

Salads

ChefsSalad	\$15
iceberg lettuce, carrots, cucumbers, black olives, grape tomatoes, hard boiled eggs, roast beef, turkey, ham, American cheese	
Tossed Salad	\$12
iceberg lettuce, carrots, cucumbers, black olives, grape tomatoes	
GreekSalad	\$13
iceberg lettuce, cucumbers, grape tomatoes, feta cheese, calamata olives, green peppers, celery	
GorgonzolaSalad	\$14
mesclun greens, cashews, gorgonzola cheese, mandarin olives, tomatoes	
Italian Salad	\$13
mesclun greens, roasted red peppers, shredded mozzarella, tomatoes, gaeta olives	
Grilled Chicken Salad	\$14
romaine lettuce, chicken croutons, tomatoes, grated cheese	
GardenSalad	\$13
iceberg lettuce, diced tomatoes, diced cucumbers, chickpeas	
MediterraneanSalad	\$14
romaine lettuce, grilled chicken, grape tomatoes, white & red kidney beans, corn, black olives	
Tuscan Salad	\$14
romaine lettuce, fried chicken cutlet, roasted red peppers, grape tomatoes, gaeta olives, parmesan cheese	
AntipastoSalad	\$14
romaine lettuce, tomatoes, mushrooms, black olives, artichoke hearts, diced salami and provolone	
Baby Spinach Salad	\$14
baby leaf spinach, pecans, tomatoes, cranberries and goat cheese	
Balsamic Chicken Salad	\$14
grilled Balsamic chicken, tomatoes, romaine lettuce, red onions, shredded mozzarella	
California Walnut Salad	\$14
romaine lettuce, fresh grilled chicken, tomatoes, carrots, shredded mozzarella, black olives, walnuts	
HouseSalad	\$13
romaine lettuce, fresh mozzarella, tomatoes, red onion, cucumbers, black olives	
MesclunGreens	\$13
mesclun greens, tomatoes, red onion, gorgonzola cheese, mandarin oranges	

*Fried or grilled chicken \$2 add'l

*Chopped salad \$ add'l

Each salad includes dressing on the side:

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

Chicken Parmesan w/ spaghetti.....	\$16	Vegetable Chicken Burger w/ sweet potato wedges.....	\$9
Chicken Francese.....	\$16	Quinoa or Cauliflower Burger.....	\$9
Chicken Marsala.....	\$16	w/ sweet potato wedges	
Sausage & Peppers.....	\$15	Fresh Roasted Turkey.....	\$14
Rigatoni & Broccoli Rabe.....	\$16	w/ sweet potato and gravy	
Spaghetti & Clam Sauce.....	\$15	1/2 Rotisserie Chicken w/ vegetables.....	\$9
Penne alla Vodka.....	\$14	Teriyaki Chicken Dumplings.....	\$9
Ravioli Marinara.....	\$14	Spicy Chicken Wings.....	\$10
Baked Ravioli Bolognese.....	\$15	Chicken Pot Pie.....	\$8
Linguine Zucchini Bolognese.....	\$16	1/4 lb Cheeseburger w/ Lays Classic Chips (2 3/4 oz).....	\$9
Grilled Chicken w/ sweet potato wedges.....	\$15	Chicken Fingers.....	\$9
Chicken Quesadilla.....	\$9	Sunday Sauce Dinner.....	\$17
1/4lb Hamburger w/ Lays Classic Chips (2 3/4 oz).....	\$8	Eggplant, Meatball, Chicken Parm Heroes.....	\$15
		Mini Mini Chicken Meatballs w/ spaghetti.....	\$16

