

## soups & salads

<b>house garden salad</b> mesclun spring greens, green & red peppers tomatoes, cucumbers, sprouts and carrots with a choice of dressing	<b>\$ 5.95</b>
<b>market salad</b> fresh greens, gorgonzola, toasted spiced walnuts, dried cherries, garlic croutons and your choice of dressing	<b>\$7.95</b>
<b>greek salad</b> mesclun spring greens with tomatoes, red onions, kalamata olives, fresh peppers, cucumbers, and feta cheese with a greek vinaigrette · ... with gyro meat	<b>\$7.25</b> <b>\$8.95</b>
<b>grilled chicken caesar</b> seasoned grilled chicken on mesclun with caesar dressing, garlic croutons and shaved parmesan	<b>\$8.95</b>
<b>connecticut harvest salad</b> with an orange soy vinaigrette, dried blueberries, cranberries, cherries, pepitas & almonds on fresh greens ... with grilled chicken	<b>\$5.95</b> <b>\$8.95</b>
<b>club salad</b> with turkey, apple wood smoked bacon, fresh greens, tomatoes, cucumbers, carrots and blue cheese dressing	<b>\$7.95</b>
<b>choice of dressing: balsamic, ranch, blue cheese, greek, orange soy vinaigrette, caesar</b>	

## soups

made *fresh* daily

call for our daily sandwich offering  
and house made soups

we have an extensive selection  
of fine foods prepared fresh daily

## breakfast & bakery

<b>assorted muffins &amp; pastries</b> baked <i>fresh</i> daily	
<b>south of the border breakfast burrito</b> with scrambled eggs, salsa, refried beans, and cheddar cheese .. with sausage, ham or bacon	<b>\$3.99</b> <b>\$4.99</b>
<b>fresh baked bagel with...</b>	
butter	<b>\$1.59</b>
whipped cream cheese	<b>\$2.29</b>
hummus	<b>\$1.99</b>
garlic & herb cheese	<b>\$2.99</b>
plum tomato & fresh mozzarella	<b>\$2.99</b>
fruit preserves	<b>\$2.49</b>
egg & cheese	<b>\$2.49</b>
egg, & cheese with ham, bacon or sausage	<b>\$3.99</b>

## bakery

we offer a large variety of decadent desserts and  
pastries prepared by mystic's "finest" pastry chefs.  
We specialize in cakes for all occasions including  
wedding cakes

our two convenient locations offer the freshest  
gourmet foods for people on the go. start with a  
freshly brewed espresso paired with a homemade  
croissant from our in-house bakery, advance to our  
wide assortment of chef-inspired prepared dishes  
for lunch and dinner. and finally slowly savor our  
selection of delectable and decadent desserts.  
we are known for our daily specials. noted for  
flavorful pastas, salads, creative sandwiches and  
enticing meat and seafood entrees as our own  
executive chefs prepare each one. our fine european  
cheeses enhance any wine and our gift baskets  
complement any occasion. before you go, restock  
your own kitchen with our abundant selection of  
gourmet herbs, sauces, and other culinary treats.

our markets offer and ideal resource when  
creating a unique dinner party or simply stopping  
for a picnic lunch to take to the beach.

## mystic market west sandwich menu



MADE

*fresh*  
DAILY

**gourmet delicatessen  
fine cuisine to go  
gift baskets  
catering services**

**open daily 7:00 a.m.- 7:00 p.m.  
sunday 8:00 a.m.- 5:00 p.m.**

**375 noank road mystic, ct 06355**

**tel 860.536.1500**

**fax 860.536.0250**

**www.mysticmarket.com**

## sandwiches

choose from the following:

**breads:** white, wheat, rye, rolls

**wraps:** spinach, sun dried tomato, white & wheat

**cheese:** provolone, cheddar swiss, pepper jack

**sauces/dressings:** honeycup mustard, french dijon, mayo, hummus, horseradish mayo, russian, roasted garlic and basil mayo, chipotle cilantro mayo, cranberry chutney, gorgonzola cheese spread & caesar dressing

