Reuben*

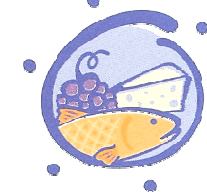
Field Roast, Marinated Slaw, Russian Dressing and Swiss Cheese on Toasted Whole Grain Bread. \$7.00

GalleyGourmet

4181 Main Street
Bay Harbor, MI

Summer
2010

Celebrating Eleven Years



"Great Food Every Day"

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OPEN 7 DAYS

DELIVERY

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Stone Fired Pizza

Roma Special

Prosciutto, Pancetta, Roasted Tomatoes, Roasted Garlic, Olives, Parmesan and Tomato Sauce.

Formaggi Bianco

Ricotta, Fresh Mozzarella, Goat Cheese, Parmesan and Roasted Garlic.

BBQ Chicken

Grilled Chicken, BBQ Sauce and Maytag Blue Cheese.

Napa Valley

Grilled Portobello Mushrooms with Fresh Spinach, Roasted Tomatoes, Goat Cheese and Tomato Sauce.

Fresh Tomato Basil

Fresh Tomatoes, Basil, and Fresh Mozzarella, and Parmesan

Roasted Tomato "BLT"

Roasted Tomatoes, Spinach, Fresh Mozzarella, Applewood Smoked Bacon and Tomato Sauce.

Very Veggie

Roasted Vegetables, Basil Pesto and Goat Cheese.

Mediterranean

Artichokes, Olives, Feta Cheese, Roasted Tomatoes, Mild Peppers and Tomato Sauce.

Make Your Own (4 toppings)

Pepperoni, Mushrooms, Onions, Green Peppers, Italian Sausage, Ham, Prosciutto, Country Olive Mixture, Anchovies, Tomato Slices, Pineapple, Broccoli, Mild Pepper Rings, Jalapeño, Ground Beef, Bacon, Artichoke Hearts, Grilled Onions, Pancetta, Grilled Chicken, Roasted Veggies & Pesto

Size	Inches	Price	Just Cheese
Personal	7 inches	\$5.75	\$5.25
Small	10 inches	\$10.50	\$9.50
Medium	12 inches	\$14.50	\$13.50
Large	16 inches	\$19.50	\$18.50

*Field Roast is a Vegan Grain Meat Based on Wheat Protein

Burgers & Fries

8 oz. Kobe Beef Burger*

Grilled Burger with Lettuce, Onion & Tomato on a Challah Roll. \$8.00

8 oz. Kobe Beef Cheese Burger*

Choose American, Cheddar, Maytag Blue, Smoked Gouda, Provolone or Swiss Cheese. \$8.50

8 oz. Buffalo Burger*

Grilled Buffalo Burger with Lettuce, Onion, & Tomato on Challah Roll \$8.00
Add Cheese \$8.50

Low Fat Turkey-Vegetable Burger

House-made Turkey Vegetable Burger, with Lettuce and Tomato on Challah Roll \$6.75

Veggie Burger

Our own Sesame-Quinoa Cake with Portobello Mushroom, Grilled Onions, Spinach, Tomato and Feta Cheese. \$7.50

Add Mushrooms, Avocado, Bacon, or Spicy Olives 75¢/each

Fries \$2.00 **Sweet Potato Fries** \$2.50

Veggie Delight

Mushrooms, Fresh Spinach, Grilled Onions, Roasted Red Peppers, Tomato Slices, Tex Mex Cheese, Sour Cream, Guacamole and Salsa. \$6.00

Grilled Chicken

Herb Grilled Chicken with Bell Peppers, Grilled Onions, Tomato Slices, Tex Mex Cheese, Sour Cream, Guacamole and Salsa. \$7.50

Cuban Black Bean

Slow Cooked Black Beans with Chilies and Rum, Fresh Pineapple and Tex Mex Cheese. \$6.50

Slow Cooked Spicy Beef

Tender Brisket Cooked with Chilies and Cumin, Tex Mex Cheese, Sour Cream, Guacamole and Salsa. \$8.00

Tex Mex Cheese

Spicy Jack and Cheddar Cheese with Cilantro, Pickled Jalapeño and Cumin, Sour Cream, Guacamole and Salsa. \$5.50

Quesadillas

Hot Sandwiches

Steak Argentina*

Grilled Rubbed New York Strip with Roasted Tomatoes, Grilled Onions, Mixed Greens, and Chimichurri Sauce on a Grilled Ciabatta Roll. \$8.50

BBQ Brisket

Our Own BBQ Brisket in Tangy BBQ Sauce with Marinated Slaw on a Toasted Challah Roll \$7.00

Italian Muffaletta

Mortadella, Prosciutto, Hot Capicola and Soppressata with Provolone, and our own Caponata on a Grilled Ciabatta Roll. \$8.00

Grilled Ahi Tuna Sandwich*

Grilled Ahi Tuna with Grilled Vegetables, Roasted Tomatoes and Saffron Garlic Mayonnaise on Toasted Whole Grain Bread. \$9.00

Mediterranean Chicken Pita

Grilled Chicken, Feta, Roasted Red Peppers, Harissa, Spinach and Hummus on Grilled Pita with Cucumber Tzatziki Sauce \$7.50

Turkey Brie

House Roasted Turkey with Cherry Chutney, Brie and Mixed Greens on Toasted Whole Grain Bread. \$7.25

Eggs Italiano*

Two Eggs with, Prosciutto, Provolone, Fresh Tomatoes and Basil Pesto on Grilled Ciabatta Roll. \$7.50

Turkey or Corned Beef Reuben

Corned Beef or Turkey, Marinated Slaw, Russian Dressing and Swiss Cheese on Toasted Whole Grain Bread. \$7.00

Buffalo Chicken Wrap

Chicken Fingers, Wing Time Parmesan Garlic Wing Sauce, Ranch Dressing, Tomato and Lettuce in a Wrap. \$6.25

Oven Roasted Whitefish*

Great Lakes Whitefish with Dijon Herb Sauce, Mixed Greens, Tomato and Onion on a Grilled Ciabatta Roll. \$7.50

Wild Grilled Salmon*

Grilled Salmon, Homemade Tartar Sauce, Mixed Greens, Cucumber, Tomato, and Onion on a Challah Roll. \$9.00

Greek Lamb Gyros

Our Own Grilled Lamb Gyros, Lettuce, Onions, Tomatoes with Cucumber Tzatziki Sauce on Grilled Pita \$7.50

Eggs Havana Wrap*

2 Eggs with Spicy Black Beans, Guacamole and Tex Mex Cheese in a Sun Dried Tomato Wrap. \$6.50

Ham and Egg*

Two Eggs with Jack Daniels Ham and Havarti Cheese on Toasted Wholegrain Bread. \$6.50

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galleygourmet.com

Chicken Fingers	\$4.50	Kid's Salad	\$3.25
Cheese Pizza	\$5.25	Mac and Cheese	\$4.00
Cheese Quesadilla	\$4.75	Fruit Cup	\$3.00
PB & J	\$3.00		

Kids

*Consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness especially if you have a medical condition