Salad Menu

Chef Salad

Caesar Salad

The Betabel Salad

Garden Salad

Baby Spinach a la P & M

Greek Salad

Insalata Fresca

Grilled Ahi Tuna

Black and Blue Salad
Mescalin greens, Cherry Tomatoes, Red Onions, Walnuts and Crumbled Blue Cheese topped w/ Grilled Marinated Sirloin Steak!!! Suggested: Our House Balsamic Vinaigrette. Med: $13.40 Lg: $17

Cobb Salad
Romaine Lettuce, Tomato, Hard Boiled Egg, Avocado, Onion, Crumbled Blue Cheese, Bacon and Grilled Chicken. Suggested: Ranch Dressing. Med: $11.30 Lg: $15.45

Dressings
House (Balsamic Vinaigrette) Blue Cheese, Golden Italian, Caesar, Olive Oil and Vinaigrette (Red Wine or Balsamic), Thousand Island, Raspberry Vinaigrette, Mandarin Orange, Sesame Ginger, Creamy Poppyseed, Ranch

OR CREATE YOUR OWN SALAD AT OUR FRESH FULL SERVE SALAD BAR!!!

$8.99 lb. Add:
Grilled Chicken Sm: $4 Lg: $6
Steak Sm: $5 Lg: $7
Ahi Tuna Sm: $6 Lg: $7

Salad Menu

Breakfast

All breakfast sandwiches served on your choice of:
Hard roll, Portuguese roll, white, wheat or rye toast. Bagel add $1.50

One Egg & Cheese $2.30
Two Eggs & Cheese $2.60
One Egg, Meat & Cheese $3.35
(Two eggs with your choice of bacon, sausage, ham and your choice of cheese. Add steak or pastrami $1.50)

Bagel w/ Cream Cheese $2.30
Bagel or Roll w/ Butter $1.80

Healthy Choice $6.65
(Grilled veggies, egg whites & lacey swiss cheese)

Mexican Wrap $6.10
(2 eggs, mozzarella cheese & salsa)

Cold Specials

American Combo
Roast Beef, turkey, american cheese, baked ham
Sub: $8.80 Roll: $7.20

Bologna-n-Cheese
Sub: $8.25 Roll: $6.20

Capiccola & Provolone
Sub: $8.25 Roll: $6.20

Cheese Combo
Sub: $6.20 Roll: $5.15

Ham & Cheese (The Old Fashion)
Sub: $7.20 Roll: $5.15

Italian Combo
Ham, salami, provolone, capiccoola, pepperoni
Sub: $8.50 Roll: $6.70

Italian Combo Bomb
w/ hot peppers & onions
Sub: $9.80 Roll: $7.20

Italian Flag
Fresh mozz., fresh tomatoes, basil
Sub: $7.70 Roll: $6.20

Liverwurst-n-Cheese
Sub: $7.20 Roll: $5.65

Mortadella
w/ fresh mozzarella
Sub: $8.75 Roll: $6.70

Prosciutto & Mozzarella
Sub: $8.80 Roll: $6.80

Roast Beef & Cheese
Sub: $9.25 Roll $7.20

Salami & Cheese
Sub: $7.70 Roll $5.65

Tuna Melt
w/ melted provolone
Sub: $8.25 Roll $6.20

Tuna Salad
Sub: $7.70 Roll $6.20

Veggie
Assorted grilled vegetables, choice of cheese. Sub: $8.25 Roll: $5.15

CALL FOR TAKEOUT

Hours:
Mon-Sat: 7 a.m. - 8 p.m.
Sunday: 7 a.m. - 6 p.m.
721 Orange Street, New Haven
phone: 203.865.1147
fax: 203.889.0249
www.pmorangemarket.com
foodorders@pmorangemarket.com
Hot Specials

On a Sub or Roll

Broccoli Rabe & Sausage $8.25 $6.20

*Calamari $10.30 $7.20

“The Big One” Cheeseburger $9.25 $6.20
Hand pressed fresh ground beef
Sub: 16 oz. Roll: 8 oz.

Chicken & Broccoli $8.75 $6.70
Chicken cutlet w/ broccoli

Chicken Brunello $8.75 $6.70
Chicken cutlet w/ roasted peppers & provolone

Chicken Cacciatore $7.70 $6.20

Chicken Club $9.25 $7
w/ BLT & mayo

Chicken Flag $8.75 $7
Chicken cutlet w/ fresh mozz., tomatoes, basil & olive oil

Chicken Flag a la P&M $9.80 $7.50
Chicken cutlet w/ fresh mozz., tomatoes, grilled eggplant, basil & olive oil

Chicken Gaggiana $7.70 $6.20
w/ roasted red peppers & spicy gorgonzola sauce

Chicken & Onions $7.70 $6.20

Chicken Parmigiana $8.75 $6.70
w/ chicken cutlet & broccoli rabe

Chicken Sandrella $8.75 $6.70
w/ chicken cutlet & broccoli rabe

Chicken Santore $9.80 $7.50
Chicken cutlet, pepperoni, roasted red peppers, melted provolone & honey mustard

The Classic $9.80 $7.50
Eggplant parm. topped w/ chicken cutlet & melted mozzarella cheese.

