



Afternoon Delight

"It's Good For You. . .Anytime"

Sandwiches

The Avocado Delight (400 cal)\$8.99

Crushed avocado, Swiss cheese, blended with special spices, served on a whole wheat english muffin, topped with sliced tomatoes and sprouts.

Half sandwich\$6.99

The Summer Delight (452 cal)\$7.99

Cream cheese, sliced cucumber, shredded carrots, sunflower seeds, lettuce, tomatoes and alfalfa sprouts. Served on our natural whole wheat bread with ranch dressing.

Half sandwich\$5.99

...Also available in a whole wheat pita (354 cal.)

With crushed avocado blend\$8.99

The Veggie Sandwich (502 cal)\$7.99

Melted Swiss and cheddar cheese, red onion, zucchini, mushrooms, tomatoes, lettuce, spinach leaves and alfalfa sprouts. Served on natural wheat bread with ranch dressing.

Half sandwich\$5.99

...Also available in a whole wheat pita (354 cal.)

With bacon, ham, turkey, avocado blend or krabmeat\$8.99

Low Fat Veggie (v)\$7.99

Hummus, Dijon mustard, spinach, carrots, cucumber, red onions, lettuce, tomatoes and sprouts on whole wheat bread.

Half sandwich\$5.99

Cucumber Sandwich\$7.99

Bleu cheese spread, avocado blend, cucumbers, red onions, lettuce, tomatoes and sprouts on whole wheat bread.

Half sandwich\$5.99

Veggie Bagel\$6.99

A garlic bagel with cream cheese, hummus, carrots, red onions, sprouts, lettuce and tomatoes.

Turkey Lavash\$8.49

Turkey breast, Swiss cheese, lettuce, tomatoes, alfalfa sprouts and honey mustard rolled in a flavored lavash.

Cobb Sandwich\$8.99

Turkey breast, bacon, lettuce, tomatoes, red onions, avocado blend and bleu cheese dressing on sourdough bread.

Half sandwich\$6.99

Turkey Breast & Bacon\$8.99

Sliced turkey breast, crisp bacon, lettuce, tomatoes and mayo on an onion bun.

Half sandwich\$6.99

Super Club\$8.99

Ham, turkey, bacon, Swiss cheese, lettuce, tomatoes and mayo on a croissant.

Half sandwich\$6.99

Malibu Club (594 cal)\$8.99

Krabmeat, turkey breast, Swiss cheese, tomato slices and spinach leaves served on a croissant with sides of guacamole and béarnaise sauce. Served hot.

Half sandwich\$6.99

Turkey Nickel (482 cal)\$8.49

Roast turkey with cheddar cheese, lettuce, tomatoes, sprouts and thousand island dressing on pumpernickel bread.

Half sandwich\$6.49

AD Club (530 cal)\$8.99

Roasted turkey, baked ham, Swiss cheese, lettuce, tomatoes, sprouts and ranch dressing on our natural wheat bread. Also available in all turkey.

Half sandwich\$6.99

The Pita Club (444 cal)\$8.99

Breast of turkey, crisp bacon, cheddar cheese, lettuce, tomatoes and sprouts in a whole wheat pita bread with ranch dressing. Served hot.

Half sandwich\$6.99

Turkey Delight\$8.99

Turkey, cream cheese, cucumbers, lettuce, tomatoes, sprouts and honey mustard on an onion roll.

Half sandwich\$6.99

More Sandwiches

Potato salad,
coleslaw or pasta salad
... FREE with all sandwiches!

Neptune (421 cal)\$8.99

Krab salad, lettuce and tomatoes served on a croissant.
Half sandwich\$6.99

Atlantic Smoked Salmon\$9.99

Smoked salmon, cream cheese, red onions, spinach leaves, tomatoes, black olives and capers on pumpernickel bread.
Half sandwich\$7.99

The Turf & Surf (580 cal)\$8.99

Tender roast beef, krabmeat, Swiss cheese and spinach leaves, topped with béarnaise sauce and served on an onion bun. Served hot.
Half sandwich\$6.99

Albacore Tuna Sandwich (484 cal)\$8.49

Albacore tuna salad served with lettuce and tomatoes on our natural whole wheat bread.
Half sandwich\$6.49

**Great Catering...
for any Occasion!**

Ask to see our Catering Menu!

Albacore Tuna Melt (490 cal)\$8.49

Albacore tuna salad on a whole wheat english muffin, topped with cheddar cheese and garnished with broccoli and tomato.
Half sandwich\$6.49

Albacore Tuna & Bacon\$8.99

Albacore tuna salad, crisp bacon, lettuce and tomato on an onion bun.
Half sandwich\$6.99

Chicken Salad (484 cal)\$8.49

Chicken salad served on our natural wheat bread with lettuce and tomatoes.
Half sandwich\$6.49

Chicken Melt (589 cal)\$8.49

Chicken salad on a whole wheat english muffin topped with cheddar cheese and garnished with broccoli and tomato. Served hot.
Half sandwich\$6.49

Chicken & Bacon\$8.99

Chicken salad with crisp bacon, lettuce and tomatoes served on a croissant.
Half sandwich\$6.99

