

**Breakfast** (Serve till 11:00

AM)

Two Eggs on Toast	\$2.99
Two Eggs on Toast w/ Cheese	\$3.49
Two Eggs on Toast w/ Meat	\$3.99
Toast (2 Slices) w/ Hummus Spread	\$2.99
2 Eggs on Toast w/ Cheese & Meat	\$4.49
Croissant Add	\$2.00
Bagel, English Muffin Add	\$1.00
Kaiser Roll, French Roll Add	\$1.00

**Bagels**

Plain Toasted Bagel or with Butter	\$1.99
Jelly or Peanut Butter on a Bagel	\$2.99
Peanut butter & Jelly on a Bagel	\$3.99
Bagel with Cream Cheese	\$2.99
Smoked Salmon & Cream Cheese on a Bagel	\$8.99

**Salads**

Garden Salad	\$7.99
Grilled Chicken Breast Salad	\$8.99
Chef Salad	\$8.99

**Soups** (Seasonal)

Regular Soup - 16oz	\$4.99
Large Soup - 32oz	\$8.99

**Sandwiches****Build Your Own**

Chicken Breast	\$6.99
Roast Beef	\$7.99
Corned Beef	\$7.99
Pastrami	\$7.99
Genoa Salami	\$6.99
Black Forest Ham	\$5.99
Turkey Breast 98% Fat Free	\$5.99
Turkey Pastrami	\$5.99
Smoked Turkey Breast	\$5.99
B.L.T.	\$5.99
Assorted Cheese Sandwich	\$5.99
Egg Salad	\$5.99
White Tuna Salad	\$5.99
Chicken Salad	\$5.99
Smoked Salmon & Cream Cheese	\$8.99

**Bread Choices**

Rye, Multi Grain, Pumpernickel, White, Whole Wheat, Free

**Additional Bread Choices**

French Roll, Wheat Pita, Bagel, Kaiser Roll, Soft roll Wraps, \$1.00

**Additional Bread Choices**

Croissant \$2.00

**Extras**

Cheese, Bacon, Coleslaw, Avocado, Sauerkraut, Cranberry Sauce, Peppers, Sprouts, Cucumbers, Mushrooms, Capers, Hummus \$1.00

**Condiments**

Lettuce, Tomato, Onion, Carrot, Hot Peppers, Mustard, Mayo, Russian Dressing, Honey Mustard, Dijon, Spicy Mustard, BBQ Sauce, Dill Sauce, Salsa, Horseradish Sauce, Italian Dressing Free

**Specialty Sandwiches****GREAT FALLS**

Boars Head Salami, Black Forest Ham, Prosciutto, Provolone, Lettuce, Tomato, Onion, and Italian dressing on a French Roll. \$7.99

**CJ ISLAND**

Boars Head Turkey Breast, Swiss, Cranberry Sauce, Onion, Mayo, and Lettuce on Pumpernickel. \$7.99

**RIVERSIDE**

Rib Eye Steak and Melted Provolone, Lettuce, Tomato, Onion, and Mayo on a French Roll. \$8.99

**UNION ARCH**

Hot Roast Beef, Melted Cheddar, Horseradish Sauce, Sautéed Peppers &amp; Onions on a French Roll. \$8.99

**CABIN JOHN CLUB**

Boars Head Ham &amp; Turkey on 3 slices of Toasted Rye with Bacon, Provolone Cheese, Lettuce, Tomato, &amp; Mayo. \$7.99

**WILD BIRD**

Marinated Chicken Breast topped w/ melted Swiss, lettuce, Tomato &amp; Dijon on a Kaiser Roll.. \$7.99

**GLEN ECHO**

Hot Extra lean Boars Head Corned Beef, Melted Swiss, Sauerkraut, Russian Dressing on Toasted Rye. \$8.99

**AVENEL**

Boars Head 98% Fat Free Turkey Breast w/ Cheddar Cheese, Russian Dressing, Coleslaw on a French Roll. \$7.99

**CONGRESSIONAL**

Boars Head Black Forest Ham w/ Melted Brie, Honey Mustard, Lettuce &amp; Tomato on a French Roll. \$7.99

**BOULEVARD**

Tuna Salad, melted Swiss, Lettuce &amp; Tomato on a Croissant. \$8.99

**FIREHOUSE**

Boars Head 98% Fat Free Turkey Breast, Jalapeno Jack Cheese, Coleslaw, and Salsa on a French Roll. \$7.99

**CARDEROCK**

Roast Beef, Jalapeno Jack Cheese, Lettuce, Tomato &amp; Mango Chutney on Toasted Rye. \$8.99

**79th St.**

Choice of Tuna or Chicken Salad, Avocado, Alfalfa Sprouts, Lettuce &amp; Tomato on Pita \$7.99

**SEVEN LOCKS**

Boars Head Hot Pastrami, Melted Swiss, topped w/ coleslaw and Russian Dressing on a French Roll. \$8.99

**C&O**

Boars Head 98% Fat Free Turkey, Provolone Cheese, Avocado, Lettuce, Tomato &amp; Honey Mustard on a French Roll. \$7.99

