

SALADS

[Garden] \$6 / side \$3
chopped romaine, grape tomatoes, English cucumbers,
shredded carrots, red onion
w/ Italian dressing

[Caesar] \$6
chopped romaine, shredded parmesan,
house pumpernickel croutons
w/ Caesar dressing

[Buffalo] \$6
chopped romaine, grape tomatoes, celery,
red onion, buffalo sauce
w/ crumbled bleu cheese dressing

[Savannah] \$7
baby spinach, mandarin oranges, goat cheese
w/ honey bacon dressing

[Roquette] \$7
baby arugula, sliced sweet Asian pear,
goat cheese, candied walnuts
w/ balsamic vinaigrette

[California] \$8
chopped romaine, grape tomatoes, avocado,
roasted corn, diced Swiss cheese
w/ ranch dressing

[Alexandria] \$8
chopped romaine, baby spinach, grape tomatoes, English
cucumbers, red onion, chickpeas, crumbled feta
w/ tzatziki dressing

ADD

Grilled Chicken +3.75 | Roasted Tofu +2.50
Tuna Salad +2.50 | Chopped Bacon +2.00
Hard Boiled Egg +1.00 ea.

**BRINGING THE KIDS?
ASK TO SEE OUR 'SMALL BITES' MENU!**

***TO HELP US SERVE YOU BEST, PLEASE LET US KNOW IF YOU
HAVE ANY FOOD ALLERGIES OR SPECIAL DIETARY NEEDS.**

THE GOOD STUFF

Choose your "delivery method" of choice and
let us know if you'd like it **cold or grilled**.
All sandwiches served with your choice of side.

NY Multigrain | NY Ciabatta Roll | Wrap (white/wheat)
Pretzel Roll (+.85) | Gluten Free Bread* (+1.25)
Gluten Free Wrap* (+1.75)

#1 [The Douglas] \$9.5
all natural turkey breast, baby spinach, fresh mozzarella,
cranberry-jalapeño relish

#2 [The Rittenhouse] \$9.5
all natural smoked ham, baby arugula, Vermont aged
cheddar, apple-mustard slaw

#3 [The Matador] \$9.5
our own house roast beef, chipotle gouda, freshly roasted
red peppers, horseradish mayo

#4 [The Fisherman] \$9
tuna salad, Applewood smoked bacon, sliced tomato,
romaine, roasted corn

#5 [Cyprus Garden] \$9
grilled eggplant and zucchini, freshly roasted red peppers,
chickpea smash, crumbled goat cheese

#6 [The Vito] \$10.5
grilled chicken, baby spinach, freshly roasted red peppers,
fresh mozzarella, balsamic vinaigrette, basil-arugula pesto

#7 [Mesa Verde] \$10.5
grilled chicken, Applewood smoked bacon, fresh
pico de gallo, avocado, pepper jack cheese

#8 [Buffalo Chicken] \$10
grilled chicken, romaine, celery, red onion, crumbled
bleu cheese dressing, buffalo sauce

#9 [Caesar Chicken] \$10
grilled chicken, romaine, shredded parmesan, house
pumpernickel croutons, Caesar dressing

#10 [Savannah Chicken] \$10
grilled chicken, baby spinach, mandarin oranges, crumbled
goat cheese, honey bacon dressing

#BCB [Buffalo Chicken Bacon] \$9.5
grilled chicken, Applewood smoked bacon, VT cheddar,
chipotle aioli, buffalo sauce

The Classic

Build your own! For the purist at heart.
Starts at \$6.75

Choose your protein:
Ham | Turkey | Roast Beef | Tuna | Grilled Vegetables
Roasted Tofu (+1.25) | Grilled Chicken Breast (+1.50)

Serve it up on:
NY Multigrain | NY Ciabatta Roll | Wrap (white/wheat)
Pretzel Roll (+.85) | Gluten Free Bread* (+1.25)
Gluten Free Wrap* (+1.75)

Cheese please:
American | Swiss | Provolone | Pepper jack

Additions:
Romaine | Tomatoes | Red Onion | Mayo
Mustard (yellow, honey, or whole grain) | Horseradish Mayo
O&V (Extra Virgin Olive Oil & Balsamic Vinegar)
any gourmet ingredients subject to additional charge

All sandwiches served with your choice of side.

