



J. Michael's PHILLY DELI



Healthy Choice Menu Options

Salads

Build Your Own Salad: Add Your Own Toppings to Any Salad or Sandwich

Bell peppers, mushrooms, black olives, banana peppers, sweet peppers, carrots, onions and jalapeno peppers

Cheese choices: American, Provolone, Mozzarella, Swiss or Shredded Cheddar

Steak • Chicken Steak (Breast Meat)

Shredded lettuce, diced tomatoes, onions (raw or cooked in J. Michael's Special Seasoning)

Your choice of 5 oz. Homemade Lo-Cal Tuna or Chicken Salad • 4 oz. Grilled Chicken Breast Salad

Shredded lettuce, tomato wedges, hard boiled egg, croutons and a kosher dill pickle wedge

Dinner Salad

Shredded lettuce, diced tomatoes, bell peppers, shredded carrots, cucumbers and croutons

Chef Salad

Shredded lettuce, tomato wedges, hard boiled egg, meat and cheese rolls, bell peppers, olives, cucumbers and croutons

Sandwiches

Grilled Chicken Sandwich

Veggie Burger

Veggie Hoagie (cold) or Grinder (baked)

Bell peppers, mushrooms, black olives, banana peppers, sweet peppers, lettuce, tomato, carrots, onions and jalapeno peppers

Your choice of Tuna • Chicken Salad • Traditional Reuben • Turkey Reuben

served on a roll or your choice of bread

**\$1.00
OFF YOUR NEXT HEALTHY CHOICE OPTION**

Porters Neck

8232 Market St. • 686-0070

Early Bird Specials: 3pm to 5pm

Mon-Tues-Wed

Combo It Up!

Save up to \$1.80 on a large
combo with this coupon!



Monkey Junction 609 Piner Rd. • 332-5555

Night Owl Specials: 7pm to 9pm

Sun-Mon-Tues

Hanover Center 3501 Oleander Dr. • 763-6466

Night Owl Specials: 7pm to 9pm

Sun-Mon-Tues

Limit one (1)

coupon per order.

ONE DOLLAR