



Our Groovin' Menu Selections: Sandwiches & Bag Lunches

Please inform us of any dietary restrictions or preferences at the time you place your order. Our meals are served family style.

If you or someone else in your party is allergic to nuts, please inform us. We use various nuts in several menu items, it's imperative we are aware of these allergies to ensure the proper menu selection.

 Indicates can be made **VEGETARIAN**.

Classic Sandwiches (for the simple tastes)

Hatteras Roast Beef, Turkey or Ham	Roast beef, turkey or ham with cheddar cheese, lettuce and tomato on a Kaiser roll. Mayo and mustard packets on the side.	6.95
<hr/>		
Nags Head Wrap with Roast Beef, Turkey or Ham	Roast beef, turkey or ham with dijon-cream cheese spread, roasted red peppers and lettuce. No tomato. Mayo and mustard packets on the side.	6.95
<hr/>		
Kitty Hawk	Groovin' chicken salad with ginger, grapes and lettuce on Wheatberry bread or as a wrap.	6.95

Specialty Sandwiches

Sandwiches are made with spreads. Mayo, mustard, and Grey Poupon packets are not included unless requested. *Sandwiches can be made without condiments.*

Corolla	Ham, Swiss and Groovin' honey mustard sauce on a Pretzel Roll.	7.95
<hr/>		
Gobbler	Sliced turkey, ham, smoked gouda cheese and bacon on a Ciabatta Roll with basil mayonnaise.	7.95
<hr/>		
Duck	Roast beef with house-made Boursin cheese spread and red onion on a Pretzel Roll.	7.95

Hokie	Grilled chicken breast with sliced apples, cheddar cheese, bacon and chipotle aioli on a Pretzel Roll.	7.95
Kill Devil Hills	Roast beef and cheddar with cranberry-Dijon spread on a Pretzel Roll.	7.95
Manteo	Turkey and smoked gouda with Boursin cheese spread on a Ciabatta Roll.	7.95
Ocracoke	Turkey, bacon, cheddar cheese, red onion and chipotle aioli on Wheatberry bread.	7.95
Rodanthe Wrap 🌴	Roasted vegetables with dijon-cream cheese spread in a flour tortilla wrap.	7.95
Salvo	Albacore tuna salad with Granny Smith apples on Wheatberry bread.	7.95
Southern Shores 🌴	Balsamic roasted Portobello mushroom, provolone cheese and roasted peppers on a Ciabatta Roll.	7.95
Assorted Sandwich Tray	A variety of our classic and specialty sandwiches.	7.95
Assorted Wrap Tray	A variety of our tortilla wraps.	6.95
Deli Tray	It's a Classic! Turkey, Ham, Roast Beef, american, cheddar, Swiss, lettuce, tomato, onion, wheatberry, onion rolls, sourdough, and Kaiser rolls. Does not include sides. Small tray serves up to 10. Large tray serves up to 20. \$6.50 per person.	

Prices subject to change without notice. Menu subject to availability. Delivery fees & taxes not included.

Our way of saying thanks for making us your caterer. Earn 5% back on your purchases. See details on "[Ordering Info](#)" page.

Our Groovin' Menu Selections: Bag Lunches

Includes dessert of a cookie and peppermint patty. Sides are Greek pasta, fruit medley, potato salad or potato chips. Labels can be provided with individual's names for an additional \$1.00 per person. *Route 11 chips (2oz bag) 1.75 bag: Chesapeake Crab, Salt and vinegar, Dill Pickle, Sweet Potato*

Classic Sandwiches (for the simple tastes)

1 Side \$7.25

2 Sides \$8.25

Hatteras Roast Beef, Turkey or Roast beef, turkey or ham with cheddar cheese, lettuce and

Ham	tomato on a Kaiser roll. Mayo and mustard packets on the side.
Nags Head Wrap with Roast Beef, Turkey or Ham	Roast beef, turkey or ham with dijon-cream cheese spread, roasted red peppers and lettuce. No tomato. Mayo and mustard packets on the side.
Kitty Hawk	Groovin' chicken salad with ginger, grapes and lettuce on Wheatberry bread or as a wrap.
On the Lighter Side:	Comes with fruit medley, chicken/tuna salad single serve cold plate, Greek pasta, hard boiled egg and dessert. 9.95

Specialty Sandwiches

Sandwiches are made with spreads. Mayo, mustard, and Grey Poupon packets are not included unless requested. *Sandwiches can be made without condiments.*

1 Side \$8.25
2 Sides \$9.25

Corolla	Ham, Swiss and Groovin' honey mustard sauce on a Pretzel Roll.
Gobbler	Sliced turkey, ham, smoked gouda cheese and bacon on a Ciabatta Roll with basil mayonnaise.
Duck	Roast beef with house-made Boursin cheese spread and red onion on a Pretzel Roll.
Hokie	Grilled chicken breast with sliced apples, cheddar cheese, bacon and chipotle aioli on a Pretzel Roll.
Kill Devil Hills	Roast beef and cheddar with cranberry-Dijon spread on a Pretzel Roll.
Manteo	Turkey and smoked gouda with Boursin cheese spread on a Ciabatta Roll.
Ocracoke	Turkey, bacon, cheddar cheese, red onion and chipotle aioli on Wheatberry bread.
Rodanthe Wrap 🌴	Roasted vegetables with dijon-cream cheese spread in a flour tortilla wrap.
Salvo	Albacore tuna salad with Granny Smith apples on Wheatberry bread.
Southern Shores 🌴	Balsamic roasted Portobello mushroom, provolone cheese and roasted peppers on a Ciabatta Roll.

Assorted Sandwich Tray	A variety of our classic and specialty sandwiches.	7.95
Assorted Wrap Tray	A variety of our tortilla wraps.	6.95

Prices subject to change without notice. Menu subject to availability. Delivery fees & taxes not included.

Our way of saying thanks for making us your caterer. Earn 5% back on your purchases. See details on "[Ordering Info](#)" page.

**Corporate Retreats 🍷 Open Houses 🍷 Weddings 🍷 Fundraisers 🍷 Grand Openings
🍷 Bridal Showers 🍷 Lobbyist Events 🍷 Holiday Parties 🍷 Wine Tastings
Neighborhood Block Parties 🍷 Movie Productions 🍷 Graduations 🍷 Political Events**