Beefsteak Onion & Cheddar (535 cal)\$8.49

Tender roast beef, sliced bermuda onion and cheddar cheese topped with sprouts and ranch dressing. Served hot on an onion roll.
Half sandwich\$6.49

Roast Beef Club\$8.99

Roast beef, turkey, Swiss cheese, lettuce, tomatoes and Dijon mustard on whole wheat bread.
Half sandwich\$6.99

Corned Beef (572 cal)\$8.49

Sliced corned beef brisket, Swiss cheese, lettuce and tomato served on rye bread with mustard.
Half sandwich\$6.49

Corned Beef Club\$8.99

Corned beef, turkey, bacon, Swiss cheese, lettuce and tomatoes served hot on rye with thousand island dressing.
Half sandwich\$6.99

House Baked Ham Sandwich (542 cal)\$8.49

Sliced ham and Swiss cheese served with lettuce and tomato on rye bread with mustard. Hot or cold.
Half sandwich\$6.49

B.L.T.\$6.99

Bacon, lettuce and tomatoes with mayonnaise on whole wheat bread. Also available with turkey bacon.

Egg Salad Florentine (490 cal)\$6.99

Egg salad and chopped spinach leaves served on our whole wheat bread with lettuce and tomato.

Egg Salad & Bacon\$7.99

Egg salad, bacon, lettuce and tomatoes on whole wheat bread.
Half sandwich\$5.99

Grilled Specials

Grilled Turkey\$8.99

Turkey, Swiss cheese, coleslaw and thousand island dressing on grilled challah.

Rueben\$8.99

Corned beef, Swiss cheese, sauerkraut and thousand island dressing on grilled pumpernickel.

Patty Melt\$8.99

Roast beef and cheddar cheese served hot on grilled sourdough bread.

Garden Burger\$6.99

A vegetarian patty grilled and served on an onion roll with lettuce, tomatoes, sprouts, red onions and Dijon mustard.
With Swiss or cheddar or avocado blend\$7.49
With Swiss or cheddar and avocado\$7.99

Grilled Cheese\$4.99

Swiss and cheddar cheeses on grilled sourdough with a side of lettuce and tomato.

Salads

Choice of
Bread or muffin
FREE with all entrée salads!

Krabmeat Salad (118 cal)\$9.49

Krabmeat, served on a bed of mixed greens, garnished with tomato wedges, broccoli buds, onions, mushrooms, lemon wedge, alfalfa sprouts and fresh pineapple.

Neptune & Fruit\$9.49

Krab salad, with fresh strawberries, cantaloupe, honeydew melon, fresh pineapple, bananas, apple wedges and orange wedges garnished with frozen yogurt.

Chicken & Fruit (446 cal)\$9.49

Chicken salad, with fresh strawberries, cantaloupe, honeydew melon, fresh pineapple, bananas, apple wedges and orange wedges garnished with frozen yogurt.

Tuna & Fruit (375 cal)\$9.49

Albacore tuna salad, with fresh strawberries, cantaloupe, honeydew melon, fresh pineapple, bananas, apple wedges and orange wedges garnished with frozen yogurt.

Chicken & Vegetable (375 cal)\$8.49

Chicken salad, served on a bed of mixed greens, accompanied with tomato wedges, cauliflower, red onions, broccoli buds, cantaloupe, egg, black olives and alfalfa sprouts.

Tuna & Vegetable (375 cal)\$8.49

Albacore tuna salad, served on a bed of mixed greens, accompanied with tomato wedges, cauliflower, red onions, broccoli buds, cantaloupe, egg, black olives and alfalfa sprouts.

Lemon Chicken Salad\$8.49

Marinated chicken breast served hot over mixed greens with red onions and alfalfa sprouts. Garnished with tomato wedges, strawberries and oranges.

Chef's Salad (283 cal)\$8.49

Breast of turkey, baked ham and Swiss cheese served on a bed of mixed greens with tomato wedges, broccoli buds, sprouts, sunflower seeds and a hard boiled egg.

Spinach & Feta (242 cal)\$8.49

Fresh spinach leaves served with sliced mushrooms, onions, tomato wedges, egg, lemon wedge, black olives, sprouts and topped with feta cheese.

With krabmeat\$9.49

A.D. House Salad (213 cal)\$8.49

A bed of mixed greens with mushrooms, red onions, broccoli buds, cauliflower, tomato wedges, topped with cheddar cheese, alfalfa sprouts and sunflower seeds.

Veggie Nacho Salad (493 cal)\$8.49

A bed of nacho chips, covered in melted Swiss and cheddar cheeses, chopped lettuce, tomatoes, red onions, with a side of avocado blend and vegetarian refried beans.

Beef Nacho Salad (500 cal)\$8.49

A bed of nacho chips, covered in spiced ground beef, melted Swiss and cheddar cheeses, chopped lettuce, tomatoes, and red onions. With a side of vegetarian refried beans.

Chicken Nacho Salad (500 cal)\$8.49

A bed of nacho chips covered with seasoned chicken, melted Swiss and cheddar cheeses, chopped lettuce, tomatoes, and red onions. With a side of vegetarian refried beans.

