

# FROM THE GARDEN



## Homemade Dressings:

Cilantro Lime, Cracked Black Pepper Parmesan Ranch, Ranch, Fat Free Ranch, Texas Ranch, Honey Mustard, Fat Free Honey Mustard, Greek Dressing, House Vinaigrette, Creamy Caesar, Bleu Cheese, Thousand Island, Lite Italian and Balsamic Vinaigrette

### 818) Taco Salad 1310 cal \$8.79

Seasoned ground beef on a bed of mixed greens topped with tomatoes, onions, jalapenos, shredded cheese and sour cream. Served in a fried tortilla bowl with Texas Ranch dressing.

### 880) Char-Broiled Chicken Caesar 910 cal \$8.79

"Our Own Famous"  
Crisp romaine lettuce tossed in "Our Own Famous" Caesar dressing topped with char-broiled chicken, tomatoes, onions, grated Parmesan, bacon & fresh baked seasoned croutons. Served in a baked tortilla shell. **Add a fresh baked knot \$0.59**

### NEW 880.5) Chicken Caesar Salad without chicken 450 cal \$5.50

Crisp romaine lettuce tossed in "Our Own Famous" Caesar dressing topped with tomatoes, onions, grated Parmesan, bacon & fresh baked seasoned croutons. Served in a baked tortilla shell. **Add a fresh baked knot \$0.59**

### 881) Char-Broiled Chicken Cobb 560 cal \$8.79

Lots of baby greens & lettuce topped with fresh seasonal veggies, tomatoes, onions, crumbled bleu cheese, chopped egg, bacon and char-broiled chicken and crunchy croutons. **Add a fresh baked knot \$0.59**

### 882) Chef Salad 500 cal \$8.79

Our giant green salad topped off with garden fresh seasonal veggies, tomatoes, onions with pinwheels of turkey, ham, Swiss & cheddar, chopped egg and our crunchy croutons. **Add a fresh baked knot \$0.59**

### 883) Char-Broiled Chicken Garden Salad 500 cal \$8.79

Our giant green salad topped off with garden fresh seasonal veggies, tomatoes and onions with char-broiled chicken breast and our crunchy croutons. **Add a fresh baked knot \$0.59**

### 884) Giant Mixed Green Salad 220 cal \$5.50

Crisp assortment of greens with lots of garden fresh seasonal veggies, tomatoes & onions topped with homemade crunchy croutons. **Add a fresh baked knot \$0.59**

### 886) Chicken Salad Plate 610 cal \$8.79

A bed of shredded lettuce topped with a generous scoop of our delicious chicken salad, garnished with tomato wedges shredded cheese and bacon topped with homemade crunchy croutons. **Add a fresh baked knot \$0.59**

### NEW 887) Greek Salad 810 cal \$8.79

Grilled chicken, lettuce, tomatoes, cucumbers, banana peppers, onions, chicken & Feta cheese with our house vinaigrette. Served with pita points.

## Our Chicken Is Raised Without Antibiotics



# ON THE SIDE



Substitution Charge

|                            |             |              |        |
|----------------------------|-------------|--------------|--------|
| Homestyle Potato Salad     |             | \$2.49       | \$0.50 |
| French Fries 510 cal       |             | \$2.99       | \$2.20 |
| Small Tossed Salad 220 cal |             | \$3.79       | \$2.99 |
| Small Dressing             |             | \$0.50       |        |
| Large Dressing             |             | \$0.75       |        |
| Onion Rings 610 cal        |             | \$3.79       | \$2.99 |
| Soup du Jour               | Cup \$3.25  | Bowl \$3.95  |        |
| Soup du Jour               | Pint \$4.99 | Quart \$6.99 |        |
| Fresh Fruit Cup            |             | \$2.99       | \$0.50 |
| Pasta Salad                |             | \$2.49       | \$0.50 |
| Baked Lays                 |             |              | \$0.29 |
| Fruit Salad                |             |              | \$0.50 |
| Au jus                     |             |              | \$0.50 |
| Split Charge               |             |              | \$2.00 |

# BEVERAGES



|  |        |
|--|--------|
| Pink Lemonade 320 cal  | \$2.25 |
| Iced Tea (Sweetened & Unsweetened) 210 cal                   | \$2.25 |
| Bottled Water  | \$2.25 |
| Gallon Sweet or Unsweetened Tea (Includes ice, cups, lemons) | \$8.95 |

# AFTER THOUGHTS

|   |        |
|---|--------|
| Chewy Brownie 410 cal                         | \$3.25 |
| Gooey Sweet Potato Bar 580 cal                | \$3.25 |
| Chocolate or Vanilla Cake 530 cal             | \$3.50 |
| Homemade Cookies 300 cal                      | \$0.89 |
| Chocolate Chip, Oatmeal Raisin, Macadamia Nut |        |

Gluten Free Wraps  
Available upon request - 75¢

\*Complimentary Fresh  
Homemade Soups on Dine In.

