



The Lunchbox

Market & Cafe

April 2011

4 GETTING READY!	5 GETTING READY!	6 Chicken Gumbo *Split Pea	7 *Beef and Barley *Hearty Vegetable	8 Clam Chowder *Black Bean and Rice
11 *Turkey Vegetable Beer Cheese Soup	12 *White Chili *Tomato Basil	13 Chicken Gumbo *Lentil	14 Corn Chowder *Chicken Rice Mushroom	15 Mushroom Barley Chicken Florentine
18 *Vegetable Beef Broccoli Cheese	19 Loaded Baked Potato *Hearty Vegetable	20 Chicken Gumbo *Split Pea	21 *Chicken Noodle *Jamaican Black Bean	22 CLOSED FOR GOOD FRIDAY
25 *Turkey Vegetable *Cream of Potato	26 *White Chili *Minestrone	27 Chicken Gumbo *Lentil	28 *Chicken Rice Mushroom *Mexi Chowder	29 Chicken Florentine *Tomato Basil

*Signifies a heart healthy option

Each day, the "Market" at BankEast will feature a hot entrée special, and a hot sandwich special.
For each day's offerings, visit us on Facebook or call 525-7421.

607 Market St.
Phone 525-7421, Fax 637-6712
M-F 10am-3pm

9050 Cross Park Dr.
Phone 690-5040, Fax 769-4273
M-F 8am-5:30pm

1225 E. Weisgarber Rd. #170
Phone 602-2232, Fax 602-2290
M-F 8am-3pm

2250 Sutherland Ave. #125
Phone 545-4545, Fax 545-4556
M-F 10am-3pm

SANDWICHES & WRAPS

- Smoked Turkey on Wheat 5.15
- Walnut Chicken Salad Pita 5.45
- Salad Sandwiches (Chicken, Light Chicken, Ham, Tuna, Egg, Pimento Cheese, Cream Cheese and Cucumber) 4.15
- Peanut Butter and Jelly 3.45
- Weekly Wrap Special 5.45
- Sandwich Special (prices vary)

Sandwich fillings: 4.50/half pint, 8.50/pint, 16.75/quart

SOUPS & CHILI

- Two daily-featured soups or Gazpacho:
2.50 cup, 3.75 bowl, 7.25 quart
- Red Chili 2.95 cup, 4.50 bowl, 8.50 quart

REAL DEAL MEALS

- Box Lunch w/ Chicken Salad Sandwich 7.25
- Cup of Soup & Tossed Salad 5.25
- Fruit & Scoop --OR--
Soup & Scoop w/ Chicken Salad or Tuna Salad 6.95
- Soup & Sandwich 6.25

****Add .40 with chili**

ENTREES

Daily Featured Entrée Specials

- Spaghetti w/ Meat Sauce 5.25
- Meat or Vegetable Lasagna 5.60
- Chicken Tetrzzini 5.25
- Chicken Enchiladas w/ Spanish Rice 6.25
- Spinach Enchiladas w/ Spanish Rice 6.25
- Two Serving Chicken or Spinach Enchiladas 9.25

EXTRAS

- Pumpkin, Apple Walnut, Blueberry, and Banana Nut Muffins 1.00/ea, 5.50/half doz., 10.75/doz.
- Cornbread Slice 1.00
- Yogurt 1.25
- Assorted Bottled Juices 1.35

**FRESH BREWED ICED TEA & FOUNTAIN DRINKS 1.59

DESSERT

- Cookies, Brownies, Pecan Bars 1.50/pack, 7.75/doz.
- Chocolate Cream Cheese Cupcakes 1.50/ea, 16.00/dozen
- Pound cake slice 1.50
- By-the-Slice pies and cakes 2.95
- **Whole pies and cakes available daily

SPECIALTY SALADS

Daily featured salad specials

- Taco Salad(includes fritos, cup of red chili, salsa & sour cream) 7.50
- Fajita Chicken Salad 6.95
- Salad Plus 6.95
- Cobb Salad 7.35
- Caesar Salad w/ Roasted Chicken and Croutons 6.95
- Strawberry Market Salad 6.25
- Tossed Salad 2.95
- Salad Special of the Week (prices vary)

SIDES

- Twice Baked Potato 3.25
- Roasted Vegetables 2.35
- Macaroni & Cheese 2.05
- Fresh Fruit Salad 2.75
- Very Berry Salad 2.95
- Pasta Salad 1.95
- Mom's Potato Salad 1.95
- Greek Orzo Salad 2.75

