

**Welcome to John and Sons Fly Road Market!**



## **Full Menu**

**Catering at its finest.**

John and Sons is the home of the areas finest subs and sandwiches. Whether it's a quick breakfast, a hot lunch, or custom catering of your special event, John & Sons always aims to please with great food and **35 years** of warm, friendly service.

Feel free to browse through our menus, and email us at:

[info@johnandsons.com](mailto:info@johnandsons.com).

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

### **Hours of Operation:**

<b>Monday – Friday:</b>	<b>5:00 am – 6:00 pm</b>
<b>Saturday:</b>	<b>6:00 am – 2:00 pm</b>
<b>Sunday:</b>	<b>Closed</b>

**Telephone: 463-8907 or 463-8908**

**Fax: 463-4260**

**All major credit cards and debit cards are accepted. ATM is available. Fax or phone in orders is welcome. Delivery service is available with a minimum \$25.00 order.**

# Breakfast

## Breakfast Items:

- **1 Egg** with cheese: \$1.50  
1 Egg, Cheese on a Bagel \$2.00
- **1 Egg**, melted cheese, choice of ham, sausage or bacon, on a roll, or an English muffin: \$2.75
  - On bread or bagel: \$3.25
- **2 Eggs**, melted cheese, choice of ham, sausage, or bacon, on a roll, or an English muffin: \$3.25
  - On bread or bagel: \$3.75
- **2 Eggs, Cheese, 3 meats on a roll** \$5.25
- **4 Eggs, Cheese, 3 Meats on a Sub** \$5.89
- **4 Eggs, 8 Bacon Cheddar** \$6.00
- **Bagels:**
  - With butter: \$1.89
  - With cream cheese: \$1.89
  - With peanut butter: \$1.89
- **Toast:** \$ .75
  - With cream cheese: \$1.25
  - With peanut butter: \$1.25
- **English Muffin:** w/butter \$ 0.99
  - With cream cheese, peanut butter, or jelly: \$1.25
- **French Toast:** 2 slices for \$3.50
- **Stuffed French Toast** with ham, bacon or sausage: \$5.50
- **Pancakes:** 2 for \$3.50
- **3 Egg western omelet** with mushrooms, ham, onions, peppers and cheese: \$4.99
- **3 Egg Greek omelet** with spinach, olives and feta cheese: \$4.99
- **3 Egg deluxe omelet** with ham, sausage patty or bacon, plus two toppings: \$4.99
- **3 Egg omelet** with cheese: \$3.99
- **Fretta:** two eggs and home fries with ham, peppers, onions, mushrooms, pepperoni, broccoli, and cheese: \$4.99
- **Home Fries** \$1.99
- **Ham, Sausage, or Bacon:** \$2.00
- **Steak:** \$3.00
- **Cheese:** (per slice) \$0.40

## Pizza and Breakfast Pizza:

(Allow approx. 30 minutes from order time)

### Half Sheet Topping \$1.50

Cheese	\$ 15.00
One Topping	\$ 16.50
Two Toppings	\$ 18.00
Three Toppings	\$ 19.50
Four Toppings	\$ 21.00
Five Toppings	\$ 22.50
Six Toppings	\$ 24.00

### Full Sheet Toppings \$ 2.50

Cheese	\$ 21.00
One Topping	\$ 23.50
Two Toppings	\$ 26.00
Three Toppings	\$ 28.50
Four Toppings	\$ 31.00
Five Toppings	\$ 33.50
Six Toppings	\$ 36.00

Prices are subject to change without notice. BM: 01/01/13

# Salads

## **Garden Salad:**

Lettuce served with carrots, green peppers, cucumbers, tomatoes and black olives. **\$5.50**

## **Greek Salad:**

Everything that you love in the Garden Salad, with feta cheese. **\$6.50**

## **Julienne Salad:**

Everything that you love in the Garden Salad, with turkey & cheese. **\$6.99**

## **Antipasta Salad:**

Everything that you love in the Garden Salad, with Pepperoni, Ham, Cheese, & Peppercini **\$7.99**

## **Grilled Chicken Salad:**

Everything that you love in the Garden Salad, with a piece of grilled chicken breast and croutons. **\$6.99**

## **Combo Salad:**

Cottage cheese, tuna salad, macaroni salad and fruit salad served on a bed of lettuce. **\$7.99**

## **Caesar Salad:**

Romaine lettuce served with an egg, tomatoes, croutons, black olives, bacon and shredded cheese. **\$6.99**

## **Chicken Caesar Salad:**

Romaine lettuce served with an egg, tomatoes, croutons, black olives, with grilled chicken breast. **\$6.99**

## **Beef or Chicken Taco Salads:**

Lettuce served with carrots, green peppers, tomatoes, sharp cheese, black olives, onions, and seasoned beef or chicken. **\$6.99**

## **Mandarin Orange Chicken Salad:**

Lettuce served with grilled chicken, Cranberries, Raisins, nuts, and Mandarin oranges. **\$6.99**

