

Metcalf's Salads

Served with your choice of homemade salad dressings:
Blue Cheese, 1,000 Island, Italian, Balsamic Vinaigrette, Creamy Dill, or Oil and Vinegar

Garden Salad: \$6.50
 Fresh spring mix, tomatoes, cucumbers, carrots, green peppers, and sliced red onion

Chef Salad: \$8.50
 Our Garden Salad with your choice of 1 cheese and 2 meats

Garden Salad with Tuna or Chicken Salad: \$8.25
 Our Garden Salad topped with a generous helping of our homemade tuna or chicken salad

Antipasto Salad: \$8.50
 A bed of spring mix topped with sliced pepperoni, salami, and provolone, kalamata olives, whole pepperoncini peppers, and sun-dried tomatoes.
 • Try it with our homemade Balsamic Vinaigrette

Prosciutto Caprese Salad: \$8.50
 Layers of sliced tomato, soft mozzarella, and basil leaves topped with shredded prosciutto and served with our homemade Balsamic Vinaigrette on the side

Kids' Menu

Grilled Cheese PB&J PB&Fluff Turkey and Cheese Ham and Cheese	\$5.50 Includes a drink and chips
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Metcalf's Panini's

A grilled sandwich on Deli Bread	Half	Whole
Caprese: Mozzarella, tomato slices, and fresh basil drizzled with homemade balsamic vinaigrette	\$4.75	\$8.50
Paesano: Prosciutto, mozzarella, roasted red peppers, and spinach drizzled with homemade balsamic vinaigrette	\$5.50	\$10
Julius: Thin sliced turkey, homemade balsamic onions, Honeycup mustard, and soft brie cheese	\$6	\$11
Wise Guy: Mortadella, salami, provolone, sundried tomatoes, and homemade garlic mayo	\$6	\$11
Zap: Roast beef, red onion, homemade borsin cheese, and spinach	\$6	\$11
Hit Man: Capicola, prosciutto, and pepperoni topped with hot cherry pepper relish, and provolone	\$6	\$11
The Boss: Roast beef, bacon, blue cheese, homemade balsamic onions and sun-dried tomato mayo	\$6.25	\$11.50
Working Girl: Ham, cheddar, sliced granny smith apple, and Honeycup mustard	\$5.25	\$9.50
Pesto: Homemade pesto with mozzarella, and provolone	\$5	\$9
Jordan: Turkey, bacon, american, tomato, and mayo	\$6.25	\$11.50



Submarine Sandwiches

563-SUBS (7827)

**Always homemade!
 Always fresh!**

www.metcalfsub.com

- ✓ *Classic Submarine Sandwiches*
- ✓ *Thick Deli Sandwiches*
- ✓ *Hot Panini's*
- ✓ *Fresh Crisp Salads*
- ✓ *Homemade Soups & Chili*
- ✓ *Whoopie Pies, Cookies, Cupcakes, Bars*
- ✓ **Gluten Free & Vegetarian Options**

**Monday ~ Friday
 10:30a.m. ~ 5:30p.m.**

**Saturday
 10:30a.m. ~ 3:00p.m.**

49 Main St.
 Damariscotta, Maine
metcalfsubs@gmail.com

Effective January 2020

Metcalf's Classic Submarine Sandwiches

Most Submarines Include: lettuce, tomato, onion, olive oil, red wine vinegar, salt, pepper and oregano			
Make any ½ sub into a Salad or a Wrap!		Half	Whole
1.	Ham & Provolone	\$6.50	\$12
2.	Salami & Provolone	\$6.50	\$12
3.	Salami, Ham & Provolone	\$6.75	\$12.50
4.	Salami, Capicola & Provolone	\$6.75	\$12.50
5.	Ham, Capicola & Provolone	\$6.75	\$12.50
6.	Ham, Prosciutto & Provolone	\$6.75	\$12.50
7.	Ham & Swiss	\$7	\$12
8.	Roast Beef & Cheese (your choice)	\$8	\$15
9.	Turkey & Cheese (your choice)	\$8	\$15
10.	Ham, Turkey & Swiss	\$7	\$13
11.	Salami, Capicola, Prosciutto & Provolone	\$7.50	\$14
12.	B.L.T. & Cheese (your choice)	\$7	\$13
13.	Tuna Salad – Homemade Using All White Meat	\$7.50	\$14
14.	All Cheese ~ Choose Any Two Cheeses	\$6	\$11
15.	Our Homemade Meatballs with Homemade Tomato Sauce & Parmesan	\$7	\$13
16.	Italian Sausage with Homemade Tomato Sauce, Sautéed Green Peppers & Onions & Parmesan Cheese	\$7	\$13
17.	Turkey, Avocado, Bacon & Swiss	\$8	\$15
18.	Hot Reuben - Corned Beef, Swiss, Morse's Kraut & 1,000 Island Dressing	\$7.75	\$14.50
19.	Hot Pastrami with Swiss Cheese, Tomato, Onion & Spicy Mustard	\$7.75	\$14.50
20.	Capicola, Prosciutto, Pepperoni, Ham & Provolone	\$8	\$15
21.	Mortadella, Salami & Provolone	\$7	\$13
22.	All Veggie with Hummus – Everything plus Carrot, Cucumber, Green Peppers	\$6	\$11
23.	Roast Beef, Bacon, Cheddar, & Cole Slaw & 1,000 Island Dressing	\$8	\$15
24.	Chicken Salad - Homemade Using All White Meat	\$7.50	\$14
25.	Classic Maine Italian - Ham, American, Pickles, Olives, Green Peppers, Onion & Tomato	\$6.50	\$12

Extra's and Add Ons

+Extra Meat	\$2.00	Per half Sub
+Avocado	\$1.25	
+Extra Bacon	\$1.00	
+Extra Cheese	\$1.00	

Build Your Own Deli Sandwich

Your Choice of Bread, 1 Meat from the Standard or Premium Meats, 1 Cheese, 4 Veggies, and Condiments

Bread: White Wheat	Marble Rye Gluten Free Bread Wraps		
Standard Sandwich Meat: Ham, Salami, Capicola, Mortadella, Pepperoni, Liverwurst, Tuna Salad, Chicken Salad, or Only Cheese		Half \$4.50	Whole \$7.50
Premium Sandwich Meat: Turkey, Roast Beef, Bacon, Prosciutto, Corned Beef, or Pastrami (hot or cold)		\$5	\$8.50
Cheese: Provolone Swiss Cheddar	Mozzarella America Brie Homemade Borsin		
Vegetables: Lettuce Spinach Spring Mix Tomato Onion Red Onion Green Peppers	Roasted Red Peppers Black Olives Kalamata Olives Pickles Cucumbers Carrot Banana Peppers Pepperoncini Peppers		
+Extra Meat +Avocado +Extra Bacon +Extra Cheese	\$1.00 \$0.75 \$0.50 \$0.50		Per half
Condiments: Hot Cherry Pepper Relish Mayo Pesto Mayo Garlic Mayo Sun-Dried Tomato Mayo	Horseradish Mayo Yellow Mustard Spicy Dijon Mustard Honey Mustard Red Wine Vinegar Olive oil		

Make it a Combo!

Pick 2:
-Side Garden Salad
-Cup of Soup
-1/2 Deli Sandwich

Soup of the day!

Cup \$4.63 Bowl \$5.26
Check Facebook or our Specials Board for Today's Fresh Soups!