**TUNA MELT**

Hot Tuna w/ melted Swiss, Lettuce, Tomato, Onion on Toasted Rye. \$7.99

**CALIFORNIA CLUB**

Boars Head Ham, Turkey, Bacon and Provolone Cheese w/ Lettuce, Tomato, Onion, Avocado, Dijon Mustard rolled on a plain Wrap. \$8.99

**NEW YORKER**

Boars Head Hot Pastrami, Corn beef, Coleslaw melted Provolone Cheese and Russian Dressing on Toasted Rye. \$8.99

**MANHATTAN**

Boars Head Turkey breast, Roast beef, Lettuce, Tomato, Onion, Mayo, on a French Roll. \$8.99

**VEGGIE-CHICKEN/ TUNA**

Chicken Salad, Lettuce, Tomato, Onion, Cucumber, Carrots, rolled on a Wrap of choice. \$7.99

**Specialty Vegetarian****CLARA BARTON**

Muenster Cheese, Avocado, Lettuce, Tomato, Sprouts, Onions, &amp; Dill sauce on Whole Wheat Pita. \$6.99

**SPRING VEGGIE**

Fresh Avocado, Cream Cheese, Alfalfa Sprout, Lettuce, Tomato, Carrots, &amp; Honey Mustard rolled on a plain Wrap. \$7.99

**HUMMUS PITA**

Hummus, Lettuce, Tomato, Green/Red Pepper, Mushroom, Cucumber, Alfalfa Sprout on Pita. \$7.99

**VEGGIE-VEGGIE**

Provolone Cheese, Lettuce, Tomato, Onion, Cucumber, Carrots, Coleslaw, and Russian Dressing rolled on a plain Wrap. \$7.99



**Our International Dish**  
Great for lunch & dinner

**A: Bulgogi**

**Bulgogi** is one of Korea's most popular beef dishes. **Bul** is the Korean word for fire and **gogi** is meat, therefore, it translates into fire meat. However, it's not quite spice in taste but somewhat on the sweet side. It is made from marinated thinly sliced sirloin beef.

*Served with white steamed rice \$15.99*

**B: Bibimba**

**Bibimbap** is a popular meal consisting of a bowl of steamed rice topped with various vegetables, lean beef and a fried egg with GoChuJang (Red Chili Pepper Paste) and Sesame Seed oil. Bibim is the Korean word for Mixed and Bap is rice, therefore, it translates into Mixed Rice or Mixed Bowl.

*Served with white steamed rice \$12.99*

**C: Japchae**

**Japchae** is a stir-fried dish that combines sweet vermicelli noodles made from starch of a white sweet potato, thinly slices of beef, various vegetables and sesame seed oil.

*Served with white steamed rice \$11.99*



**Tofu Soup**

Choice of Spicy Broth or Regular Broth



**Mushroom Tofu Soup**

Three kinds of mushroom, Cooked Bean Sprout, Spinach, Carrot, Green Onion, Sesame Seed, with Silken Tofu

9.99

**Beef Tofu Soup**

Rib-Eyed Steak, Cooked Bean Sprout, Spinach, Carrot, Green Onion, Sesame Seed with Silken Tofu

10.99

**Additional Topping**

Rib-Eye Steak	3.00
Extra Tofu	2.00
Steamed Rice	2.00

**Burgers** (1/3 lb Angus choice Beef Patties)



**Choice of Toppings**

American Cheese  
Bacon  
Lettuce  
Tomato  
Onion  
Mayo  
Mustard  
Ketchup

**The Market Noodle Menu**



**Udon**

Based on mildly flavored broth, with thick wheat-flour noodle, topped with fried tofu, green vegetable, a boiled egg, imitation crab meat stick.

9.99

**Super Pho'**

Vietnamese Noodle—Based on Beef Broth with rice noodle, topped with rib-eye steak, cooked bean sprout, green onion and Basil

10.99

**Japanese Ramen**

Based on Beef Broth with wheat flour noodle, topped with rib-eye steak, bakchoy, cooked bean sprout, a boiled egg, dried seaweed and green onion

10.99

**Spicy Ramen**

Based on Spicy Flavored Broth with wheat flour noodle, topped with bakchoy, mushroom, a boiled egg, fried tofu and green onion

9.99

**Additional Topping**

Extra Rib-Eye Steak	\$3.00
Extra Noodle for Pho	\$3.00
Extra Bak-Choy	\$2.00

**Gourmet Delicatessen**  
**Great Sandwiches**  
**Beer & Wine Shop**  
**Bistro & Café**

Place for everyone! Featuring;  
Great sandwiches featuring premium grade Boars Head deli products.  
Full line of Cappuccino beverages.  
Gourmet snacks, chips, and drinks.  
Huge selections of beverages, domestic and imported beer & wines.  
Daily prepared meals, salads, and snacks.  
International food selections.  
Fruit smoothies and soft-ice cream.  
Wines served by glasses or bottle.  
Huge selections of Party platters, and artistic presentation of selections.

**Commitment To excellence**

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Monday to Friday: 6:00 AM to 9:00 PM  
Saturday: 7:00 AM to 8:00 PM  
Sunday: 7:00 AM to 7:00 PM