

WE DELIVER!

Box Salads

Box Lunches

Sides

WE CATER!

Sandwich Trays

Party Platters

Cookie Trays

CALL OR FAX AHEAD  
TO PLACE YOUR ORDER!

Phone 980.207.1150

Fax 980.207.1151



EAT WELL, FEEL GREAT!

Uptown Location

Ivey Building  
127 N. Tryon Street  
Charlotte, NC 28202

**BREAKFAST**

**JF Scrambler** – Scrambled eggs, Swiss, Applewood smoked bacon on Ciabatta . . . . . **\$3.49**

**Huevos Wrap** – Scrambled eggs, pepper jack cheese, black beans, salsa and red onions . . . **\$2.79**

**The Five Pointer** – Scrambled eggs, cheese, applewood smoked bacon, green pepper and diced tomato . . . . . **\$2.99**

**Sausage, Cheddar, and Egg Wrap** – Pork sausage, shredded Cheddar/Jack mix and scrambled eggs . . . . . **\$2.59**

**Breakfast Platter** – Two scrambled eggs, choice of apple wood smoked bacon or sausage, choice of grits or oatmeal . . . . . **\$3.99**

**Oatmeal or Grits** – Oatmeal is served with brown sugar and raisins, grits served with cheese on request. . . . . **\$1.50 / \$2.00**

**COFFEE & BEVERAGES**

**Gourmet Coffee**  
House Blend or Decaf . . . . . **\$1.69**

**Fresh Brewed Tea**  
Black Tea Sweetened or Unsweetened. . . . . **\$1.59**

**Soft Drinks**  
Fountain Drinks. . . . . **\$1.59**

**Premium White Wine** **Bottle**  
Chardonnay & Pinot Grigio \$15

**Premium Red Wine** **Bottle**  
Merlot & Cabernet \$15

**Beer**  
Domestic Bottles. . . . . **\$3.00**

Import Bottles. . . . . **\$2.50**

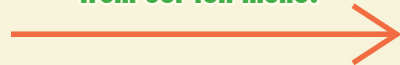
**JUST FOR KIDS**

Each meal includes a drink and choice of apple sauce or fruit . . . . . **\$4.99**



Mac & Cheese  
Chicken Tenders  
Grilled Cheese  
Cheese Pizza  
Ham & Cheese  
Salad

Look inside to choose  
from our full menu!





## CLASSIC SANDWICHES

- Franita** – Turkey, zesty JF artichoke Parmesan spread, lettuce and tomato on a French roll ..... **\$5.99**
- Dijon Dill Chicken Salad** – With lettuce and tomato on wheat ..... **\$4.99**
- Kitchen Recipe Tuna Salad** – With lettuce and tomato on wheat ..... **\$4.99**
- Classic Club** – Turkey, ham, applewood smoked bacon with swiss, lettuce, tomato, mayo on wheat ..... **\$5.99**
- Ham and Swiss** – Ham, Swiss, mayo, mustard, lettuce and tomato on wheat ..... **\$5.49**
- Roast Beef and Cheddar** – Roast beef, cheddar, mayo, mustard, lettuce and tomato on wheat ..... **\$6.29**
- Oven Roasted Turkey** – Turkey, provolone, mayo, mustard, lettuce and tomato on wheat ..... **\$5.79**
- Just Fresh Pimento Cheese** – On wheat ..... **\$4.79**
- B.L.T.** – With mayo on white. .... **\$4.99**

## WRAPS

- Little Red Rooster** – Chicken, ham, applewood smoked bacon, provolone, lettuce, tomato and honey dijon on a tomato basil tortilla ..... **\$6.49**
- California Dreamer** – Roast beef, JF artichoke Parmesan spread, lettuce and tomato on a spinach tortilla. .... **\$5.89**
- Bahama Mama** – Chicken, feta cheese, roasted red and green peppers, lettuce and island jerk sauce on a tomato basil tortilla. .... **\$5.49**
- Very Veggie** – Cucumbers, carrots, green peppers, avocado, lettuce, tomato, provolone and dill sauce on a wheat wrap. .... **\$4.99**

## SIGNATURE SANDWICHES

- BBQ** – Pulled pork with vinegar slaw served on a corn-dusted bun ..... **\$4.49**
- Mexicali** – Chicken with chipotle spread, pepper jack cheese, lettuce and tomato on Ciabatta ..... **\$5.49**
- Turkey in the Straw** – Turkey, Swiss cheese, oil and vinegar slaw and honey mustard on wheat bread ..... **\$5.49**
- Chicken Caprese** – Chicken, tomato, fresh mozzarella, pesto and balsamic vinaigrette on Ciabatta ..... **\$6.99**

- The Godfather** – Genoa salami, ham, pepperoni, provolone, hot pepper blend, lettuce, tomato and house vinaigrette on Ciabatta ..... **\$6.99**
- Philly Steak and Cheese** – Roast beef, provolone, onions, green peppers, mushrooms and horseradish sauce on Ciabatta. .... **\$6.49**

## MINIS

- Any two rolls. .... **\$6.49**
- |                                |                                 |
|--------------------------------|---------------------------------|
| <b>Ham &amp; Swiss</b>         | <b>Salami and Provolone</b>     |
| <b>Turkey &amp; Artichoke</b>  | <b>Roast Beef &amp; Cheddar</b> |
| <b>Mozzarella &amp; Tomato</b> | <b>Chicken Salad</b>            |
| <b>Tuna Salad</b>              | <b>Pimento Meatball</b>         |

## HALF & HALF COMBOS

- ..... **\$6.49**
- Half Classic Sandwich and Half Tossed Salad**
- Half Classic Sandwich and Cup of Soup**
- Half Tossed Salad and Cup of Soup**
- Excludes wraps, add .59 for any Signature

## SALADS

- Raspberry Fields** – Mixed field greens, crumbled blue cheese, toasted walnuts, carrots, raisins and fat-free raspberry vinaigrette ..... **\$6.29**
- Caesar** – Crisp romaine, Parmesan, home-made croutons and Caesar dressing ..... **\$5.99**

- Ginger Vin** – Mixed field greens, roasted red peppers, feta cheese, pecans and sesame ginger dressing ..... **\$6.49**
- Blue Cobb** – Mixed field greens, grilled chicken, cucumbers, tomato, applewood smoked bacon, crumbled blue cheese and blue cheese dressing ..... **\$7.79**
- The Mozzarella** – Mixed field greens, fresh mozzarella, roasted red peppers, tomato, pecans, portabella mushrooms and balsamic dressing . .... **\$7.89**

## CREATE YOUR OWN SALAD

- Includes three items of your choice .... **\$5.99**
- Add chicken to any salad ..... **\$2.00**
- Add individual items ..... **\$7.79**

## SOUPS

- |                               |                           |
|-------------------------------|---------------------------|
| Cup ... <b>\$3.29</b>         | Bowl ... <b>\$3.99</b>    |
| <b>Broccoli &amp; Cheddar</b> | <b>Turkey Chili</b>       |
| <b>Chicken Noodle</b>         | <b>Garden Vegetable</b>   |
|                               | <b>Seasonal Selection</b> |

## SIDES

- ..... **\$1.49**
- |                    |                  |                     |
|--------------------|------------------|---------------------|
| <b>Pasta Salad</b> | <b>Pea Salad</b> | <b>Fruit Salad</b>  |
| <b>Whole Fruit</b> | <b>Chips</b>     | <b>Vinegar Slaw</b> |
- Macaroni & Cheese** .. Sml **\$2.99** /Lrg **\$3.99**