

## Salad Menu

### Chef Salad

Romaine Lettuce, Tomatoes, Onions, Hard Boiled Eggs, Turkey, Ham and Provolone, Suggested: Golden Italian Dressing. Med: \$9.25 Lg: \$13.40

### Caesar Salad

Romaine Lettuce, Croutons, Parmesan Cheese. Suggested: Creamy Caesar Dressing. Med: \$7.20 Lg: \$10.30.  
Add: Grilled Chicken for Med: \$4 Lg: \$6 Anchovies for \$3

### The Betabel Salad

Romaine Lettuce, Fresh Beets, Hard Boiled Eggs, Grape Tomatoes, Shredded Carrots, Suggested: P & M Italian Dressing.  
Sm: \$9.25 Lg: \$13.40

### Garden Salad

Mixed Greens, Tomatoes, Carrots, Walnuts, Peppers, Olives.  
Sm: \$6.99 Lg: \$9.99

### Baby Spinach a la P & M

Baby Spinach, Cranberries, Pecan, Apple, Red Onion, Carrots, Avocado, Suggested House dressing. Med: \$8.25 Lg: \$11.30  
Add: Grilled Chicken for Med: \$4 Lg: \$6

### Greek Salad

Mescaline, Cucumbers, Peppers, Tomatoes, Red Onion, Kalamata Olives, Feta Cheese. Suggested: P & M Italian Delux Dressing.  
Med: \$9.25 Lg: \$12.35

### Insalata Fresca

Mescaline, Strawberries, Apple, Craisins, Almond, Grilled Chicken  
Suggested: P & M Raspberry Vinaigrette Dressing.  
Med: \$11.30 Lg: \$14.40

### Grilled Ahi Tuna

Grilled Ahi Tuna, Mixed Greens Tomatoes, Red Onions, Cucumbers, Peppers, Suggested: Sesame Ginger Dressing.  
Med: \$13.40 Lg: \$17

### Black and Blue Salad

Mescaline greens, Cherry Tomatoes, Red Onions, Walnuts and Crumbled Blue Cheese topped w/ Grilled Marinated Sirloin Steak!!!  
Suggested: Our House Balsamic Vinaigrette.  
Med: \$13.40 Lg: \$17

### Cobb Salad

Romaine Lettuce, Tomato, Hard Boiled Egg, Avocado, Onion, Crumbled Blue Cheese, Bacon and Grilled Chicken  
Suggested: Ranch Dressing. Med: \$11.30 Lg: \$15.45

### Dressings

House (Balsamic Vinaigrette) Blue Cheese, Golden Italian, Ceasar, Olive Oil and Vinaigrette (Red Wine or Balsamic), Thousand Island, Raspberry Vinaigrette, Mandarin Orange, Sesame Ginger, Creamy Poppyseed, Ranch

OR CREATE YOUR OWN SALAD AT OUR FRESH FULL SERVE SALAD BAR!!!

\$8.99 lb. Add:

Grilled Chicken Sm: \$4 Lg: \$6

Steak Sm: \$5 Lg: \$7

Ahi Tuna Sm: \$5 Lg: \$7

## Breakfast

All breakfast sandwiches served on your choice of:  
Hard roll, Portuguese roll, white, wheat or rye toast. Bagel add \$.50

**One Egg & Cheese \$2.30**

**Two Eggs & Cheese \$3.10**

**One Egg, Meat & Cheese \$3.35**  
(sausage, bacon or ham)

**Two Eggs, Meat & Cheese \$3.85**  
(sausage, bacon or ham)

**Bagel w/ Cream Cheese \$2.30**

**Bagel or Roll w/ Butter \$1.80**

**Bagel w/Lox \$8.20**

(served w/ cream cheese & capers and red onion)

**Coffee or Tea**

(latte, cappuccino & espresso available)

**Home Made Muffins, Cookies, Bagels, Croissants,**

**Scones, Doughnuts & Pastries**

## Breakfast Wraps

**Healthy Choice \$5.65**

(grilled veggies, egg whites & lacey swiss cheese)

**Mexican Wrap \$5.10**

(2 eggs, mozzarella cheese & salsa)

**Down & Dirty \$5.10**

(Two eggs with your choice of bacon, sausage, ham and your choice of cheese. Add steak or pastrami \$1.50.)

