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| Small | $120 z$ | $\$ 3.99$ |
| :--- | :---: | :---: |
| Large | $160 z$ | $\$ 4.99$ |
|  |  |  |
| Small Chili/Stew | $120 z$ | $\$ 5.59$ |
| Large Chili/Stew | $160 z$ | $\$ 6.99$ |


$200 z$ \$7.50 Extra Protein \$2.00 All smoothies are less than 400 Calories

## Choice of Liquid:

Milk, Almond Milk, Oat Milk or Water

## Berry Good

Mixed Berries \& Banana with 24 g of Whey Protein
Chocolate Peanut Butter
Chocolate \& Peanut Butter Powder with 24 g of Whey Protein

## Go Veggie

Coconut, Spinach, Kale, Banana \& Apples with 24g of Whey Protein

## Mango Tango

Mango, Pineapple \& Coconut with 24g of Whey Protein

## Monkey Business

Banana, Coconut, Yogurt, Chocolate \& Protein
Pumpkin Pie
Pumpkin, Yogurt, Spice \& Protein
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## The MARKET

## —AT PANTHER VALLEY —



Monday-Saturday 8am-7pm Sunday 10am-4pm

Visit 1579 County Road 517, Hackettstown NJ 07840

Call for Daily Specials 908-269-5731


Fall Apple Spinach, Apples, Blue Cheese
with Apple Cider Vinaigrette


Ancient Grain Bowls with Quinoa

## Mediterranean <br> \$13.99

Chick Peas, Cucumber, Tomatoes, Red Onion,
Olives, Feta with Yogurt Dressing

## Autumn

$\$ 13.99$
Roasted Butternut, Beets, Pumpkin Seeds, Dry Cranberries, Power Blend, Turmeric Cauliflower with Apple Cider Vinaigrette

| Add Chicken | $\mathbf{+ \$ 4 . 0 0}$ |
| :--- | ---: |
| Add Shrimp | $\mathbf{+} 6.00$ |
|  | $\$ 7.99$ |
| Tossed Salad | $\$ 12.99$ |



Prime Rib
\$12.99
Ciabatta, White American, Onion \& Mushrooms

## Eggplant Mozzarella

$\$ 11.99$
Roasted Red Peppers, Balsamic \& Baby Arugula

## Pulled Pork

## $\$ 9.99$

Tangy Carolina Gold BBO Sauce \& Spicy Asian Slaw on Brioche

## The Sloppy <br> $\$ 10.99$

Choice of Ham, Turkey, Roast Beef, or Pastram with Slaw, Swiss \& Russian on Rye

## Grilled Chicken

Avocado, Red Onion \& Spinach with Cilantro ime Mayo on a Croissant
The Boot

$\$ 10.99$

Ham, Salami, Mozzarella, Red Onion \& Arugula on a Ciabatta Roll with Choice of Veggie Spread or Hot Pepper Spread
$\$ 10.99$
 Ham on a Ciabatta Roll

## Big BLT <br> $\$ 8.99$

Bacon, Lettuce, Tomato \& Pesto Aioli on
Sourdough Bread
Italian Half \$6.99 Whole \$13.99
Ham, Salami, Capicola \& Provalone with Lettuce, Tomato, Onion, Oil, Vinegar \& Oregano on a Sub Rol
$\$ 9.99$


Cold Sandwiches
1/4lb Meat On:
Choice of Croissant, Bread, Round Roll or Wrap

Pick Your Toppings:
Lettuce, Tomato, Onion, Pickles, Hot Peppers
or Sweet Peppers
Cheese $+\$ 1.00$

| Ham | $\$ 6.99$ |
| :--- | ---: |
| Virginia Ham | $\$ 6.99$ |
| Turkey | $\$ 7.49$ |
| Roast Beef | $\$ 8.50$ |
| Salami | $\$ 6.99$ |
| Bologna | $\$ 6.49$ |
| Liverwurst | $\$ 6.49$ |
| Cappicola | $\$ 6.99$ |
| Pastrami | $\$ 7.49$ |
| Tuna Salad | $\$ 6.99$ |
| Egg Salad | $\$ 5.99$ |
| Chicken Salad | $\$ 6.99$ |
| Half Sub | $\mathbf{\$ 1 . 5 0}$ |
| Whole Sub | $\mathbf{\$ 7 . 0 0}$ |