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# BEDDER & MOORE

## DELICATESSEN

### CATERER



Our Bread Baked Fresh Daily

## DINE-IN, PICK-UP OR DELIVERY

Monday - Friday • 7am - 3pm  
3501 South Tryon St. • Charlotte, NC 28217  
704-527-0107 • Fax: 704-527-0072  
[www.bb-m.com](http://www.bb-m.com)

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If it's one sandwich or a thousand corporate box lunches:  
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# Purveyors of Great Lunch!

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# WE DELIVER!

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# WHOLE LOTTA GRILLIN' GOIN ON



**804) Turkey Panini** 680 cal **\$8.79**  
Thin sliced breast of turkey, tomato, crisp bacon and melted Swiss, spread with mayo on grilled Ciabatta bread. **Add Avocado \$0.50**

**805) The Ultimate Grilled Ham & Cheese** 760 cal **\$8.79**  
Thin sliced ham with cheddar and Swiss topped with tomato and bacon on grilled Rye bread.

**821) All-American Bacon Cheeseburger** **\$9.99**  
Served with Lettuce, tomato, and fries, mayo

**822) Chicken Salad Melt** 690 cal **\$8.79**  
Our delicious chicken salad mounded on grilled whole wheat bread topped with tomato and Swiss cheese.

**823) Philly Cheese Steak** 720 cal **\$8.79**  
Grilled beef smothered with lots of sauteed onions, peppers and grilled mushrooms. Baked over with provolone on a toasted hoagie.

**NEW 824) Turkey, Muenster Cheese, Avocado Sandwich** 660 cal **\$8.79**  
Turkey, Muenster cheese, avocado, peppercorn, ranch on a pressed Ciabatta

**832) Rosemary Roast Beef** 660 cal **\$8.79**  
Rosemary encrusted roast beef, baked over with provolone and mayo on a toasted garlic hoagie sided with au jus for dipping.

**NEW 834) Turkey Dill Panini** 600 cal **\$8.79**  
Grilled turkey & spinach melted over with Jack cheese and topped with tomatoes & Dijon dill sauce. Sided with chips.

**835) Bacon, Mushroom & Swiss Burger** **\$9.99**  
Served with Lettuce, tomato, mayo and fries

**841) Here's the Beef** 720 cal **\$8.79**  
Thin sliced roast beef on a toasted garlic hoagie baked over with mozzarella sided with au jus for dipping. Served with chips.

**843) California Style Turkey Reuben** 800 cal **\$8.79**  
Lots of thin sliced turkey piled high, topped with Swiss cheese, sauerkraut & Thousand Island dressing. Grilled on hand sliced marble Rye.

**848) Abbey Place Beef, Cheddar & Bacon** 720 cal **\$8.79**  
Thinly sliced roast beef topped with crisp bacon, baked over with cheddar and finished with lettuce, tomato and mayo on a hoagie.

**849) New York Style Reuben** 1020 cal **\$8.79**  
Lots of thin sliced corned beef piled high topped with Swiss cheese, sauerkraut & Thousand Island dressing. Grilled on hand sliced marble Rye.

**NEW 850) The Cuban Sandwich** 700 cal **\$8.79**  
Salami, ham, roasted pork, sliced pickles, Swiss cheese & mustard on a grilled panini. Sided with chips.

704-527-0107

# SOMETHINGS OLD / SOMETHINGS NEW



All of our sandwiches come with chips & pickles unless indicated with a ❤️ (served with pretzels & pickles.)

**802) Pacific Club** 500 cal **\$8.79**  
Thin sliced turkey breast piled high with crisp bacon, sprouts, tomato & Swiss, spread with mayo on one side, guacamole on the other and served on whole wheat bread. **Add Avocado \$0.50**

**803) Buffalo Chicken Sandwich** **\$8.79**  
Tender whole breast of chicken marinated in spicy buffalo sauce topped with cheddar cheese, lettuce & tomato, spread with ranch. Served on Ciabatta bread.