**The Flag Wrap \$5.65**

(2 eggs, fresh mozzarella cheese, tomato, basil, salt, pepper & olive oil)

## Cold Specials

**American Combo**

Roast Beef, turkey, american cheese, baked ham  
Sub: \$9.80 Roll: \$7.20

**Bologna-n-Cheese**

Sub: \$6.20 Roll: \$5.15

**Capicola & Provolone**

Sub: \$8.25 Roll: \$6.20

**Cheese Combo**

Sub: \$6.20 Roll: \$5.15

**Ham & Cheese (The Old Fashion)**

Sub: \$7.20 Roll: \$5.15

**Italian Combo**

Ham, salami, provolone, capicola, pepperoni  
Sub: \$8.50 Roll: \$6.70

**Italian Combo Bomb**

w/ hot peppers & onions  
Sub: \$9.80 Roll: \$7.20

**Italian Flag**

Fresh mozz., fresh tomatoes, basil  
Sub: \$7.70 Roll: \$6.20

**Liverwurst-n-Cheese**

Sub: \$7.20 Roll: \$5.65

**Mortadella**

w/ fresh mozzarella  
Sub: \$8.75 Roll: \$6.70

**Prosciutto & Mozzarella**

Sub: \$9.80 Roll: \$7.70

**Roast Beef & Cheese**

Sub: \$9.25 Roll \$7.20

**Salami & Cheese**

Sub: \$7.70 Roll: \$5.65

**Tuna Melt**

w/ melted provolone  
Sub: \$8.75 Roll \$6.70

**Tuna Salad**

Sub: \$7.70 Roll \$6.20

**Turkey & Cheese**

Sub: \$8.25 Roll \$6.20

**Veggie**

Assorted grilled vegetables,  
choice of cheese. Sub: \$8.25 Roll: \$5.15



## CALL FOR TAKEOUT

### Hours:

Mon-Sat: 7 a.m. - 8 p.m.

Sunday: 7 a.m. - 6 p.m.

721 Orange Street, New Haven

phone: 203.865.1147

fax: 203.889.0249

[www.pmorangemarket.com](http://www.pmorangemarket.com)

[foodorders@pmorangemarket.com](mailto:foodorders@pmorangemarket.com)



## Hot Specials

### On a Sub or Roll

- |  |  |
|--|--|
| <b>Broccoli Rabe &amp; Sausage</b><br>\$8.25 \$6.20  | <b>The Classic</b> \$9.80 \$7.50<br>Eggplant parm. topped w/<br>chicken cutlet & melted<br>mozzarella cheese.  |
| <b>*Calamari</b> \$10.30 \$7.20  |  |
| <b>“The Big One” Cheeseburger</b><br>\$9.25 \$6.20<br>Hand pressed fresh ground beef<br>Sub: 16 oz. Roll: 8 oz.                      | <b>Eggplant Parmigiana</b> \$7.70 \$6.20   |
| <b>Chicken &amp; Broccoli</b> \$8.75 \$6.70<br>Chicken cutlet w/ broccoli  | <b>Hotdogs &amp; Potatoes</b> \$7.70 \$6.20  |
| <b>Chicken Brunello</b> \$8.75 \$6.70<br>Chicken cutlet w/ roasted peppers<br>& provolone  | <b>Lemon Chicken</b> \$8.25 \$6.20<br>Chicken tenders sautéed in a<br>lemon & white wine sauce   |
| <b>Chicken Cacciatore</b> \$7.70 \$6.20  | <b>Meatballs</b> \$8.25 \$6.20   |
| <b>Chicken Club</b> \$9.25 \$7<br>w/ BLT & mayo  | <b>Pastrami Melt</b> \$9.25 \$6.50   |
| <b>Chicken Flag</b> \$8.75 \$7<br>Chicken cutlet w/ fresh mozz.,<br>tomatoes, basil & olive oil                                      | <b>Pino’s Favorite</b> \$9.80 \$7.20<br>Prosciutto & ricotta al forno<br>(baked) w/ fresh tomatoes,<br>basil & oil   |
| <b>Chicken Flag a la P&amp;M</b> \$9.80 \$7.50<br>Chicken cutlet w/ fresh mozz.,<br>tomatoes, grilled eggplant,<br>basil & olive oil | <b>*Porketta</b> \$8.75 \$6.70<br>Boneless pork loin seasoned w/<br>fresh garlic, fennel seed, grated<br>cheese, & fresh parsley rolled in<br>bread crumbs |
| <b>Chicken Gaggiana</b> \$7.70 \$6.20<br>w/ roasted red peppers & spicy<br>gorgonzola sauce  | <b>Sausage &amp; Peppers</b> \$7.70 \$6.20   |
| <b>Chicken &amp; Onions</b> \$7.70 \$6.20  | <b>Steak Bomb</b> \$10.80 \$7.70<br>w/ pepperoni & hot cherry<br>peppers   |
| <b>Chicken Parmigiana</b> \$8.75 \$6.70  | <b>Steak &amp; Cheese</b> \$9.25 \$7.20<br>Additional items for<br>.75 sub & .50 roll  |
| <b>Chicken Sandrella</b> \$8.75 \$6.70<br>w/ chicken cutlet & broccoli rabe  | <b>Steak Deluxe</b> \$10.80 \$7.70<br>Roasted red peppers &<br>mushrooms   |
| <b>Chicken Santore</b> \$9.80 \$7.50<br>Chicken cutlet, pepperoni, roasted<br>red peppers, melted provolone &<br>honey mustard       | <b>Steak Pizzaiola</b> \$9.25 \$7.20   |
|  | <b>*Veal &amp; Mushrooms</b> \$8.25 \$6.50   |
|  | <b>Ribeye Steak Sub</b> \$11.85 \$8.75<br>Certified black Angus ribeye   |

