





We take our Signature Black Bear Cold Cuts and pair them with our **famous Five Boro Bread Shop breads** to create a one of a kind Deli Sandwich.

Wraps \$4.99

NY Deli (ham, turkey, roast beef, swiss cheese, coleslaw)

California club (turkey, bacon, lettuce, tomato, ranch dressing)

Southwest roast beef (roast beef, cheddar, lettuce, medium salsa)

Tarragon chicken (chicken salad, dried tarragon, tomato, lettuce)

Tuna salad (tuna salad, lettuce, tomato)

Russian turkey (turkey breast, lacey swiss, lettuce, russian dressing)

Southern Fried Chicken Wrap Crispy southern fried chicken fingers,

sliced avocado, frizzled onions, mesclun lettuce & ranch dressing

BLT Wrap Slice vine-ripe New Jersey tomatoes, apple-smoked bacon, arugula & herb mayonnaise

Specialty Sandwiches

California Turkey (turkey breast, swiss cheese, avocado, pesto mayonnaise)	\$6.99ea.
Turkey reuben (turkey breast., swiss cheese, cole slaw, russian dressing)	\$6.99ea.
Pepper-Seared Tuna Sandwich with radish sprouts, sliced tomato, mesclun lettuce & wasabi mayonnaise.	\$7.99ea.
Prosciutto Baguette with sliced salumeria biellese prosciutto, brie cheese, sliced tomato, arugula, & whole grain honey-mustard served on gran daisy flauata baguette	\$7.99ea.
Marinated Broccoli Rabe & Mozzarella Baguette with roasted red peppers, black olives & caramelized onions	\$6.99ea.
Waldorf Chicken Salad Sandwich with Boston lettuce served on our balthazar cranberry raisin batard.	\$5.99ea.
Black Forrest Ham & Fontina Cheese (balthazar) croissant with dijon-mayonnaise	\$5.99ea.
Grilled Chicken Sandwich with sliced tomato, radish sprouts, tri-color lettuce, avocado dressing served on tom cat marble (pullman) Bread	\$5.99ea.
Italian Special on Semolina Stirato sliced prosciutto, mortadella & capicola with grilled eggplant, red onion, arugula served on tom cat bakery semolina stirato loaf	\$7.99ea.

1 Choose Your Bread Baked Fresh Everyday

Breads

Subs-Half	\$4.99ea.	Subs-Full	\$7.99ea.
Wraps	\$ 4.99ea.	Baguettes	\$5.99ea.
Ciabattas	\$6.99ea.	Croissants	\$5.99ea.
White Bread	\$ 4.99 ea.	Rye Bread	\$4.99ea.
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Wheat Bread \$4.99ea.

2 Choose Your Fillings

Black Bear Cold Cuts & Cheese Exclusively Sold at ShopRite

Fillings *Store Made Fresh

Meats

- Domestic Ham Virginia Ham, Rosemary Ham Regular Turkey
- Honey Turkey Roast Beef Italian Combo

Cheese

- American, Swiss Provolone Cheddar• Hot Pepper Jack
- Fresh Mozzarella Brie Muenster

Salads

- Rotisserie Chicken Salad* Waldorf Chicken Salad* Egg Salad* Shrimp Salad*
- Seafood Salad* Tuna Salad* Grilled Vegetables*

3 Choose Your Toppings Garden Fresh Toppings

Toppings

- Shredded Lettuce Leaf Lettuce Tomatoes Cucumbers Onions Sliced Pickles
- Slice Black Olives Roasted Peppers Hot Peppers Sweet Peppers Banana Peppers

Add Dressing

- Hellmann's Mayo Spicy Mustard Oil and Vinegar Balsamic Vinaigrette
- Italian Sub Dressing Wasabi Mayo Pesto Mayo Russian Dressing Ranch Dressing

