

BACK BAY GOURMET

LUNCH MENU

Served everyday but Sunday | 11 am – 5 pm | thebackbaygourmet.com

Signature Sandwiches

Served with housemade chips & a pickle.
Substitute fries, potato salad, Mediterranean pasta,
Back Bay Slaw or sweet fries (3.50)

ALPINE

Smoked turkey, Swiss cheese and our special sauce on crusty French bread. 12.99

CALI REUBEN

Smoked turkey, pickled cabbage, cheddar & our housemade Russian dressing on pressed multigrain bread. 13.99

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! 13.99

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! 13.99

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! 12.99

FRIED GREEN TOMATO BLT

Fried green tomatoes & ripe red tomatoes layered with applewood smoked bacon, lettuce and a pesto aioli on toasted country white bread. 13.99

LAGOMAR CLUB

Smoked turkey, applewood smoked bacon, Havarti cheese, lettuce, tomato and wholegrain honey mustard on toasted French bread. 14.99

SHRIMP SALAD

Our popular shrimp salad served on a croissant with lettuce and tomato. 13.99

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. 14.99

SNACK ATTACK!!

Grilled chicken on Naan bread with avocado, pepperoncini, tomato, arugula, Manchego cheese & a cilantro-lime vinaigrette. 14.99

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! 12.99

WORKING MAN'S ROAST BEEF

Roast beef, Muenster cheese, grilled red onions, leaf lettuce, tomato, and garlic aioli on toasted country white bread. 14.99

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 & a pickle. 16.99

✔ SANTA FE BLACK BEAN BURGER

Our popular black bean burger topped with your choice of cheese (cheddar, Swiss or pepperjack), avocado, chipotle mayo, lettuce & tomato on a brioche bun. Served with bistro fries & a pickle. 15.99

CRAB CAKE SANDWICH*

Our fabulous broiled crab cake with lettuce & tomato and a traditional remoulade on a brioche bun. Served with bistro fries & a pickle. 19.99

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. 16.99

Wraps - 13.99

Your choice of white or wheat wrap.
Served with housemade chips & a pickle.
Substitute fries, potato salad,
Mediterranean pasta salad,
Back Bay Slaw or sweet fries (3.50)

CHICKEN CAESAR WRAP

Grilled chicken, shredded Parmesan cheese, romaine, tomato, red onion, and creamy Caesar dressing.

CALI WRAP

Smoked turkey, Havarti cheese, avocado, romaine, tomato, red onion, roasted red peppers, cucumbers, and avocado ranch.

BUFFALO CHICKEN WRAP

Grilled chicken seasoned in buffalo sauce, carrots, red onion, tomato, romaine lettuce, and blue cheese dressing.

THAI CHICKEN WRAP

Grilled chicken, mixed greens, Napa cabbage, shredded carrots, cucumbers, edamame, green onion, cashews, and Thai peanut dressing.

Half & Half - 13.99

- Choose Two -

HALF SANDWICH

Adult Grilled Cheese

Alpine

Country BLT

Chicken, Egg or Tuna Salad

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 CLASSIC SALAD

(Salads are listed on the back)
Specialty salads not included

Drinks

Free refills (limit 2 please) on fountain drinks,
iced tea & coffee.

FOUNTAIN DRINKS

Coke, Diet Coke, Sprite, Ginger Ale,
Coke Zero, Pibb, Root Beer 3.25

FRESH BREWED ICED TEA

Sweet, Unsweetened, and
Featured Flavor of the Day 3.50

COFFEE & HOT TEA

Featuring Segafredo Coffee &
Republic of Tea 3.50

*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 & a pickle.
Substitute fries, potato salad, Mediterranean pasta,
Back Bay Slaw or sweet fries (3.50)

✓ ADULT GRILLED CHEESE

Cheddar, provolone, pesto & tomatoes grilled on sourdough bread. 12.99

BACK BAY CAPRESE

Grilled, seasoned chicken, melty mozzarella, tomato & arugula with basil pesto on warm ciabatta. 14.99

BBQ PULLED PORK SANDWICH

Pulled pork, pineapple slaw, fried onions, cheddar cheese & chipotle BBQ sauce on an "everything" seeded brioche bun. 15.99

BISTRO

Sliced roast beef with caramelized onion, blue cheese, and drizzled with balsamic cream on toasted French bread. 14.99