**NEW 808) Italian Hoagie** 720 cal **\$8.79**  
Ham, salami, pepperoni, provolone, lettuce, tomatoes, onions, banana peppers roasted red peppers, oil, vinegar and oregano. Sided with chips.

**840) Chicken Salad Sandwich** 670 cal **\$8.79**  
Lots of our famous chicken salad topped with lettuce & tomato served on a fresh baked hoagie.

**846) Montford Special** 600 cal **\$8.79**  
Thin sliced roast turkey breast topped with crisp bacon baked over with Swiss & finished off with Thousand Island dressing served on a fresh baked hoagie.

**847) Club Sandwich** 700 cal **\$8.79**  
Lots of turkey, crisp thin bacon, sliced ham, lettuce, tomato & mayo on toasted whole wheat bread. **Add Avocado \$0.50**

**860) Honey Mustard Char-Broiled Chicken** 660 cal **\$8.79**  
Char-broiled chicken baked over with provolone topped with lettuce, tomato & honey mustard on Ciabatta bread.

**865) Cheddar Bacon Char-Broiled Chicken** 660 cal **\$8.79**  
Char-broiled chicken topped with crisp bacon baked over with cheddar cheese topped with lettuce & tomato. Touched with mayonnaise on Ciabatta bread.

❤️ **870) Turkey, Swiss, Honey Mustard *Our #2 Best Seller*** 340 cal **\$8.79**  
Lots of thinly sliced roast turkey topped with Swiss, lettuce, tomato and honey mustard on whole wheat bread. **Add Avocado \$0.50**

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Order Online at [www.bb-m.com](http://www.bb-m.com)

For Last Minute Box Lunches,  
We're Quick and Easy

We Only Use  
Quality Ingredients 



# PITAS, PITAS, PITAS

Grilled upon request.



**833) Chicken Caesar Salad Pita** 500 cal **\$8.79**  
Sliced charbroiled chicken tossed in our own creamy Caesar dressing with shredded romaine lettuce, diced tomato and red onions wrapped in a warm pita. Served with chips.

**851) Egg Salad Pita** 400 cal **\$8.79**  
Lots of freshly made egg salad topped with tomato slices wrapped in a soft pita served with chips.

**852) Greek Pita** 460 cal **\$8.79**  
Thin sliced chicken breast with lettuce, tomato, red onions, feta cheese and black olives. Tossed with homemade tzatziki sauce in a warm pita. Served with pretzels.

**855) Turkey Provolone Pita *Our Best Seller*** 460 cal **\$8.79**  
Lots of thin sliced turkey breast baked over with lite provolone topped with tomato slices & ranch dressing wrapped in a warm pita. Served with pretzels.

**856) Chicken Salad Pita** 560 cal **\$8.79**  
Our delicious chicken salad topped with crisp bacon and tomato wrapped in a warm pita. Served with chips.

**862) Ranch Char-Broiled Chicken Pita** 500 cal **\$8.79**  
Thin sliced chicken breast, baked over with provolone cheese finished with lettuce and tomato, spread with Ranch dressing. Served on a warm pita with chips.

**NEW 863) Chicken Gyro Pita** 500 cal **\$8.79**  
Thin sliced chicken, lettuce, tomatoes, onions and homemade tzatziki sauce on a grilled pita. Sided with chips.

# IT'S A WRAPPINI

Grilled to perfection. Sided with pretzels & pickles.



❤️ **814) Veggie** 390 cal **\$8.79**  
Crisp ripe tomato, lettuce, red onion, carrots, spinach & squash w/ provolone cheese and fat free honey mustard dressing served in a grilled whole wheat wrap.

**817) Firecracker** 360 cal **\$8.79**  
Chicken, jalapenos, onion, jack cheese, guacamole and ranch served in a grilled wrap.

**830) Jalapeno Roast Beef** 360 cal **\$8.79**  
Thin sliced roast beef and jalapenos, baked over with jack cheese finished with mayo on a grilled wrap.

**831) Philly Cheese Steak** 360 cal **\$8.79**  
Grilled roast beef baked over with cheddar cheese, sauteed onions, peppers, mushrooms and mayo in a grilled wrap

**842) Chicken Ranch** 520 cal **\$8.79**  
Sliced char-grilled chicken topped with shredded lettuce, tomato, bacon bits and cheddar cheese splashed with salsa and ranch, grilled in a wrap.

❤️ **891) Turkey Swiss** 390 cal **\$8.79**  
Thin sliced turkey breast with Swiss, lettuce, tomato and honey mustard dressing in a grilled whole wheat wrap.

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