



GOURMET ITALIAN MARKET
WWW.EMFGOURMET.COM

*****Now Delivering for Breakfast & Lunch*****
7:30am-3pm
((\$25 Minimum))



BREAKFAST/LUNCH MENU

We carry a full line of Boar's Head Cold Cuts.

We specialize in any sandwich or hero you desire.

Let us Cater Your Next Affair.

Quality Catering For Your Convenience

1958 Jericho Turnpike, East Northport New York 11731

Tel: 631-493-0002 • Fax 631-493-0040

www.emfgourmet.com

Breakfast

Bacon, Egg, & Cheese..... Roll - \$5.50 Hero - \$6.50

The Hungry Man Hero \$8
Four eggs, bacon, sausage, ham, & American

Healthy Choice Roll - \$8 Hero or Wrap - \$9
Four egg whites, sautéed spinach, caramelized onions, & Alpine Lace Swiss

Breakfast Platter \$8
Two Eggs

Choice of Meat: Bacon Sausage, Ham, or Turkey

Choice of Vegetable: Peppers & Onions, Roasted Potatoes, or Grilled Vegetables

All egg sandwiches available on homemade onion & club rolls for an additional .50¢ each

- Make It Your Way -

Roll • Hero • Wrap

Eggs: Scrambled, Fries, Egg Whites

Bacon, Sausage, Ham, Turkey, Prosciutto

American, Cheddar, Swiss, Provolone, Muenster

Spinach, Peppers, Onions

Box of Coffee (Serves 10 People)..... \$18.99
Comes with cups, covers, sweeteners, milk, half & Half

Muffin Platter:

10 PC - \$16

20 PC - \$30

Mini Danish Platter:

Small (~30 PC) - \$25

Large (~50 PC) - \$35

Scone Platter: (Chocolate Chip & Blueberry)

Small (~12 PC) - \$30

Large (~20 PC) - \$50

Mini Scone Platter:

Small (~30 PC) - \$30

Large (~60 PC) - \$60

Assorted Crumb Cake Platter: (Regular, Raspberry, Chocolate)

Small (12" Platter) - \$25

Large (16" Platter) - \$45

Bagel Platters

10 pc - \$25

20 pc - \$45

Comes with butter and cream cheese

Three Pound Fruit Bowl (Serves 8-10 People)..... \$18

Fresh Baked Custom Cakes

For All Occasions (Made on Premises):

Birthdays • Anniversaries • Communion • Confirmations • Christening
Graduations • Bar & Bat Mitzvahs • Weddings

Wraps

All wraps come with a side of potato, macaroni or cole slaw.

<i>Balsamic Chicken Wrap</i>	10
balsamic chicken, brushetta, roasted red peppers	
<i>Grilled Chicken / Broccoli Rabe Wrap</i>	10
grilled chicken, broccoli rabe, fresh mozzarella	
<i>Fried Eggplant / Broccoli Rabe Wrap</i>	10
eggplant, broccoli rabe, fresh mozzarella	
<i>Greek Salad Wrap</i>	10
grilled chicken, feta cheese, red onion, cucumber, green peppers, tomato	
<i>Tuna Wrap</i>	10
tunafish, mayonnaise, lettuce, tomato	
<i>BLT Wrap</i>	10
oven roasted turkey breast, ham, lettuce, tomato, bacon	
<i>Turkey & Swiss Wrap</i>	10
peppermill turkey, swiss lorraine, mesclun greens, tomato, honey mustard	
<i>Chicken Special Wrap</i>	10
fried chicken cutlets, roasted red peppers, fresh mozzarella, lettuce	
<i>Chicken Caesar Wrap</i>	10
grilled chicken, romaine lettuce, tomato, red onion, caesar dressing	
<i>Italian Special Wrap</i>	10
salami, pepperoni, ham cappy, sweet sopressata, provolone, roasted red peppers, artichokes, lettuce, oil & vinegar	
<i>Grilled Baked Chicken</i>	10
chicken, lettuce, tomato and mayo	
<i>Chicken Salad Wrap</i>	10
chicken breast diced, mayonnaise, lettuce, tomato, seasonings	
<i>Grilled Vegetable Wrap</i>	10
assorted grilled vegetables in season with fresh mozzarella	
<i>Turkey & Goat Cheese Wrap</i>	10
ovengold turkey breast, goat cheese, baby spinach and cranberries.	
<i>Roast Beef & Cheddar Wrap</i>	10
roast beef, cheddar cheese, lettuce, tomato, horseradish sauce.	
<i>Fresh Turkey & Avocado</i>	10
fresh turkey breast, lettuce, tomato, bacon, and avocado.	
<i>Lettuce Wrap</i>	10
boars head ham and ovengold turkey with yellow american cheese made on a lettuce wrap.	
<i>Ham & Swiss Wrap</i>	10
boars head ham, swiss, lettuce, and tomato.	

