

# 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. 7.99

#### 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! 8.99

#### ✓ 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

A true Southern style egg salad with a wonderfully creamy texture, 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. 9.99

#### 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!

THE PERFECT SANDWICH AFTER A DAY OF PADDLEBOARDING, SURFING OR KAYAKING!



#### 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! 7.99

#### 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

#### 1/2 LB ANGUS BEEF BURGER\*

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

#### ✓ BLACK BEAN BURGER

Your choice of cheese (cheddar, Swiss or pepperjack), chipotle mayo, lettuce & tomato on a brioche bun. This burger has a slight kick to it. 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

#### SHRIMP TACOS

Two giant grilled flour tortillas filled with shrimp, black beans, green peppers & onions, shredded queso, grilled avocado, sour cream, pico de gallo & shredded lettuce. 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.

### SPRING/SUMMER SPECIAL!

#### STRAWBERRY SALAD

Mixed greens with strawberries, feta cheese, red onion, avocado and sliced almonds with a white balsamic vinaigrette. 9.99

\*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. 9.99

### ● POMODORO ALLA MOZZARELLA PANINI

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

## SALADS - 9.99

*Served with a fresh baked bread end. All of our dressings are housemade & served on the side.*

### 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:

Balsamic Vinaigrette, Caesar (creamy & vin), Cilantro Lime Vinaigrette, Derby Mustard Vinaigrette, Greek, Italian Red Wine Vinaigrette, Ranch & Thai Peanut

## KID FRIENDLY - 4.99

*Served with chips and a pickle.*

### TURKEY & CHEESE

### HAM & CHEESE

### GRILLED CHEESE

SANDWICHES SERVED ON YOUR CHOICE OF COUNTRY WHITE, MULTIGRAIN OR SOURDOUGH BREAD.

## 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

## JOIN US!

### SUNDAY BRUNCH

10am-3pm

### DINNER

Wednesday through Saturday 5pm-9m

● - Vegetarian