Add cheese or any other additional items on any sandwich  
.75 sub .50 roll

\*These items are not available daily. Call to inquire for specials.

## Focaccia Sandwiches

- #1 - Turkey** \$8.25  
w/ roasted peppers & melted provolone
- #2- Prosciutto** \$9.80  
w/ fresh mozz., basil & fresh tomatoes
- #3 – Vesuvio** \$8.75  
Smoked turkey, broccoli rabe, cheddar cheese & kalamata olives
- #4 – Grilled Chicken** \$8.75  
w/ fresh mozz. & honey mustard dressing
- #5 – Grilled Eggplant** \$8.25  
Fresh mozz., fresh tomatoes & basil topped w/salt, pepper & olive oil
- #6 – The Flag** \$7.20  
Fresh mozz., fresh tomatoes & basil topped w/salt, pepper & olive oil
- #7 – Chicken Brunello** \$8.75  
Chicken cutlets w/ roasted peppers & melted provolone
- #8 – The Veggie** \$8.25  
Focaccia filled w/fresh veggies, choice of cheese,  
olive oil & balsamic vinegar
- #9 – Chicken Flag** \$9.25  
Chicken cutlet, fresh mozz., tomato, basil, salt, pepper & olive oil
- #10 Portabello** \$8.75  
Grilled portobellos, red peppers, gorgonzola, mescaline
- #11 – Chicken Pesto** \$8.75  
Grilled chicken pesto, sundried tomatoes, mescaline
- #12 – Manfro** \$9.80  
Grilled chicken, fresh grown red peppers, balsamic & prosciutto
- #13 – Latino** \$9.80  
Grilled chicken, french bistro ham, pickles, swiss cheese, mayo &  
sundried tomato pesto
- #14 – Italiano** \$9.80  
Parma prosciutto, sweet soprasotta, sharp provolone, tomatoes,  
roasted red peppers, basil & olive oil
- #15 – East Rocker** \$9.80  
Grilled chicken, sundried tomato pesto, goat cheese red onions &  
mixed greens

## Or Customize Your Own Focaccia

## Wrap Sandwiches

- Buffalo Chicken** \$8.25  
Chicken cutlet, buffalo sauce, american cheese, lettuce & blue cheese
- Grilled Chicken Caesar** \$8.25  
Grilled chicken, romaine croutons, grated romano & caesar dressing
- Chicken Club** \$9.25  
Chicken cutlet, bacon, cheese, lettuce & tomato
- Grilled Veggie** \$8.25  
Grilled assorted veggies, choice of cheese, fresh basil & balsamic vinegar
- P&M Steak-n-Cheese** \$10.80  
Steak, cheese, lettuce, tomato, grilled onions, mushrooms & mayo
- Tuna Melt** \$8.25  
Tuna, melted provolone, lettuce & tomato
- Turkey Club** \$8.75  
Turkey, cheese, bacon, lettuce & tomato
- The Greek** \$8.75  
Grilled chicken, lettuce, tomato, feta, kalamata olives & tazeki sauce
- The Roast Beast** \$9.80  
Homemade roast beef w/ swiss or muenster, lettuce, tomato, salt,  
pepper & horseradish sauce
- Mediterranean** \$8.25  
Turkey, avocado, artichoke hearts, basil, tomato, red onions  
& house dressing
- Smokin’ Good-ah-Chicken** \$8.25  
Grilled chicken, smoked gouda, hummus, roasted red peppers,  
mixed greens & red onions.
- Black Russian** \$9.25  
Roast beef, cole slaw, swiss and thousand island
- White Russian** \$9.25  
Turkey, cole slaw, swiss and thousand island

## Or Customize Your Own Wrap and it will be priced accordingly

## Homemade Soups

### Available Soups

Clam Chowder, Chicken, Pasta Fagoili, Minestrone, Escarole & Bean,  
Lobster Bisque, Chilli, Butternut Squash, Italian Wedding & More

Please call and inquire about our daily soup specials.

All soups are made Fresh

Sm. \$3.99 / Lg. \$4.99 / Quart \$8.99  
Prices subject to change



**\*\*\*Extra items will be priced accordingly\*\*\***