**GRAB CHIPS AND A DRINK*
TO MAKE IT A COMBO!
+ 2.50**

ET CETERA

[Soup of the Day] Small \$4 / Large \$5
add a half ciabatta roll + .50

[Deli Salad]
Small \$2.50 / Medium \$4.75 / Large \$8.00

[Nutella Panini] \$5
chocolate hazelnut spread on your choice of bread

[Good Guy Grilled Cheese] \$5
your choice of any 3 cheeses on the menu

[Quesadilla] \$4
with pepper jack cheese and chipotle aioli
[add grilled chicken +3.75]

[The Bronut] \$7
grilled chicken, Applewood smoked bacon, VT cheddar on a
grilled New York glazed donut!
Try a **Breakfast Bronut** with Fried Eggs!

[Fifty/Fifty] *Price varies*
Any combination of ½ sandwich, ½ salad, or small soup
[does not include breakfast or wraps]

ALL DAY BREAKFAST

All breakfast options come with 3 cage-free eggs.
Substitute egg whites or tofu scramble for additional \$.75

On your choice of:

NY Multigrain | NY Ciabatta Roll | Wrap (white/wheat)
Pretzel Roll (+.85) | Gluten Free Bread* (+1.25)
Gluten Free Wrap* (+1.75)

#1AM

all natural turkey, baby spinach, cranberry-jalapeno relish, fresh mozzarella [\$7.5]

#2AM

all natural ham, baby arugula, apple-mustard slaw, Vermont cheddar [\$7.5]

#3AM

roast beef, roasted red peppers, horseradish mayo, chipotle gouda [\$7.5]

#5AM

grilled zucchini and eggplant, roasted red peppers, balsamic, goat cheese [\$7.5]

#BEC

applewood smoked bacon, American cheese [\$7]

#HEC

all natural smoked ham, American cheese [\$7]

#6AM

roasted red peppers, pesto, baby spinach, balsamic, fresh mozzarella [\$8]

#7AM

applewood smoked bacon, pico de gallo, avocado, pepper jack [\$8]

#10AM

baby spinach, orange marmalade, honey bacon drizzle, goat cheese [\$8]

#BUFFALO EGG

applewood smoked bacon, buffalo sauce, chipotle aioli, Vermont cheddar [\$8]

#SEC

local Longhini sausage, American cheese [\$7]

#TEC

fresh sliced tomato, American cheese [\$6]

QUINOA BOWLS

Each bowl served with a blend of Quinoa and 2 fried cage-free eggs.

Mesa Bowl [\$8]

baby arugula, pico de gallo, avocado, roasted corn, pickled red onions, sriracha drizzle

Alex Bowl [\$8]

baby spinach, roasted chickpeas, crumbled feta, cucumbers, shredded carrots, tzatziki dressing

- Coming Soon -

Follow us online for more featured bowls!

OUR MISSION

We strive to serve you with excellence. Whether it's quality ingredients like our fresh baked bread from New York, local produce throughout the year, or a smile at the door - we want you to feel appreciated, valued, and (of course) well-fed.

ADVOCACY

Modern day slavery still exists. And it's larger than ever.

We are committed to supporting the fight against human trafficking by donating a portion of every sale to those working for justice in CT and around the globe. To find out more about how you can help, and to be a voice for the voiceless, visit our website.
[wallingforeatery.com]

"We are not satisfied and will not be satisfied until justice rolls down like water and righteousness like a mighty stream."
- MLK Jr.

SOCIAL

Follow us online to keep up with monthly events and current specials!

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THE EATERY OF WALLINGFORD

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65 SOUTH COLONY STREET
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WALLINGFORDEATERY.COM