## **Buffalo Chicken Salad:**

Lettuce, Tomatoes & Celery with strips of Buffalo Chicken Tenders **\$6.99**

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# Wrap Sandwiches

Wraps are \$5.95

## **Chicken Wraps:**

**Chicken Caesar:** lettuce, tomato, Caesar dressing, shredded Parmesan cheese, and grilled chicken

**Chicken Ranch:** lettuce, tomato, onion, ranch dressing, deli chicken

**Buffalo Chicken:** lettuce, tomato, celery, hot sauce, chicken

**Mandarin Chicken:** lettuce, Mandarin orange slices, grilled chicken, nuts, Craisins, & raisins

**Chicken Salad:** lettuce, tomato, chicken salad

**Oriental Chicken:** oriental marinated chicken, oriental vegetables

## **Vegetable Wraps:**

**Greek:** lettuce, tomato, onions, banana pepper rings, sliced olives, red peppers, fetta cheese, Italian dressing

**Roasted Peppers and Onions:** lettuce, tomato, red peppers, mushrooms, Italian dressing

## **Meat Wraps:**

**Cajun Turkey:** lettuce, tomato, cheddar cheese, Cajun Turkey

**Roast Beef & Cheddar:** lettuce, tomato, Horseradish, cheddar, roast beef

**BLT:** bacon, lettuce, tomato, mayonnaise

**Turkey and Swiss:** lettuce, tomato, honey mustard or mayo, turkey, Swiss

**Turkey Club:** lettuce, tomato, bacon, American cheese, turkey

**Italian Mix:** lettuce, tomato, Italian dressing, provolone cheese, Cappelletti, salami

**Ham Salad:** lettuce tomato, ham salad

**Tuna Salad:** lettuce, tuna salad

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# Hot Lunches

- **Meatball Sub:** \$5.25
- **Gianelli Sausage:**  
(with peppers & onions): \$5.25
- **Kielbasa & Sauerkraut:** \$5.25
- **Chicken Tender Sub:** \$5.25
- **BBQ Sub:**  
(Chicken, beef or pork): \$5.95
- **Meatloaf Sandwich:** \$5.95
- **Hot Pepperoni Sub:** \$5.95
- **Grilled Chicken Sandwich:** \$4.95

## From the Grill:

- **Grilled Rueben:** \$5.95
- **Philly Cheese Steak:** \$6.50
- **Philly Cheese Chicken:** \$6.50
- **Tuna Melt:** \$5.95
- **Grilled Ham & Cheese:** \$5.95
- **BBQ Chicken Breast:** \$4.95
- **Hoffman Hot Dogs:** \$2.00
- **Hamburgers:** (1/3 lb) \$3.50  
(On a toasted bun with lettuce,  
tomato and onion)  
Cheese: \$.25  
Extra Hamburger: \$1.50
- **Fresh Fried Haddock:**  
(Fridays only)  
Sandwiches: \$5.95  
Dinners: \$6.99

## Soups & Chili:

- **Soups & Chili:**
- - Small: \$2.99
  - Large: \$3.50
- **NE Clam Chowder:**  
(Fridays Only)  
Medium: \$2.99  
Large: \$3.50

## Chicken, Ribs & Potatoes:

- **Chicken by the Piece:**  
Breast: \$3.50  
Thigh: \$1.45  
Leg: \$1.09  
Wing: \$ .65
- **Taster:**  
(Breast, potato logs & roll): \$5.25
- **Snack:**  
(Breast, leg, potato logs & roll):  
\$6.25
- **Dinner:**  
(Breast, thigh, leg, potato logs, &  
roll) \$6.99
- **Potato Logs:**  
Six: \$ 1.25  
Ten: \$ 1.99

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*BM 01/01/13*

# Lunch Sandwiches

## Cold Sandwiches and Subs:

**Breads:** White, Whole Wheat, Light Rye, Pumpernickel, Marble Rye

**Toppings:** Lettuce, tomato, and onions included. Cheese add \$.40

	½ Sub	8' Sub	½ Sandwich	Sandwich
BLT	\$3.90	\$5.25	\$3.90	\$4.70
Bologna	\$3.90	\$5.25	\$3.90	\$4.30
Cappocola	\$3.90	\$5.25	\$3.90	\$4.70
Cheese	\$3.90	\$5.25	\$3.90	\$4.30
Chicken Breast	\$3.90	\$5.25	\$3.90	\$4.70
Chicken Salad	\$3.90	\$5.25	\$3.90	\$4.70
Cooked Salami	\$3.90	\$5.25	\$3.90	\$4.70
Corned Beef	\$3.90	\$5.25	\$3.90	\$4.70
Imitation Crab	\$3.90	\$5.25	\$4.30	\$5.25
Egg Salad	\$3.90	\$5.25	\$3.90	\$4.30
Genoa Salami	\$3.90	\$5.25	\$3.90	\$4.70
Hard Salami	\$3.90	\$5.25	\$3.90	\$4.70
Ham	\$3.90	\$5.25	\$3.90	\$4.70
Ham Salad	\$3.90	\$5.25	\$3.90	\$4.70
Liverwurst	\$3.90	\$5.25	\$3.90	\$4.30
Beef Pastrami	\$3.90	\$5.25	\$3.90	\$4.70
Turkey Club	\$4.25	\$6.95	\$4.25	\$6.50
Pastrami	\$3.90	\$5.25	\$3.90	\$4.70
Peppered Turkey	\$3.90	\$5.25	\$3.90	\$5.25
Pepperoni	\$3.90	\$5.25	\$3.90	\$4.70
Pork	\$3.90	\$5.25	\$3.90	\$4.70
Roast Beef	\$3.90	\$5.25	\$3.90	\$4.70
Smoked or Cajun Turkey	\$4.25	\$6.95	\$4.25	\$6.50
Tuna Salad	\$3.90	\$5.25	\$3.90	\$4.70
Vegetarian	\$3.90	\$4.30	\$3.90	\$4.30
Italian Mix	\$4.25	\$6.95	\$4.25	\$6.50

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