Homemade Soups (pint)

<i>Escarole & Bean</i>	6	<i>Split Pea</i>	6
<i>Chicken</i>	6	<i>Tortellini Brodo</i>	6
<i>Pasta Fagioli</i>	6	<i>Italian Wedding</i>	6
<i>Minestrone</i>	6	<i>Turkey Chilli</i>	6
<i>Lentil</i>	6	<i>Vegetarian Chilli</i>	6

Homemade Salads

*Tortellini · Pasta Vegetable · Antipasto · Chicken Delight · Chick Peas & Tomato
 Pasta & Broccoli · Spinach & Bow Ties · String Bean & Red Potato · Marinated Artichoke Hearts
 Pasta w/ Sundried Tomatoes · Mozzarella & Tomato · Crabmeat · Tuna · Marinated Mushrooms Mixed
 Olives · Cheese Knosh · Grilled Vegetables · Grilled Chicken Salad · Chicken Salad
 Edamame Salad, Farro and Kale Salad, Red Quinoa Salad, Summer Bean Salad*

Panini's

All paninis come with a side of potato, macaroni or cole slaw.

"Padrino"	//
broccoli rabe, grilled chicken, fresh mozzarella, roasted red peppers	
"Buono"	//
grilled chicken, fresh mozzarella, sundried tomatoes on garlic bread	
"Cotto"	//
aged prosciutto, fresh mozzarella, and baby arugula with a spicy mustard	
"Torino"	//
fried chicken cutlet, arugula, fresh mozzarella, and roasted red peppers	
"Inferno"	//
grilled chicken breast, provolone, tomatoes and spicy peppers	
"Femina"	//
oven roasted portobello mushrooms, broccoli rabe, roasted red peppers, and fresh mozzarella	
"Taglia"	//
salami, prosciutto, provolone, ham capicola, lettuce, tomato with a balsamic drizzle	
"Giardino"	//
golden fried eggplant, zucchini, roasted red peppers, basil and fresh mozzarella	
"Fresca"	//
beefsteak tomato, fresh mozzarella, basil, oil & balsamic vinegar	
"Americano"	//
roast beef, swiss cheese, beefsteak tomato, and spicy mustard	
"Tacchino"	//
honey turkey, lacey swiss, lettuce, tomato, sundried tomato mayonnaise	
Chicken Cutlet or Eggplant Parmigiana	//
Perfecto Panini	//
golden fried chicken cutlet, fresh mozzarella, roasted red peppers, thinly sliced red onion, with a herb mayonnaise.	

Mini Baguette Subs

All Baguette Subs come with a side of potato, macaroni or cole slaw.

Mozzarella & Tomato	8
fresh mozzarella, beefsteak tomatoes, fresh basil with a balsamic vinaigrette	
Grilled Chicken	8
with fresh mozzarella & roasted red peppers.	
Fried Chicken	8
with bacon, white American, lettuce and Russian dressing	
Salami & Provolone	8
Hormel Dilusso Salami and Boars Head Picante Provolone	
Prosciutto & Mozzarella	8
Thinly sliced prosciutto and fresh mozzarella.	

Salads

<i>Chef's Salad</i>	10
iceberg lettuce, carrots, cucumbers, black olives, grape tomatoes, hard boiled eggs, roast beef, turkey, ham, american cheese	
<i>Tossed Salad</i>	10
iceberg lettuce, carrots, cucumbers, black olives, grape tomatoes	
<i>Greek Salad</i>	10
iceberg lettuce, cucumbers, grape tomatoes, feta cheese, calamata olives, green peppers, celery	
<i>Gorgonzola Salad</i>	10
mesclun greens, cashews, gorgonzola cheese, mandarin oranges, tomatoes	
<i>Italian Salad</i>	10
mesclun greens, roasted red peppers, shredded mozzarella, tomatoes, gaeta olives	
<i>Grilled Chicken Salad</i>	10
romaine lettuce, chicken, croutons, tomatoes, grated cheese	
<i>Garden Salad</i>	10
iceberg lettuce, diced tomatoes, diced cucumbers, chick peas	
<i>Mediterranean Salad</i>	10
romaine lettuce, grilled chicken, grape tomatoes, white & red kidney beans, corn and black olives	
<i>Tuscan Salad</i>	10
romaine lettuce, fried chicken cutlet, roasted red peppers, grape tomatoes, gaeta olives, parmesan cheese	
<i>Antipasto Salad</i>	10
romaine lettuce, tomatoes, mushrooms, black olives, artichoke hearts, diced salami and provolone.	
<i>Baby Spinach Salad</i>	10
baby leaf spinach, pecans, tomatoes, cranberries, and goat cheese.	
<i>Balsamic Chicken Salad</i>	10
grilled Balsamic chicken, tomatoes, romaine lettuce, red onions, shredded mozzarella.	
<i>California Walnut Salad</i>	10
Romaine lettuce, fresh grilled chicken, tomatoes, carrots, shredded mozzarella, black olives, walnuts.	
<i>House Salad</i>	10
romaine lettuce, fresh mozzarella, tomatoes, red onion, cucumbers, black olives.	
<i>Mesclun Greens</i>	10
mesclun greens, tomatoes, red onion, gorgonzola cheese, mandarin oranges.	