**lettuce and tomato upon request**

**ham & pepper jack** \$6.95

with honey cup mustard

**black forest ham & swiss** \$7.50

with french dijon mustard

**roast beef & cheddar** \$7.50

with horseradish mayo

**smoked turkey** \$7.95

apple wood smoked bacon  
cheddar with honeycup mustard

**turkey breast & swiss** \$7.25

with sprouts & french dijon mustard

**corned beef & swiss** \$7.25

with cole slaw & russian dressing on rye

**liverwurst & swiss** \$5.95

with onion, tomato & french dijon mustard

**roast beef & swiss** \$7.50

with coleslaw & russian dressing on rye

**egg salad with american cheese** \$5.50

lettuce & tomato on kaiser roll

**chicken salad with provolone** \$6.50

**cracked pepper turkey with cheddar cheese** \$7.25

roasted garlic & basil mayo

**tuna salad melt** \$6.95

with cheddar, alfalfa sprouts, red onion  
and tomato on toasted rye

**roast beef & pepper jack cheese** \$7.50

red onion, lettuce and tomato,  
chipotle cilantro mayo

**hot corned beef reuben** \$7.50

with melted swiss, sauerkraut, russian dressing  
on toasted rye

**hot pastrami with melted swiss** \$7.50

dijon and mayo on toasted rye

## sandwiches & wraps

**blazin' buffalo chicken** \$7.95

with apple wood smoked bacon  
gorgonzola cheese dressing

**italian prosciutto ham & fresh mozzarella** \$8.95

with balsamic vinaigrette, roasted red peppers,  
lettuce & tomato on ciabatta

**b.l.t.** \$6.25

with apple wood smoked bacon, lettuce,  
tomato & roasted garlic basil mayo on  
toasted country white

**roast turkey reuben** \$7..50

with melted swiss, sauerkraut &  
russian dressing on toasted rye

**grilled chicken** \$8.25

with garlic basil mayo, fresh mozzarella,  
roasted red peppers on ciabatta

**roasted chicken breast** \$6.95

with roasted garlic and basil mayo, cheddar cheese,  
lettuce & tomato

**bbq pulled pork** \$7.50

with cole slaw & cheddar on ciabatta

**the cuban** \$6.95

rosemary ham with dijon, pickles and  
melted swiss cheese on ciabatta

## wraps

**fresh fruit wrap** \$5.95

granola non-fat yogurt, strawberries  
and fresh fruit on a wheat wrap

**boar's head bbq chicken** \$7.50

with melted cheddar, tomatoes, sliced red onion,  
sprouts, bbq sauce

**cracked pepper turkey** \$7.95

with green leaf lettuce, tomatoes,  
roasted red peppers and caesar dressing

**mesquite wood smoked turkey** \$7.95

with swiss, green leaf lettuce, tomatoes  
and cranberry apple chutney

**the vegetarian** \$5.95

hummus, fresh mozzarella, fire roasted peppers,  
alfalfa sprouts, lettuce, tomato & red onion

## wraps & grinders

**greek lamb gyro** \$6.95

with tzatziki sauce, red onion, shaved lettuce  
and tomato

**grilled chicken caesar wrap** \$7.50

with lettuce, tomato, caesar dressing  
croutons and parmesan

**mango curried chicken salad** \$6.95

with cucumber & swiss cheese

## grinders

**the mystic market grinder is made with fresh crusty  
italian bread. all are garnished with lettuce, tomato,  
provolone, olive oil, salt & pepper  
extras - onion, olives, and roasted peppers**

**market meatball** sm \$5.25 lg \$8.95

**eggplant parmesan** sm \$5.95 lg \$9.95

**chicken parmesan** sm \$5.95 lg \$10.95

**imported ham** sm \$5.95 lg \$8.95

**genoa** sm \$5.95 lg \$8.95

**meatless** sm \$5.50 lg \$8.50

**roasted turkey breast** sm \$5.95 lg \$8.95

**roast beef** sm \$6.95 lg \$9.95

with horseradish mayo

**tuna fish** sm \$5.50 lg \$8.50

**chicken salad** sm \$5.95 lg \$8.95

**cappicola** sm \$5.95 lg \$8.95

**crab** sm \$6.95 lg \$10.95

**cooked salami** sm \$5.95 lg \$8.95

**italian special** sm \$7.50 lg \$10.50

peppered ham, genoa, cappicola  
and roasted peppers with oil & vinegar

**Boar's Head**

**we only use only the finest of ingredients**