

Cold Deli Sandwiches

The Ploughman's Lunch **\$6.50**
Oven roasted turkey with mango chutney, sharp cheddar, lettuce and mayo on multigrain bread.

A Better BLT **\$6.50**
Thinly sliced roast beef with blue cheese, bacon, lettuce, tomato and mayo on sourdough.

Uncle Vinny's **\$7.50**
Salami, cappicollo, ham and provolone cheese, roasted red peppers, sliced onion, and red pepper pesto on split focaccia.

Summer in Italy **\$5.95**
Fresh mozzarella with extra virgin olive oil, sliced tomatoes and basil pesto on split focaccia.

The Good Life Club **\$7.50**
A double decker sandwich filled with thinly sliced ham and turkey, Swiss cheese, crisp bacon, lettuce, tomato and garlic mayo on toasted sourdough bread.

Erin Go Bragh **\$5.95**
Boar's Head corned beef with horseradish sauce, cheddar cheese, sliced pickle, and red onion on multi grain bread.

Greek Salad Wrap **\$5.95**
Chopped cucumber with dill, feta cheese, kalamata olives, red onion, tomato, lettuce and fat free balsamic vinaigrette on white, wheat, or spinach tortilla.

Tuna Provence **\$5.50**
Albacore tuna salad, capers, red onion, green leaf lettuce and fresh tomato on white, whole wheat, or spinach tortilla.

Hummusouli **\$5.95**
Roasted garlic hummus, tabouli salad, sprouts, shredded carrots, lettuce and tomato on a white or wheat tortilla.

Blue Moon Chicken Salad Wrap **\$6.50**
White meat chicken salad with blue cheese, toasted walnuts, dried cranberries, and baby spinach on a white, wheat, or spinach tortilla.

All sandwiches also available as a **'Box Lunch'** Includes sandwich, a bag of chips, a side serving of deli salad, and your choice of fresh fruit or cookie for dessert. **All for just \$9.99!**

Children's meals available for **\$5.50**, featuring sandwich, 'bug bite' chocolate and choice of two of the following- chips, fruit, cookie, or juice box.

For the Kids (12 and under please)
(served on your choice of white or multigrain bread)

Pierce's **\$2.50**
Peanut butter with your choice of jelly.

Clayton's **\$2.50**
Ham or salami and cheese (mustard or mayo optional)

Lydia's **\$2.50**
Turkey and pickle. (cheese, mustard or mayo optional)

Grilled Cheese **\$2.50**
American, Swiss, Cheddar or Jack cheese.

Grilled Panini Sandwiches

Hawaiian Melt **\$6.50**
Ham with pineapple, roasted red pepper and Monterey Jack cheese with honey mustard dressing on sourdough bread.

Horsin' Around **\$5.95**
Roast beef with horseradish sauce, thinly sliced onion and cheddar cheese on multigrain bread.

Classic Reuben **\$5.95**
Lean corned beef, sauerkraut, Swiss cheese and Thousand Island dressing on rye.

D'Attolico's **\$6.50**
Prosciutto, mozzarella, roasted red pepper, basil pesto and balsamic vinaigrette on focaccia.

Garden Grill **\$6.50**
Balsamic basted portabella mushroom, roasted red pepper and fresh spinach, with smooth, tangy chevre on multigrain bread.

Steakhouse Wrap **\$7.50**
Roast beef with grilled portabella mushroom, sundried tomatoes, red onions, feta cheese and a creamy red pepper sauce, rolled in a tortilla.

The Godmother **\$6.95**
Grilled jumbo shrimp, artichoke hearts, fresh spinach, provolone cheese and garlic mayonnaise on focaccia.

ALLERGEN WARNING

Sandwiches, salads, soups, and prepared foods are made with and share equipment with foods that contain: MILK, EGGS, WHEAT, FISH, PEANUTS, TREE NUTS, SOY, SHRIMP, CLAMS, and other common allergens.

Fresh Salads

Garden Salad **\$5.50**
 Fresh greens and loads of healthy vegetables with your choice of dressing.

With meat and cheese **\$6.50**

Spinach Salad **\$6.50**

Fresh baby spinach, topped with bacon, fresh mushrooms, hardboiled egg, and red onion with horseradish-honey mustard dressing.

Hometown Chef Salad **\$7.50**

All the garden salad fixins, with diced turkey, hardboiled eggs, crumbled bacon and sunflower seeds. Served with ranch dressing.

Sea Star Salad **\$7.50**

Baby spinach and green leaf lettuce, topped with grilled shrimp, red peppers, mandarin oranges and sliced almonds. Served with sesame ginger dressing.

To Top Off ...

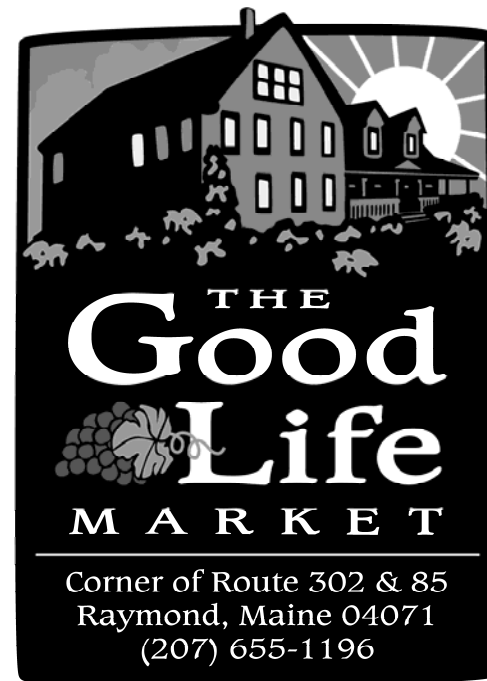
Maine Roaster's Brewed Coffee	\$1.40/\$1.64/\$1.87
Tea or Herbal Tea	\$1.50
Espresso, Cappuccino, Latte, Café	
Mocha and Chai Tea (hot or iced)	\$1.50-\$3.75
Freshly Baked Cookies	\$ 0.99
Brownies and Bar Cookies	\$ 2.25
Cheesecake and Gourmet Sliced Desserts	\$3.49
Pie Quarters	\$3.00
Muffins and Pastries	\$1.50-\$3.00

The Good Life Market proudly features our own freshly made deli salads, soups and prepared entrees. Please call us at **655-1196** for today's specials. Also available, a homemade line of 'take out catering': cheese and fruit trays, deli meat and sandwich platters, family sized entrees, desserts and more.

Don't Forget, we also offer...

- Locally raised natural Beef and Bison
- Imported and specialty cheeses
- Fresh produce, including organic and local produce when available
- The best wine selection in the lakes region
- A full array of Maine foodstuffs
- Organic, natural and whole grain products
- Personal care products
- Fresh Borealis and Big Sky breads
- Maine Roasters Coffee
- Taylor pork roll
- A selection of fine liquor and spirits.
- Local and Specialty Beers
- Complimentary seminars, classes, and talks
- Free movies to borrow and enjoy
- A nice selection of fresh cigars
- Monthly wine tastings, free and open to the public

(Rev 8/08)



Sandwiches, Breads
 Gourmet Foods
 Fine Wines -- Cheeses
 Deli Meats and Salads
 Produce -- Baked Goods

Featuring
 Boar's Head Provisions
 Maine Roaster's Coffee
 Borealis Breads

(207)655-1196

OPEN DAILY 7AM – 7PM
 (9AM – 5PM SUNDAYS IN THE WINTER)