

Metcalf's Salads

Each salad is served with your choice of one of our homemade salad dressings: Blue Cheese, 1,000 Island, Italian, Balsamic Vinaigrette, Creamy Dill, or Oil and Vinegar

Garden Salad: Fresh spring mix, tomatoes, cucumbers, carrots, green peppers, and sliced onion	\$5.50
Chef Salad: Our Garden Salad with your choice of 1 cheese and 2 meats	\$7.50
Garden Salad with Tuna: Our Garden Salad topped with a generous helping of our homemade tuna salad	\$7.25
Garden Salad with Chicken: Our Garden Salad topped with a generous helping of our homemade chicken salad	\$7.25
Antipasto Salad: 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	\$7.50
Prosciutto Caprese Salad: Layers of fresh sliced tomato, soft mozzarella, and fresh basil leaves topped with shredded prosciutto and served with our homemade Balsamic Vinaigrette on the side	\$7.50

Kids' Menu

Grilled Cheese PB&J PB&Fluff Turkey and Cheese Ham and Cheese	\$5 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 leaves drizzled with our homemade balsamic vinaigrette	\$4.25	\$7.50
Paesano: Prosciutto, mozzarella, roasted red peppers, and spinach drizzled with our homemade balsamic vinaigrette	\$5	\$9
Julius: Thin sliced turkey, homemade balsamic onions, Honeycup mustard, and soft brie cheese	\$5.50	\$9.75
Wise Guy: Mortadella, salami, provolone, sundried tomatoes, and garlic mayo	\$5.50	\$10
Zap: Roast beef, sliced red onion, herbed cream cheese, and spinach	\$5.50	\$10
Hit Man: Spicy capicola, prosciutto, and pepperoni slices topped with hot cherry pepper relish, and provolone cheese	\$5.50	\$10
The Boss: Roast beef, bacon, blue cheese and balsamic onions, and sun-dried tomato mayo	\$5.75	\$10.50
Working Girl: Ham, cheddar cheese, sliced granny smith apple, and Honeycup mustard	\$4.75	\$8.50
Pesto: Homemade pesto with mozzarella, and provolone cheese	\$4.50	\$8
Jordan: Thin sliced turkey, bacon, american cheese, tomato, and mayo	\$5.50	\$9.75



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*
- ✓ *Soup, Salad & Sandwich Combos*
- ✓ *Daily Specials*
- ✓ **Gluten Free & Vegetarian Options**

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

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

49 Main St.
Damariscotta, Maine
(207) 563-SUBS

Metcalf's Classic Submarine Sandwiches

Most Submarines Include: lettuce, tomato, onion, olive oil, red wine vinegar, salt, pepper and oregano on a 6" or 12" white submarine roll (wheat rolls, wraps, and gluten free bread available upon request)

Make any ½ sub into a Salad!		Half	Whole
1.	Ham & Provolone	\$6	\$11
2.	Salami & Provolone	\$6	\$11
3.	Salami, Ham & Provolone	\$6.25	\$11.50
4.	Salami, Capicola & Provolone	\$6.25	\$11.50
5.	Ham, Capicola & Provolone	\$6.25	\$11.50
6.	Ham, Prosciutto & Provolone	\$6.25	\$11.50
7.	Ham & Swiss	\$6	\$11
8.	Roast Beef & Cheese	\$7.50	\$14
9.	Turkey & Cheese	\$7.50	\$14
10.	Ham, Turkey & Swiss	\$6.50	\$12
11.	Salami, Capicola, Prosciutto & Provolone	\$7	\$13
12.	B.L.T. & Cheese	\$6.50	\$12
13.	Tuna Salad – Homemade Using All White Meat	\$7	\$13
14.	All Cheese ~ Choose Any Two Cheeses	\$5.50	\$10
15.*	Our Homemade Meatballs with Homemade Tomato Sauce & Parmesan Cheese	\$6.50	\$12
16.*	Italian Sausage with Homemade Tomato Sauce, Sautéed Green Peppers & Onions & Parmesan Cheese	\$6.50	\$12
17.	Turkey, Avocado, Bacon & Swiss	\$7.50	\$14
18.*	Hot Reuben - Corned Beef, Swiss, Morse's Kraut & 1,000 Island Dressing	\$7.25	\$13.50
19.*	Hot Pastrami with Swiss Cheese, Tomato, Onion & Mustard	\$7.25	\$13.50
20.	Capicola, Prosciutto, Pepperoni, Ham & Provolone	\$7.50	\$14
21.	Mortadella, Salami & Provolone	\$6.50	\$12
22.	All Veggie with Hummus – Carrots, Cucumbers, Green Peppers, Tomato, Onion & Lettuce	\$5.50	\$10
23.*	Roast Beef, Bacon, Cheddar Cheese, & Cole Slaw with 1,000 Island Dressing	\$7.50	\$14
24.	Chicken Salad - Homemade Using All White Meat	\$7	\$13
25.*	Classic Maine Italian - Ham, American Cheese, Pickles, Olives, Green Peppers, Onion & Tomato	\$6	\$11

*only comes with ingredients listed unless otherwise requested

Build Your Own Deli Sandwich

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

Bread:	Marble Rye		
White	Gluten Free Bread		
Wheat	Wraps		
Standard Sandwich Meat:		Half	Whole
Ham, Salami, Capicola, Mortadella, Pepperoni, Liverwurst, Tuna Salad, Chicken Salad, or Pick a Second Cheese		\$4	\$7
Premium Sandwich Meat:			
Turkey, Roast Beef, Bacon, Prosciutto, Corned Beef, or Pastrami (hot or cold)		\$4.50	\$8
Cheese:	Mozzarella		
Provolone	America		
Swiss	Brie		
Cheddar	Homemade Borsin		
Vegetables:	Roasted Red Peppers		
Lettuce	Black Olives		
Spinach	Kalamata Olives		
Spring Mix	Pickles		
Tomato	Cucumbers		
Onion	Carrot		
Red Onion	Banana Peppers		
Green Peppers	Pepperoncini Peppers		
Add Extra Meat	\$2.00		
Add Avocado	\$1.25		
Add Extra Bacon	\$1.00		
Add Extra Cheese	\$1.00		
Condiments:	Horseradish Mayo		
Hot Cherry Pepper Relish	Yellow Mustard		
Mayo	Spicy Dijon Mustard		
Pesto Mayo	Honey Mustard		
Garlic Mayo	Red Wine Vinegar		
Sun-Dried Tomato Mayo	Olive oil		

Make it a Combo!

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

Soup of the day!

Cup \$4 Bowl \$5
 Check Facebook or our
 Specials Board for
 Today's Fresh Soups!