

BACK BAY GOURMET

LUNCH MENU

Served everyday but Sunday | 10 am – 5 pm | thebackbaygourmet.com

SIGNATURE SANDWICHES

Served with housemade chips and a pickle.

Substitute pasta or potato salad for \$2 or Bistro Fries for \$3.

ALPINE

Smoked turkey, Swiss cheese and our wonderful secret sauce on crusty French bread. 8.99

^{NEW} CALI REUBEN

Smoked turkey, pickled cabbage, cheddar & our housemade Russian dressing on pressed multigrain bread. \$8.99

CHICKEN SALAD

All-white diced chicken mixed with apples, almonds, and a hint of celery on your choice of multigrain, country white, sourdough, or croissant with lettuce and tomato. Also available as a wrap! 9.99

COUNTRY BLT

Thick slices of applewood smoked bacon, lettuce, vine ripe tomato and our special sundried tomato pesto aioli on thick-sliced country white or multigrain bread. Also available as a wrap! 9.99

✓ EASTERN SHORE

A fresh veggie sandwich with avocado, carrots, spinach, red onion, tomato, feta cheese and a fresh dill sauce on toasted Naan bread. 9.99

EGG SALAD

Our egg salad has a wonderfully creamy texture & is served on your choice of multigrain, country white, sourdough or croissant with lettuce and tomato. Also available as a wrap! 9.99

FRIED GREEN TOMATO BLT

Fried green tomato layered with ripe red tomato, applewood smoked bacon, lettuce and a pesto aioli on toasted country white bread. 10.99

LAGOMAR CLUB

Smoked turkey, applewood smoked bacon, Havarti cheese, lettuce, tomato and wholegrain honey mustard on toasted French bread. 10.99

SIGNATURE CLUB

Smoked turkey, applewood smoked bacon, ham, Muenster cheese, lettuce, tomato and our pesto aioli on your choice of grilled multigrain or country white bread. 10.99

SNACK ATTACK!!

Grilled chicken on Naan bread with avocado, pepperoncini, tomato, arugula, Manchego cheese & a cilantro-lime vinaigrette. 10.99

CREATED FOR OUR FRIENDS AT SURF & ADVENTURE IN SANDBRIDGE!



TUNA SALAD

Albacore tuna with a hint of dill on your choice of country white, multigrain, sourdough or croissant, with lettuce and tomato.

Also available as a wrap! 8.99

WORKING MAN'S ROAST BEEF

Roast beef, Muenster cheese, grilled red onions, leaf lettuce, tomato and garlic aioli on toasted country white bread. 10.99

SURF 'N TURF

If you're in a hurry, these items take a little longer to craft

1/2 LB ANGUS BEEF BURGER*

Juicy angus beef burger with your choice of cheddar, pepperjack or Swiss cheese, lettuce, mayo and tomato on a brioche bun. Served with bistro fries. 13

✓ ^{NEW} BLACK BEAN BURGER

New amazing recipe! Your choice of cheese (cheddar, Swiss or pepperjack), chipotle mayo, lettuce & tomato on a brioche bun. Served with bistro fries. 10

CRAB CAKE SANDWICH*

Our fabulous roasted crab cake with lettuce & tomato and a traditional remoulade on a brioche bun. Served with bistro fries. 14

^{NEW} BLACKENED SHRIMP TACOS

Two large tacos. Grilled flour tortillas filled with blackened shrimp, avocado, Manchego cheese, green & red cabbage, green onion, and an orange vinaigrette. Served with tortilla chips. 16

WRAPS - 9.99

Served with housemade chips and a pickle.

Substitute potato or pasta salad for \$2 or Bistro Fries for \$3

CHICKEN CAESAR WRAP

Grilled chicken, shredded Parmesan cheese, romaine, tomato, red onion, Sriracha and creamy Caesar dressing in a white or wheat wrap.

CALI WRAP

Smoked turkey, Havarti cheese, avocado, romaine, tomato, red onion, roasted red peppers, cucumbers and avocado ranch in a white or wheat wrap.

BUFFALO CHICKEN WRAP

Grilled chicken seasoned in buffalo sauce, carrots, red onion, tomato, romaine lettuce and blue cheese dressing on a white or wheat wrap.

THAI CHICKEN WRAP

Grilled chicken, mixed greens, Napa cabbage, shredded carrots, cucumbers, edamame, green onion, cashews and Thai peanut dressing in a white or wheat wrap.

OUR CHICKEN SALAD, COUNTRY BLT, EGG SALAD AND TUNA SALAD SANDWICHES ARE ALSO AVAILABLE AS WRAPS!

HALF & HALF - 9.99

- Choose Two -

HALF SANDWICH

Adult Grilled Cheese, Alpine, Country BLT, Chicken Salad, Egg Salad, Tuna Salad or Turkey Cranberry Panini

Available breads:

Country White

Multigrain or

Sourdough

8 OZ PORTION OF SOUP

Choose from our soups of the day!

HALF PORTION OF ANY SALAD

(Salads are listed on the back)

Salad Trio is excluded.

