

SALADS

[Garden] \$7 / side \$4
chopped romaine, grape tomatoes, English cucumbers,
shredded carrots, red onion
w/ Italian dressing

[Caesar] \$7
chopped romaine, shredded parmesan,
house pumpernickel croutons
w/ Caesar dressing

[Buffalo] \$7
chopped romaine, grape tomatoes, celery,
red onion, buffalo sauce
w/ crumbled bleu cheese dressing

[Savannah] \$7
baby spinach, mandarin oranges, goat cheese
w/ honey bacon dressing

[Roquette] \$9
baby arugula, sliced sweet Asian pear,
goat cheese, candied walnuts
w/ balsamic vinaigrette

[California] \$9
chopped romaine, grape tomatoes, avocado,
roasted corn, diced Swiss cheese
w/ ranch dressing

[Alexandria] \$9
chopped romaine, baby spinach, grape tomatoes, English
cucumbers, red onion, chickpeas, crumbled feta
w/ tzatziki dressing

ADD

Grilled Chicken +5.25 | ½ Chicken +2.75
Roasted Tofu +3.25 | Tuna Salad +3.00
Chopped Bacon +3.50
Hard Boiled Egg +1.00 ea.

**BRINGING THE KIDS?
ASK TO SEE OUR 'SMALL BITES' MENU!**

SANDWICHES

Choose your bread:
Multigrain | Ciabatta Roll | Wrap (white/wheat)
Pretzel Roll (+1.00) | Sourdough (+1.00)
Gluten Free Bread (+1.50) | Gluten Free Wrap (+2.00)

Choose your side:
Lemon Basil Pasta Salad | Buffalo Pasta Salad
Baked Chips | Apple

#1 [The Douglas] \$10.75
all natural turkey breast, baby spinach, fresh mozzarella,
cranberry-jalapeño relish

#2 [The Rittenhouse] \$10.75
all natural smoked ham, baby arugula, Vermont aged
cheddar, apple-mustard slaw

#3 [The Matador] \$10.75
our own house roast beef, chipotle gouda, freshly roasted
red peppers, horseradish mayo

#4 [The Fisherman] \$10
tuna salad, Applewood smoked bacon, sliced tomato,
romaine, roasted corn

#5 [Cyprus Garden] \$10
grilled eggplant and zucchini, freshly roasted red peppers,
chickpea smash, crumbled goat cheese

#6 [The Vito] \$12.5
grilled chicken, baby spinach, freshly roasted red peppers,
fresh mozzarella, balsamic vinaigrette, basil-arugula pesto

#7 [Mesa Verde] \$12.5
grilled chicken, Applewood smoked bacon, fresh
pico de gallo, avocado, pepper jack cheese

#8 [Buffalo Chicken] \$11
grilled chicken, romaine, celery, red onion, crumbled
bleu cheese dressing, buffalo sauce

#9 [Caesar Chicken] \$11
grilled chicken, romaine, shredded parmesan, house
pumpernickel croutons, Caesar dressing

#10 [Savannah Chicken] \$11
grilled chicken, baby spinach, mandarin oranges, crumbled
goat cheese, honey bacon dressing

#BCB [Buffalo Chicken Bacon] \$11
grilled chicken, Applewood smoked bacon, VT cheddar,
chipotle aioli, buffalo sauce

BUILD A CLASSIC

Starts at \$8.50

Choose your protein:
Ham | Turkey | Roast Beef | Tuna | Grilled Vegetables
Roasted Tofu (+1.25) | Grilled Chicken Breast (+2.00)

Choose your bread:
Multigrain | Ciabatta Roll | Wrap (white/wheat)
Pretzel Roll (+1.00) | Sourdough (+1.00)
Gluten Free Bread (+1.50) | Gluten Free Wrap (+2.00)

Additions:
American | Swiss | Provolone | Pepper jack
Romaine | Tomatoes | Red Onion | Mayo
Mustard (yellow, honey, or whole grain) | Horseradish Mayo
O&V (Extra Virgin Olive Oil & Balsamic Vinegar)
any gourmet ingredients subject to additional charge