Specialty Sandwiches

Featuring Boar's Head Provisions

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

All American	\$14
Deluxe ham, Swiss cheese, iceberg lettuce, beefsteak tomatoes and mayonnaise	
Ultimate Classic	\$14
Maple Glazed Honey Coat™, Baby Swiss cheese, roasted red peppers, iceberg lettuce, thin sliced red onions, sundried tomato pesto mayonnaise	
The Club	\$15
Maple Glazed Honey Coat™ turkey, deluxe ham, Lacey Swiss cheese, bacon, iceberg lettuce, beefsteak tomatoes, thousand island dressing	
The Italian Stallion	\$15
Fried chicken cutlet, prosciutto di parma, arugula, oregano, fresh mozzarella, Italian dressing	
The Outback	\$14
seasoned roast beef, cheddar cheese, iceberg lettuce, beefsteak tomatoes, thin sliced red onions, tomato pesto mayonnaise	
Scorch Special	\$14
Cracked Peppermill® turkey, Swiss lorraine cheese, thin sliced onions, iceberg lettuce, beefsteak tomatoes and ranch dressing	
Veggie Lovers	\$14
golden fried eggplant, grilled zucchini, roasted red peppers, fresh mozzarella with a balsamic dressing	
The Home Run	\$15
golden fried chicken cutlet, roasted red peppers, romaine lettuce, fresh mozzarella with a balsamic dressing	
Roast Beef Melt	\$14
hot roast beef with melted mozzarella on toasted garlic bread	
Pollo Fresca	\$14
fresh grilled chicken, beefsteak tomatoes, iceberg lettuce, thin sliced red onions with a honey mustard dressing	
Fresh Turkey Melt	\$15
hot fresh turkey with melted mozzarella and turkey gravy	
Parma	\$15
prosciutto, fresh mozzarella, beefsteak tomatoes with a balsamic dressing	
Goodfella	\$15
hot capicola, sweet sopressata, genoa salami, pepperoni, mortadella, ham capicola, provolone, red onions, lettuce, beefsteak tomatoes with a balsamic dressing	
Hell's Kitchen	\$15
genoa salami, picante provolone, roasted red peppers, artichoke hearts, marinated mushrooms with a red wine vinaigrette	
GG Special	\$15
fried chicken cutlets, cheddar cheese, bacon, lettuce, tomato and chipotle mayonnaise	
Freestyle	\$16
fried chicken cutlets, hot pastrami, melted swiss, lettuce, onions, Russian dressing	

Orders subject to NYS Sales Tax. Prices subject to change without notice.



EASTERN MEAT FARMS

NOW DELIVERING FOR BREAKFAST & LUNCH
7:30AM - 3:00PM (\$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 Tpke
East Northport, NY 11731
Tel: 631.493.0002 • Fax: 631.493.0040
www.emfgourmet.com

Breakfast

Bacon, Egg, & Cheese	Roll: \$6.00.....Hero: \$7.00
The Hungry Man Hero	\$9.00
Four eggs, bacon, sausage, ham, & American	
Healthy Choice	Roll: \$9.00.....Hero or Wrap: \$9.00
Four egg whites, sautéed spinach, caramelized onions, & Alpine Lace swiss	
Breakfast Platter	\$9.00
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, Fried, Egg Whites

Bacon, Sausage, Ham, Turkey, Prosciutto

American, Cheddar, Swiss, Provolone, Muenster

Spinach, Peppers, Onions

Box of Coffee (Serves 10).....\$19.99

Comes with cups, covers, sweeteners, milk, half & half

Muffin Platter:

12pc - \$20

20pc - \$35

Scone Platter (Chocolate Chip & Blueberry):

Small (12pc) - \$30

Large (20pc) - \$50

Assorted Crumb Cake Platter

(Regular, Raspberry, Chocolate):

Small (12" Platter) - \$39

Large (16" Platter) - \$59

Bagel Platters:

10pc - \$29

20pc - \$49

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

Homemade Soups

Escarole & Bean.....	\$6.00	Split Pea.....	\$6.00
Chicken.....	\$6.00	Tortellini Brodo.....	\$6.00
Pasta Fagioli.....	\$6.00	Italian Wedding.....	\$6.00
Minestrone.....	\$6.00	Turkey Chili.....	\$6.00
Lentil.....	\$6.00	Vegetarian Chili.....	\$6.00