FALL/WINTER SPECIAL

KALE POWER SALAD

Kale, spring mix, spinach & arugula topped with roasted butternut squash, avocado, spiced pecans & almonds, pumpkin seeds, golden raisins, red onion, feta cheese, and hardboiled egg. Served with a grilled Parmesan & herb crostini and our raspberry vinaigrette. 12

**Consumer advisory: consumption of undercooked meat, poultry, eggs or seafood may increase the risk of foodborne illness.*

PANINIS AND HOT SANDWICHES

*Served with housemade chips and a pickle.
Substitute potato or pasta salad for \$2 or Bistro Fries for \$3*

✓ ADULT GRILLED CHEESE

Cheddar, provolone, pesto & tomatoes grilled on sourdough bread. 8.99

BACK BAY CAPRESE

Grilled, seasoned chicken, melty mozzarella, tomato & arugula with basil pesto on warm ciabatta. 10.99

BISTRO

Sliced roast beef with caramelized onion, blue cheese and drizzled with balsamic cream on toasted French bread. 10.99

BLGEEZY

A pimento cheese grilled cheese with bacon, guacamole, fresh spinach & tomato on grilled sourdough bread. 10.99

CHIPOTLE CHICKEN PANINI

Grilled chicken sliced and layered with pepperjack cheese, roasted red peppers, and our amazing chipotle mayo on grilled Naan bread. 9.99

✓ FARMER'S DAUGHTER

Grilled Naan bread filled with basil pesto, roasted portabella mushrooms, sautéed onions & peppers, goat cheese, tomato and spinach. 9.99

GRANDPA'S GRILLED CHEESE

Pulled pork, ham, bacon, pimento cheese, tomato, arugula & chipotle mayo on grilled sourdough bread. 11.99

LA PLAYA CUBAN

Our signature pulled pork braised in an ancho-chili sauce, country ham, Swiss cheese, pickles, Dijon mustard and mayonnaise pressed on traditional Cuban bread. 11.99

THE NORTH SHORE

Grilled chicken, Havarti cheese, bacon, grilled pineapple and honey chipotle sauce on toasted Naan bread. 10.99

✓ POMODORO ALLA MOZZARELLA PANINI

Slices of fresh mozzarella cheese, vine-ripe tomatoes marinated in our sherry vinaigrette and a pesto aioli on challah bread. 8.99

PUNGO ROAST BEEF

Grilled roast beef, red peppers & onions, pepperoncini, provolone cheese and herb mayo on toasted Cuban bread. 10.99

THE SANDBRIDGE

Sliced honey ham, applewood smoked bacon, grilled pineapple, Havarti cheese and coleslaw pressed on ciabatta bread. 10.99

TURKEY & CRANBERRY PANINI

Smoked turkey & cranberry orange relish blended with crème de brie on French bread. 9.99

SALADS - 9.99

*Served with a fresh baked bread end. All of our dressings are housemade & served on the side.
Add a scoop of chicken, egg or tuna salad for \$4.00 or 5oz chicken breast for \$5.00.*

CAESAR

Romaine, shredded Parmesan cheese, our housemade croutons with a traditional Caesar vinaigrette. Creamy Caesar dressing is also available.

CUBAN

Romaine, chickpeas, cucumber, avocado, tomato and housemade plantain chips with our cilantro lime dressing.

DERBY

Romaine topped with tomato, egg, bacon, avocado, blue cheese and our derby-mustard vinaigrette.

GREEK

Romaine topped with slices of cucumber, tomato, red onion, roasted red pepper, Kalamata olives, pepperoncini, feta cheese, and our fabulous Greek dressing.

THAI

Mixed greens and Napa cabbage, shredded carrot, edamame, cucumber, green onion, cashews and our Thai peanut dressing.

ITALIAN

Mixed greens with sundried tomatoes, roasted red peppers, crumbled goat cheese, toasted pine nuts, housemade croutons & our Italian red wine vinaigrette.

MONTICELLO

Mixed greens, dried cranberries, sliced apples, shredded carrots, candied walnuts and crumbled blue cheese with our balsamic vinaigrette.

TRIO

A scoop of each of our egg, chicken and tuna salads on a bed of romaine with tomato wedges. Your choice of dressing 10.99

SIDES

BISTRO FRIES

Served with our housemade malt-vinegar aioli. 4

SWEET POTATO FRIES

Served with our housemade chipotle aioli. 5

MEDITERRANEAN PASTA SALAD

Rotini pasta with green bell pepper, red onion, sundried tomatoes, feta cheese, Kalamata olives and basil-pesto vinaigrette. 3

CLASSIC POTATO SALAD 3

HOUSEMADE CHIPS

Tossed in our signature seasoning. 2.5

SOUPS OF THE DAY

Twelve ounce bowl 7

Eight ounce bowl 5

SIDE HOUSE SALAD

Mixed greens, arugula, goat cheese, tomatoes, cucumbers and housemade croutons. Served with our house vinaigrette. 6

SIDE CAESAR SALAD

Romaine, Parmesan cheese and housemade croutons tossed in a creamy Caesar dressing. 6

HOUSEMADE SALAD DRESSINGS

Apple Cider Vinaigrette

Balsamic Vinaigrette

Blue Cheese

Caesar (creamy & vinaigrette)

Cilantro Lime Vinaigrette

Derby Mustard Vinaigrette

Greek

Italian Red Wine Vinaigrette

Orange Vinaigrette

Parmesan Peppercorn

Ranch

Raspberry Vinaigrette

Thai Peanut

White Balsamic

OUR DRESSINGS ARE MADE FROM SCRATCH IN-HOUSE

DRINKS

Free Refills

FOUNTAIN DRINKS

Coke, Diet Coke, Sprite, Ginger Ale, Coke Zero, Pibb, Root Beer 2.99

FRESH BREWED ICED TEA

Sweet, Unsweetened, and Featured Flavor of the Day 2.99

COFFEE & HOT TEA

Featuring Segafredo Coffee & Republic of Tea 2.25

IN A HURRY?

LET YOUR SERVER KNOW AT ORDERING IF YOU WOULD LIKE SPLIT CHECKS - THEY DO TAKE TIME. OUR FOOD IS MADE FRESH TO ORDER. IF YOU ARE SHORT ON TIME PLEASE TELL YOUR SERVER WHEN YOU PLACE YOUR ORDER.

JOIN US!

SUNDAY BRUNCH

10am-3pm

DINNER

Wednesday through Saturday 5pm-9m