Choose your side:
Lemon Basil Pasta Salad | Buffalo Pasta Salad
Baked Chips | Apple

ET CETERA

[Soup of the Day] Small \$4 / Large \$5
add a half ciabatta roll + .50

[Deli Salad]
Small \$3 / Medium \$5 / Large \$10

[Nutella Panini] \$5
chocolate hazelnut spread on your choice of bread

[Good Guy Grilled Cheese] \$5
your choice of any 3 cheeses on the menu

[Quesadilla] \$4
with pepper jack cheese and chipotle aioli
[add grilled chicken +5.25]

[The Bronut] \$9
grilled chicken, Applewood smoked bacon, VT cheddar on a
grilled New York glazed donut!

[Fifty/Fifty] *Price varies*
Any combination of ½ sandwich, ½ salad, or small soup
[does not include breakfast or wraps]

***TO HELP US SERVE YOU BEST, PLEASE LET US KNOW IF YOU
HAVE ANY FOOD ALLERGIES OR SPECIAL DIETARY NEEDS.**

- thoroughly cooking meats, poultry, seafood, shellfish, or egg reduces the risk of foodborne illness -

ALL DAY BREAKFAST

All breakfast sandwiches come with 3 cage-free eggs.
Substitute egg whites (+.75) or tofu scramble (+1.25)

Choose your bread:

Multigrain | Ciabatta Roll | Wrap (white/wheat)
Pretzel Roll (+1.00) | Sourdough (+1.00)
Gluten Free Bread (+1.50) | Gluten Free Wrap (+2.00)

#1AM

all natural turkey, baby spinach, cranberry-jalapeno relish, fresh mozzarella [\$8.5]

#2AM

all natural ham, baby arugula, apple-mustard slaw, Vermont cheddar [\$8.5]

#3AM

roast beef, roasted red peppers, horseradish mayo, chipotle gouda [\$8.5]

#5AM

grilled zucchini and eggplant, roasted red peppers, balsamic, goat cheese [\$8.5]

#BEC

applewood smoked bacon, American cheese [\$8]

#HEC

all natural smoked ham, American cheese [\$8]

#6AM

roasted red peppers, pesto, baby spinach, balsamic, fresh mozzarella [\$10]

#7AM

applewood smoked bacon, pico de gallo, avocado, pepper jack [\$10]

#10AM

baby spinach, orange marmalade, honey bacon drizzle, goat cheese [\$9]

#BUFFALO EGG

applewood smoked bacon, buffalo sauce, chipotle aioli, Vermont cheddar [\$9]

#SEC

local Longhini sausage, American cheese [\$8]

#TEC

fresh sliced tomato, American cheese [\$7]

Add a side of Homefries [\$3]

QUINOA BOWLS

Each bowl served with a blend of Quinoa and 2 fried cage-free eggs.

Mesa Bowl [\$10]

baby arugula, pico de gallo, avocado, roasted corn, pickled red onions, sriracha drizzle

Alex Bowl [\$8.5]

baby spinach, roasted chickpeas, crumbled feta, cucumbers, shredded carrots, tzatziki dressing

OUR MISSION

We strive to serve you with excellence. Whether it's quality ingredients like our fresh baked bread from New York, local produce throughout the year, or a smile at the door - we want you to feel appreciated, valued, and (of course) well-fed.

ADVOCACY

Modern day slavery still exists. And it's larger than ever.

We are committed to supporting the fight against human trafficking by donating a portion of every sale to those working for justice in CT and around the globe. To find out more about how you can help, and to be a voice for the voiceless, visit our website.
[wallingfordeatery.com]

Eatery

OF WLFD

Sandwiches | Salads | Soups
All Day Breakfast | Coffee & Tea
Takeout + Catering

203 · 303 · 8123

65 SOUTH COLONY STREET
WALLINGFORD, CT

WALLINGFORDEATERY.COM

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"The Eatery of Wallingford" on the app store

