Delaware

**Pita Pit:** Greek, Middle Eastern. 168 Main St. Newark, DE 19711. (302) 456-1007


White or wheat. Includes Choice of Sauces and One cheese:

1. **Morning Glory:** guacamole, sautéed tomatoes, scrambled eggs, hashbrowns, grilled green peppers and onions and your choice of cheese and sauces _____________________________________ 4.99
2. **Chicken Classic:** Chicken Breast, scrambled eggs, hashbrowns, grilled green peppers, mushrooms and onions and your choice of cheese and sauces ________________________________________ 5.49
3. **Ham N’Eggs:** Black forest ham, scrambled eggs, hashbrowns, grilled green peppers and your choice of cheese and sauces ________________________________________________________ 5.49

**Lunch:**

Meat Pitas. White or Wheat. Includes Choice of Toppings, Sauce and One Cheese:

1. **Dagwood:** Turkey, Ham and Roast Beef
2. **Chicken Crave:** Chicken, Ham and melted American Swiss
3. **Gyro:** seasoned lamb/beef, romaine lettuce, tomatoes, cucumber, black olives, feta cheese
4. **Falafel:** grilled chick pea falafel, shredded lettuce, cucumbers, tomatoes, feta cheese and secret sauce (add hummus for .99)

**Toppings:**

*.99 cents: Hummus, babaganoush, guacamole*

Lettuce, spinach, tomatoes, onions, green peppers, cucumbers, pickles, black olives, pineapple, pepperocini, sprouts, mushrooms, jalapenos, carrots, salt/pepper

**Cheese:**

Cheddar, American, Feta, Provolone, Parmesan

**Sauces:**

Caesar, Tzatziki, Ranch, Secret spicy vinaigrette, Mayo, Light Mayo, BBQ, Sour Cream, Honey Mustard, Teriyaki, ketchup, Yellow Mustard, Hot Sauce, Dijon Mustard, Horseradish Dijon, Ancho Chipotle, Salsa

**Sides:**

Fruit - $1, Pita and dip - $2
Café Gelato Restaurant: Italian – Paninis, Pasta, Salad. 90 E Main Street, Newark, DE 19711.
(302)738-5811
1. Basil Pesto Chicken Panini: Marinated chicken breasted grilled and served with basil pesto, mozzarella, lettuce, tomatoes on focaccia. Served with roasted red potatoes and garnished with baby greens 7.49
2. Insalatina Bistecca: Chopped romain hearts in balsamic vinaigrette, grilled red onion, plum tomatoes, crumbled blue cheese and marinated steak (Can substitute Portobello mushroom for the steak) 7.99
3. Caprese Panini: Mozzarella and tomatoes layered over a bed of lettuce served on focaccia with basil olive oil. Option for adding ham, Portobello or chicken 6.29

Capriotti’s: Sandwich Shop. 614 Newark Shopping Center, Newark, DE 19711.
(302) 454-0200
Choose from small (9”), medium (12") or large(20") roll
1. Italian Sub: HOT or COLD. Made to order. Can add any toppings 6.75, 8.50, 13.50
2. Cran-Slam Club: Homemade turkey, cranberry sauce, ham, mayo lettuce on white or wheat bread – triple decker 6.00
3. Slaw Be Jo: roast beef, provolone, Russian dressing, cole slaw 7.25, 9.00, 13.75

Lettuce Feed You: Salads, Pasta, Sandwiches/wraps. 45E Main St, Newark, DE 19711.
(302) 369-3010
1. The Big “D”: Bed of pasta with grilled chicken, mushroom and broccoli. Sauces: pomodoro (red sauce), blush (tomatoes, garlic, parmesan cheese), Diablo (spicy red sauce), Pesto Pomodoro (tomatoes, garlic, fresh basil, parsley, sun-dried tomatoes, and parmesan cheese). Pasta types: Radiatore, penne, shells 6.95
2. Tender Turkey Delight: tender oven-roasted turkey with romaine, tomato and cheese 5.95
3. Greek style salad: romaine and iceburg lettuce, ripe tomatoes, sliced cucumbers, sliced black olives, red onions and feta cheese w/ greek goddess dressing 6.00

Home Grown Café. 126 East Main Street, Newark, DE 19711 (302) 266-6993
1. Southern California Cobb Wrap or Salad: Avocado, pico de gallo, queso blanco, black beans, smoked chipotle ranch dressing and tortilla croutons. Choice of grilled chicken, hanger steak, ahi tuna, veggie chicken, porobello, pulled seitan or tofu. Served with choice of greens w/ house vinaigrette or house fried chips 10.00
2. Chicken Mole Tacos: shredded polo con mole served with drunken black beans, dirty rice, shredded lettuce, cheddar jack cheese, pico de gallo and warm corn tortillas. Pulled Seitan or Portobello can be substituted for vegan option 16.00
3. Bahn Mi: Marinated Grilled Thai Chicken with pickled vegetables, cucumbers spicy mayo and jalapenos on a grilled pita 8.00