

*We Cater Any
and All Events!*



In a hurry call ahead.....
518-783-3000

Breakfast

Bagel/Hard Roll/Toast

w/ Butter \$1.50
w/ cream cheese or peanut butter
..... \$2.50

Muffins \$1.85

French Toast \$3.50
w/ side of meat \$5.50

Breakfast Sandwich

Egg & cheese \$3.25
w/ meat \$3.75
2 eggs, choice of meat (bacon,
ham, sausage) and cheese
served on a toasted hard roll

Spinach & Egg White Wrap

..... \$5.00
Fresh spinach, egg whites,
roasted red peppers, feta
cheese on a whole wheat wrap

Omelette-

Cheese omelette \$3.50
Cheese omelette w/
side of meat \$4.50
for additional toppings \$.75

Sides/Al a Carte

Home Fries \$1.50
Bacon (3 slices) \$2.00
Sausage (2 patties) \$2.00
1 Egg \$1.00
Cheese \$.50

Soups & Salads

Soup of the Day

Bowl \$3.95

Salad Bar Available

Price Dependent on Weight

**@ CAPITAL REGION
HEALTH PARK**

Deli Sandwiches

Turkey \$6.95
Ham \$6.95
Chicken Salad \$6.95
Tuna Salad \$6.95
Egg Salad \$6.95
Grilled Chicken \$6.95
Roast Beef \$6.95

Melts

Joey's Grilled Cheese

Layers of Melted Cheese \$5.00
With bacon \$6.50

Pesto Chicken Melt \$7.95

Grilled chicken with basil pesto,
roasted red peppers and provolone
cheese on choice of grilled bread

Highlander Roast Beef Melt

..... \$7.95
roast beef, grilled onions, swiss
and horseradish-mayo on choice of
grilled bread

All American Melt \$7.95

Ham, turkey, and American cheese
on choice of grilled bread

TBC Melt \$7.95

Turkey, bacon, cheddar and Russian
on choice of grilled bread

Signature Wraps &

Sandwiches

Joey G's Chicken Salad Wrap

..... \$7.95
Our signature chicken salad with
cranberry sauce, bacon, provolone,
and lettuce

Mediterranean Wrap \$7.95

Fresh spinach, roasted red peppers,
olives, cucumbers, artichokes,
tomatoes and feta cheese. Comes
with basil pesto.

Add Chicken \$2.00

Quesadilla \$7.95

Choice of chicken or vegetarian
option, prepared with peppers,
onions & cheese

Cheese only \$5.95

Philly Cheese Steak \$7.95

roast beef with grilled peppers,
onions and cheese

Joey's Big BLT \$6.95

(6 strips of bacon, lettuce, tomato
and mayo on toasted bread)

**All sandwiches come
with chips and pickle.**