Each Salad Includes Dressing on the Side

***Chopped Salad \$2 add'l**

Balsamic • Bleu Cheese • Country French • Creamy Italian • Lite Italian • Thousand Island • Ranch • Creamy Caesar
Golden Italian • FF Honey Dijon • FF Raspberry Vinaigrette • FF French • FF Thousand Island

3, 4, 5 & 6 Foot Heroes (Also available sliced on platters) • Wrap Platters • Cold Cut Platters • Hot Dishes

Hot Entrees

<i>Chicken Parmesan w/ spaghetti</i>	14	<i>Quiona Burger</i>	8
<i>Chicken Francais</i>	14	with sweet potato wedges	
<i>Chicken Marsala</i>	14	<i>Fresh Roasted Turkey</i>	10
<i>Sausage & Peppers</i>	13	with sweet potato and gravy	
<i>Rigatoni & Broccoli Rabe</i>	14	<i>1/2 Rotisserie Chicken</i>	10
<i>Spaghetti & Clam Sauce</i>	13	with vegetables	
<i>Penne alla Vodka</i>	10	<i>Teriyaki Chicken Dumplings</i>	7
<i>Ravioli Marinara</i>	10	<i>Spicy Chicken Wings</i>	10
<i>Baked Ravioli Bolognese</i>	13	<i>Chicken Pot Pie</i>	7
<i>Linguine Zucchini Bolognese</i>	13	<i>1/4 lb. Cheeseburger</i>	8
<i>Grilled Chicken</i>	10	with Lays Classic Chips (2 ¾ oz.)	
with sweet potato wedges		<i>Chicken Fingers</i>	8
<i>Chicken Quesadilla</i>	8	<i>Sunday Sauce Dinner</i>	15
<i>1/4 lb. Hamburger</i>	7	<i>Eggplant, Meatball, Chicken Parm Heroes</i>	11
with Lays Classic Chips (2 ¾ oz.)			
<i>Vegetable Chicken Burger</i>	8		
with sweet potato wedges			

Specialty Sandwiches

Featuring Boar's Head Provisions

All specialty sandwich prices based on heroes. Sandwiches made on rolls will have a reduced price.

<i>All American</i>	10
Deluxe ham, swiss cheese, iceberg lettuce, beefsteak tomatoes & mayo	
<i>Ultimate Classic</i>	11
Maple Glazed Honey Coat™ ham, Baby Swiss cheese, roasted red peppers, iceberg lettuce, thin sliced red onions, sundried tomato pesto mayo	
<i>The Club</i>	12
Maple Glazed Honey Coat™ turkey, deluxe ham, Lacey Swiss cheese bacon iceberg lettuce, beefsteak tomatoes, thousand island dressing	
<i>The Texan</i>	11
Mesquite Wood Smoked® turkey, american cheese, bacon, iceberg lettuce, beefsteak tomatoes topped with bbq sauce	
<i>The Outback</i>	10
seasoned roast beef, cheddar cheese, iceberg lettuce, beefsteak tomatoes, thin sliced red onions, tomato pesto mayo	
<i>Scorch Special</i>	10
Cracked Peppermill® turkey,swill lorraine cheese, thin sliced onions, iceberg lettuce, beefsteak tomatoes, and ranch dressing	
<i>Veggie Lovers</i>	12
golden fried eggplant, grilled zucchini, roasted red peppers, fresh mozzarella with a balsamic dressing	
<i>The Home Run</i>	13
golden fried chicken cutlet, roasted red peppers, romaine lettuce, fresh mozzarella with a balsamic dressing	
<i>Roast Beef Melt</i>	12
hot roast beef with melted mozzarella on toasted garlic bread	
<i>Pollo Fresca</i>	11
fresh grilled chicken, beefsteak tomatoes, iceberg lettuce, thin sliced red onions with a honey mustard dressing	
<i>Fresh Turkey Melt</i>	13
hot fresh turkey with melted mozzarella and turkey gravy	
<i>Parma</i>	13
prosciutto, fresh mozzarella, beefsteak tomatoes with a balsamic dressing	
<i>Goodfella</i>	13
hot capocollo sweet sopressata, genoa salami, pepperoni, mortadella, ham cappy, provolone, red onions, lettuce, beefsteak tomatoes, with a balsamic dressing	
<i>Hell's Kitchen</i>	12
genoa salami, picante provolone, roasted red peppers, artichoke hearts, marinated mushrooms with a red wine vinaigrette	
<i>GG Special</i>	12
fried chicken cutlets, cheddar cheese, bacon, lettuce, tomato and chipotle mayonnaise	