BLGEEZY

A pimento cheese grilled cheese with bacon, guacamole, fresh spinach & tomato on grilled sourdough bread. 13.99

CHIPOTLE CHICKEN PANINI

Grilled chicken sliced and layered with pepperjack cheese, roasted red peppers, and our amazing chipotle mayo on grilled Naan bread. 13.99

✓ FARMER'S DAUGHTER

Grilled Naan bread filled with basil pesto, roasted portabella mushrooms, sautéed onions & peppers, goat cheese, tomato, and spinach. 12.99

GRANDPA'S GRILLED CHEESE

Pulled pork, ham, bacon, pimento cheese, tomato, arugula & chipotle mayo on grilled sourdough bread. 15.99

LA PLAYA CUBAN

Our signature pulled pork braised in an ancho-chili sauce, smoked ham, Swiss cheese, pickles, Dijon mustard, and mayonnaise pressed on traditional Cuban bread. 15.99

MAMA MIA!

A Greek-inspired grilled chicken sandwich with roasted garlic hummus, cucumber, feta, Kalamata olives, red onion, romaine, tomato & a lemon aioli on toasted herb Naan bread. 14.99

THE NORTH SHORE

Grilled chicken, Havarti cheese, bacon, grilled pineapple, and honey chipotle sauce on toasted Naan bread. 14.99

PUNGO ROAST BEEF

Grilled roast beef, red peppers & onions, pepperoncini, provolone cheese, and cilantro mayo on toasted Cuban bread. 14.99

THE SANDBRIDGE

Sliced honey ham, applewood smoked bacon, grilled pineapple, Havarti cheese, and coleslaw pressed on ciabatta. 13.99

TURKEY & CRANBERRY PANINI

Smoked turkey & cranberry orange relish blended with crème de brie on French bread. 12.99

Classic Salads - 13.99

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

Add 5oz chicken breast (6); scoop of chicken, egg or tuna salad (5); or shrimp salad (8)

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.

MONTICELLO

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

✓ - VEGETARIAN

Sides

BISTRO FRIES

Served with our housemade malt-vinegar aioli. 5

SWEET POTATO FRIES

Served with our housemade chipotle aioli. 6

BACK BAY PINEAPPLE SLAW 5

CLASSIC POTATO SALAD 5

MEDITERRANEAN PASTA SALAD

Rotini pasta with green bell pepper, red onion, sundried tomatoes, feta cheese, Kalamata olives, and basil-pesto vinaigrette. 5

HOUSEMADE CHIPS & RANCH

Tossed in our signature seasoning & served with our Ranch dressing. 4

SOUPS OF THE DAY

Twelve ounce bowl 8

Eight ounce cup 6

SMALL HOUSE SALAD

Mixed greens, goat cheese, tomatoes, cucumbers and housemade croutons. Served with your choice of dressing. 7

SMALL CAESAR SALAD

Romaine, Parmesan cheese and housemade croutons tossed in a creamy Caesar dressing. 7

SUB A SIDE SALAD FOR CHIPS

Romaine topped with tomato, cucumber, croutons & Parmesan cheese. Your choice of dressing. 5

Specialty Salads

CALIFORNIA COBB

Spinach & romaine topped with bacon, egg, avocado, roasted corn, basil pesto green beans, red onion, tomato, pistachios, feta cheese and grilled chicken. Served with Naan toast points and our honey-mustard dressing. 19.99

POWER SALAD

Kale, spring mix, feta cheese, strawberries, blueberries, raspberries, avocado, spiced pecans and almonds, grilled asparagus & seared shrimp. Served with grilled Naan bread and an orange vinaigrette. 19.99

SALAD TRIO

A scoop of each of our egg, chicken and tuna salads on a bed of romaine with grape tomatoes. Served with a fresh baked bread end. Your choice of dressing. 14.99
Substitute a scoop of shrimp salad (3)

Housemade Salad Dressings

Balsamic Vinaigrette

Blue Cheese

Caesar (creamy or vinaigrette)

Cilantro Lime Vinaigrette

Derby Mustard Vinaigrette

Greek

Honey Mustard

Orange Vinaigrette

Parmesan Peppercorn

Ranch

Raspberry Vinaigrette

Thai Peanut

White Balsamic