Large Salad Bar\$8.49

Help yourself to our assortment of fresh greens, condiments, salads and dressings.

Small Salad Bar\$5.49

Lunch Entrees

The Famous Veggie Bake Stuffed Potato\$6.99

A baked potato stuffed with broccoli, cauliflower and zucchini, blended with sour cream, cream cheese, Swiss and cheddar cheeses. Topped with alfalfa sprouts, sunflower seeds and tomato.

Baked Lasagna (430 cal)\$9.49

Freshly made tomato, spinach and egg pasta layered with zucchini, mushrooms, spinach leaves, broccoli, asparagus, onions, ricotta cheese, black olives, topped with our marinara sauce and mozzarella cheese. Served with soup or salad.

Spinach & Mushroom Quiche\$9.49

Spinach leaves, mushrooms, tomato, Swiss, cheddar, parmesan, ricotta, feta cheese and sunflower seeds. Served with a cup of soup or a small tossed salad.

Quiche of the Day\$9.49

Served with a cup of soup or a small tossed salad.

Soups

Soupcup \$3.25bowl \$4.25

Great Clam Chowdercup (160 cal.).....bowl (200 cal.)

Veggie Vegetablecup (96 cal.).....bowl (120 cal.)

Soup of the Day We make all of our soups here and serve four different ones daily. Ask for today's choices!

Afternoon Delight Catering

is dedicated to serving groups of any size and our staff would be happy to assist you with all of your catering needs.

Ask to see our Catering Menu or visit us
on-line at: www.AfternoonDelightCafe.com

Delightful Desserts & Drinks

Frozen Yogurt

Hot Fudge Brownie Delight\$5.95
Frozen yogurt served on a fresh baked brownie, topped with hot fudge and whipped cream.

The Split Personality (332 cal)\$5.95
Two flavors of frozen yogurt, served with a split banana, strawberries, blueberries, pineapple and whipped cream.

The Berry Patch (248 cal)\$4.50
Your choice of frozen yogurt, surrounded by strawberries, blueberries and raspberries.

The Greatest Hot Fudge\$4.50
Frozen yogurt, hot fudge and real whipped cream.

Fruit Plate\$8.95
An assortment of fresh fruits with frozen yogurt and low fat granola.

Frozen Yogurt Sundaes\$4.25
Strawberry, blueberry, raspberry, pineapple, banana or low fat granola.

Oreo Sundaes\$4.25

Frozen Yogurt Cones or Cups
.....sm.(149 cal.) \$2.49 lg.(215 cal.) \$3.49

The Muffin Delight\$4.95
A hot split bran muffin filled with your choice of frozen yogurt.

Other Desserts

Mixed Fruit Bowlsm. \$3.25 lg. \$4.25
Topped with frozen yogurt add\$1.00

Our Famous Fresh Bran Muffins\$2.50
Selections change day by day.

Lemon Meringue Pie\$2.75

Fresh Baked Carrot Cake\$2.75

Brownie (The Best)\$2.75

Chocolate Chip Cookies\$1.95

Frozen Yogurt Shakes

Cappuccino Shakesm. \$2.75 lg. \$3.75
Cappuccino blended with frozen yogurt.

Mocha Cappuccino Shakesm. \$2.75 lg. \$3.75
Chocolate blended with cappuccino and frozen yogurt.

Frozen Yogurt Shakessm. \$2.75 lg. \$3.75
Peanut butter, vanilla, pina colada, strawberry, orange, passionate papaya, apple, blueberry, lemon, cranberry, raspberry, Oreo, pineapple, banana and chocolate.

Protein Plus Shake*\$3.95
Any flavor shake with raw egg* and wheat germ added.
*Consuming raw or undercooked eggs may increase your risk of food borne illness.

Root Beer Float\$2.50

Café

Cappuccino Delight\$2.95
Espresso with steamed milk and real whipped cream.

Café Mocha Delight\$2.95
Hot chocolate, cappuccino and whipped cream.

Café Au Lait\$2.95
Double espresso with steamed milk.

Café Latté\$2.95
Espresso with steamed milk.

Cappuccino\$1.95
Espresso with foamed milk.

Espresso\$1.95

Coffee\$1.50

Other Drinks

Fresh O.J.sm. \$2.50 lg. \$3.50

Juicessm. \$1.75 lg. \$2.75
Pina Colada, papaya, apple, orange, raspberry, pineapple, grapefruit, cranberry and V-8.

Bottled Juices\$1.95

Fountain Drinkssm. \$1.25 lg. \$1.50
Coke, Diet Coke, Sprite or Orange.

Iced Tea or Lemonade\$1.75

Milk - Whole, Skim, 2% or Chocolate\$0.95

Hot Tea & Herb Tea\$1.50

Hours

Monday thru Saturday 8:00 a.m. to 3:00 p.m.
Sunday 8:30 a.m. to 3:00 p.m.

Ask your server about menu items that are cooked to order or served raw. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

We serve full service catering for events large and small!

Visit us on-line at: www.AfternoonDelightCafe.com