Eggplant Parmigiana $7.70 $6.20

Hotdogs & Potatoes $7.70 $6.20

Lemon Chicken $8.25 $6.20
Chicken tenders sauteed in a lemon & white wine sauce

Meatballs $8.25 $6.20

Pastrami Melt $9.25 $6.50

Pino’s Favorite $9.80 $7.20
Prosciutto & ricotta al forno (baked) w/ fresh tomatoes, basil & oil

#1 - Turkey $8.25
w/ roasted peppers & melted provolone

#2 - Prosciutto $9.80
w/ fresh mozz., basil & fresh tomatoes

#3 – Vesuvio $8.75
Smoked turkey, broccoli rabe, cheddar cheese & kalamata olives

#4 – Grilled Chicken $8.75
w/ fresh mozz. & honey mustard dressing

#5 – Grilled Eggplant $8.25
Fresh mozz., fresh tomatoes & basil topped w/salt, pepper & olive oil

#6 – The Flag $7.20
Fresh mozz., fresh tomatoes & basil topped w/salt, pepper & olive oil

#7 – Chicken Brunello $8.75
Chicken cutlets w/ roasted peppers & melted provolone

#8 – The Veggie $8.25
Focaccia filled w/fresh veggies, choice of cheese, olive oil & balsamic vinegar

#9 – Chicken Flag $9.25
Chicken cutlet, fresh mozz., tomato, basil, salt, pepper & olive oil

#10 Portabello $8.75
Grilled portabellos, red peppers, gorgonzola, mescaline

#11 – Chicken Pesto $8.75
Grilled chicken pesto, sundried tomatoes, mescaline

#12 – Manfro $9.80
Grilled chicken, fresh grown red peppers, balsamic & prosciutto

#13 – Italiano $8.80
Grilled chicken, french bistro ham, pickles, swiss cheese, mayo & sundried tomato pesto

#14 – Italiano $8.80
Parma prosciutto, sweet soprasotta, sharp provolone, tomatoes, roasted red peppers, basil & olive oil

#15 – East Rocker $9.80
Grilled chicken, sundried tomato pesto, goat cheese red onions & mixed greens

Or Customize Your Own Focaccia

***Extra items will be priced accordingly***

*These items are not available daily. Call to inquire for specials.

Focaccia Sandwiches

#1 - Turkey $8.25
w/ roasted peppers & melted provolone

#2 - Prosciutto $9.80
w/ fresh mozz., basil & fresh tomatoes

#3 – Vesuvio $8.75
Smoked turkey, broccoli rabe, cheddar cheese & kalamata olives

#4 – Grilled Chicken $8.75
w/ fresh mozz. & honey mustard dressing

#5 – Grilled Eggplant $8.25
Fresh mozz., fresh tomatoes & basil topped w/salt, pepper & olive oil

#6 – The Flag $7.20
Fresh mozz., fresh tomatoes & basil topped w/salt, pepper & olive oil

#7 – Chicken Brunello $8.75
Chicken cutlets w/ roasted peppers & melted provolone

#8 – The Veggie $8.25
Focaccia filled w/fresh veggies, choice of cheese, olive oil & balsamic vinegar

#9 – Chicken Flag $9.25
Chicken cutlet, fresh mozz., tomato, basil, salt, pepper & olive oil

#10 Portabello $8.75
Grilled portabellos, red peppers, gorgonzola, mescaline

#11 – Chicken Pesto $8.75
Grilled chicken pesto, sundried tomatoes, mescaline

#12 – Manfro $9.80
Grilled chicken, fresh grown red peppers, balsamic & prosciutto

#13 – Italiano $8.80
Grilled chicken, french bistro ham, pickles, swiss cheese, mayo & sundried tomato pesto

#14 – Italiano $8.80
Parma prosciutto, sweet soprasotta, sharp provolone, tomatoes, roasted red peppers, basil & olive oil

#15 – East Rocker $9.80
Grilled chicken, sundried tomato pesto, goat cheese red onions & mixed greens

Or Customize Your Own Focaccia

Wrap Sandwiches

Buffalo Chicken $8.25
Chicken cutlet, buffalo sauce, american cheese, lettuce & blue cheese

Grilled Chicken Caesar $8.25
Grilled chicken, romaine croutons, grated romano & caesar dressing

Chicken Club $9.25
Chicken cutlet, bacon, cheese, lettuce & tomato

Grilled Veggie $8.25
Grilled assorted veggies, choice of cheese, fresh basil & balsamic vinegar

P&M Steak-n-Cheese $10.80
Steak, cheese, lettuce, tomato, grilled onions, mushrooms & mayo

Tuna Melt $8.25
Tuna, melted provolone, lettuce & tomato

Turkey Club $8.75
Turkey, cheese, bacon, lettuce & tomato

The Greek $8.75
Grilled chicken, lettuce, tomato, feta, kalamata olives & tazeki sauce

The Roast Beast $9.80
Homemade roast beef w/ swiss or muenster, lettuce, tomato, salt, pepper & horseradish sauce

Mediterranean $8.25
Turkey, avocado, artichoke hearts, basil, tomato, red onions & house dressing

Smokin’ Good-ah-Chicken $8.35
Grilled chicken, smoked gouda, hummus, roasted red peppers, mixed greens & red onions.

Black Russian $9.25
Roast beef, cole slaw, swiss & thousand island

White Russian $9.25
Turkey, cole slaw, swiss & thousand island

Or Customize Your Own Wrap
and it will be priced accordingly

Homemade Soups

Available Soups
Clam Chowder, Chicken, Pasta Fagioli, Minestrone, Escarole & Bean, Lobster Bisque, Chilli, Butternut Squash, Italian Wedding & More

Please call and inquire about our daily soup specials.
All soups are made Fresh

Sm. $3.99 / Lg. $4.99 / Quart $8.99
Prices subject to change