Homemade Salads

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

Wraps

Balsamic Chicken Wrap	\$11
balsamic chicken, bruschetta, roasted red peppers	
Grilled Chicken & Broccoli Rabe Wrap	\$11
grilled chicken, broccoli rabe, fresh mozzarella	
Fried Eggplant & Broccoli Rabe Wrap	\$11
eggplant, broccoli rabe, fresh mozzarella	
Greek Salad Wrap	\$11
grilled chicken, feta cheese, red onion, cucumber, green peppers, tomato	
Tuna Wrap	\$11
tuna fish, mayonnaise, lettuce, tomato	
BLT Wrap	\$11
oven roasted turkey breast, ham, lettuce, tomato, bacon	
Turkey & Swiss Wrap	\$11
peppermill turkey, Swiss lorraine, mesclun greens, tomato, honey mustard	
Chicken Special Wrap	\$11
fried chicken cutlets, roasted red peppers, fresh mozzarella, lettuce	
Chicken Caesar Wrap	\$11
grilled chicken, romaine lettuce, tomato, red onion, Caesar dressing	
Italian Special Wrap	\$11
salami, pepperoni, ham capicola, sweet sopressata, provolone, roasted red peppers, artichokes, lettuce, oil & vinegar	
Grilled Baked Chicken	\$11
chicken, lettuce, tomato, mayonnaise	
Chicken Salad Wrap	\$11
diced chicken breast, mayonnaise, lettuce, tomato, seasonings	
Grilled Vegetable Wrap	\$11
assorted grilled vegetables in season with fresh mozzarella	
Turkey & Goat Cheese Wrap	\$11
ovengold turkey breast, goat cheese, baby spinach, cranberries	
Roast Beef & Cheddar Wrap	\$11
roast beef, cheddar cheese, lettuce, tomato, horseradish sauce	
Fresh Turkey & Avocado Wrap	\$11
fresh turkey breast, lettuce, tomato, bacon and avocado	
Lettuce Wrap	\$11
Boar's Head ham and ovengold turkey with yellow American cheese made on a lettuce wrap	
Ham & Swiss Wrap	\$11
Boar's Head ham, Swiss, lettuce and tomato	

Paninis

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

Padrino	\$12
broccoli rabe, grilled chicken, fresh mozzarella, roasted red peppers	
Buono	\$12
grilled chicken, fresh mozzarella, sundried tomatoes on garlic bread	
Cotto	\$12
aged prosciutto, fresh mozzarella, and baby argula with a spicy mustard	
Torino	\$12
fried chicken cutlet, arugula, fresh mozzarella and roasted red peppers	
Inferno	\$12
grilled chicken breast, provolone, tomatoes and spicy peppers	
Femina	\$12
oven roasted portobello mushrooms, broccoli rabe, roasted red peppers, fresh mozzarella	
Taglia	\$12
salami, prosciutto, provolone, ham capicola lettuce, tomato with a balsamic drizzle	
Giardino	\$12
golden fried eggplant, zucchini, roasted red peppers, basil and fresh mozzarella	
Fresca	\$12
beefsteak tomato, fresh mozzarella, basil, oil & balsamic vinegar	
Americano	\$12
roast beef, Swiss cheese, beefsteak tomato and spicy mustard	
Tacchino	\$12
honey turkey, lacey Swiss, lettuce, tomato, sundried tomato mayonnaise	
Chicken Cutlet or Eggplant Parmigiana	\$12
Perfecto Panini	\$12
golden fried chicken cutlet, fresh mozzarella, roasted red peppers, thinly sliced red onion, with a herb mayonnaise	

Mini Baguette Subs

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

Mozzarella & Tomato	\$9
fresh mozzarella, beefsteak tomatoes, fresh basil with a balsamic vinaigrette	
Grilled Chicken	\$9
with fresh mozzarella and roasted red peppers	
Fried Chicken	\$9
with bacon, white American, lettuce and Russian dressing	
Salami & Provolone	\$9
Hormel Dilusso Salami and Boars Head Picante Provolone	
Prosciutto & Mozzarella	\$9
thinly sliced prosciutto and fresh mozzarella	