Specialty Salads

Chicken Caesar Salad\$4.99ea
Made with a blend of fresh lettuce, tomato, sliced rotisserie chicken,
crouton, and shredded parmesan cheese
Spinach Garden Salad
Made with fresh baby spinach, strawberries, mandarin oranges, and sliced almonds
Mescaline goat cheese Salad \$4.99ea
Made with fresh mescaline lettuce mix, tomato, cucumber,
crumbled goat cheese, and sliced black olive

Chef Salad\$4.99ea.
Fresh blend of lettuce, tomato, cucumber, red onion, black bear ham & turkey



Meet our Expert Team

Food Service Corporate Trainer & Chef Joe Zezza

B.S. Culinary Nutrition, Graduate of

Johnson & Whales University

Chef Demonstrator at Viking Test Kitchen Fairfield NJ Chef for Arizona Diamondbacks **Baseball Team**

Chef & Culinary Instructor Danny Arturo, CEC, CCA

Certified Italian Chef, Specialty Cook, Lamezia terme, Catanzaro, Italy

Certified Executive Chef by the American Culinary Federation Chef instructor Art Institute, Atlanta Georgia Master BBQ Chef Executive Chef Arturo's Restaurant, Atlanta Executive Chef Panevino, East Hanover Voted#1 in the southeast, and #5 in the world pizza Time Magazine

Maitre' D, and Chef Matt Mudryk **Graduate of Morris County College**

Chef & Senior Manager Doherty Enterprises, NJ

Head Chef Mike Stanzione

Graduate of Scuola Alberghiera Di Summonte, Italy, Culinary Arts Chef Michaels Restaurant West Caldwell NJ Chef Benvenuti Restaurant, Old Bridge, NJ

FREE DELIVERY

with VFG purchase of \$10.00 or more to a 5 mile radius Hours: 8am to 9pm 7 days a week

Chef & BBQ Pit Master Mike Sbarbaro

Graduate of the New

York Restaurant School

Sous Chef Backwoods BBQ, NJ Sous Chef, Southern Hospitality, New York, NY Chef Classic Cafe

Chef Remo Grande Graduate of

Middlesex County College

Dietetic Technology / Culinary Arts Chaine des Rotisseurs Member Chef Westchester Country Club, Rye, NY Chef Quaker Ridge Country Club, Scarsdale NY Executive Chef:

Lake Valhalla Country Club, Montville NJ Minebrook Country Club, Hackettstown, NJ

Barista Oscar Malavarca Graduate of Fordham University, Bronx NY

Maitre' D Hotel & Capo Sala, Chianti, Italy Maitre' D Enzo's Restaurant, Arthur Avenue, Bronx, NY Trattoria IL Paggio, Parma, Italy

Catering Manager Kim Kuscin Graduate

Montclair State University

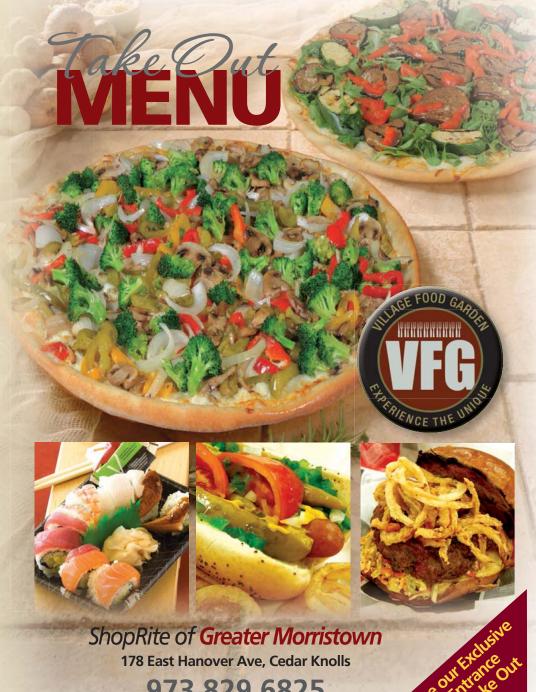
Over 20 years in the Catering, Banquet, and Event Planning Industry

973.829.6823

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