



PLAZA-MIDWOOD
 2007 COMMONWEALTH AVE
 Deli- (704) 334-5991

SOUTHEND
 235 WEST TREMONT AVE
 SUMMER 2017


OAKWOLD
 4420a MONROE RD
 SPRING 2017

COMMONMARKETISGOOD.COM

Somebody's Making
BREAKFAST

- THE B-FAST SAMMY** 4.75
 Carb, Egg*, Cheese, Protein - you pick'em
 additional items @ market price
- BAGEL NAKED** 1.25 OR w/BLING 2.00
 Cream Cheese, Hummus, Peanut Butter, Honey, Jam,
 Butter or Nutella
- GREENS 'N STUFF** 5.50
 Egg*, Avocado, Baby Spinach, Alfalfa Sprouts, Swiss Cheese
 and Vegenaise on your choice of Carb
- BREAKFAST CAPRI** 5.50
 Eggs*, Protein-your choice, Sundried Tomato Spread,
 Goat Cheese, Baby Spinach & Red Onion on choice of Carb
- DRAGON SLAYER** 5.50
 Eggs*, Protein-your choice, Pepper Jack, Red Onion and
 Red + Green + Jalapeno Peppers on choice of Carb
- THE MAYOR** 5.50
 Eggs*, Protein-your choice, Pimento Cheese, Tomato, Carrots,
 Red Cabbage, Red Onion & Red Pepper on choice of Carb
- LATER HATER** 5.50
 Eggs*, Protein-your choice, Baby Spinach,
 Pimento Cheese and Tomato on choice of Carb
- THE J WRAP** 5.50
 Eggs*, Protein-your choice, Pepper Jack,
 Black Bean'n Corn Goodness in a Wrap
- TURN ANY SAMICH INTO A GRIT OR
 SPINACH BOWL FOR A GLUTEN-FREE DELIGHT!
- DAILY SPECIALS @ EVERY STORE!**
- ★ We source our eggs locally! All eggs are organic and
 from free ranged & vegetarian fed chickens!!
- *Items may be under cooked, consuming raw or under cooked eggs may increase your risk of food borne illness, yo!

Build Your Own

- CARB** Base Price 1.50
BAGEL: Everything, Plain, Egg*, Asiago,
 Wheat, Sesame, Pumpernickel,
 Blueberry, Cinnamon-Raisin,
 Gluten-free Bagel - add .50
- BREAD:** 9 Grain, Honey Wheat, White,
 Sourdough, Marble Rye, Jewish Rye,
 Gluten-free Bread - add .50
- WRAP:** Tomato-Basil, Spinach-Herb and
 Whole Wheat - Croissant 25¢ EXTRA
- CHEESE** 1.00
 White American, Swiss, Cheddar, Muenster,
 Provolone, Pepper Jack, Havarti,
 Goat Cheese, Cream Cheese,
 Vegan Cream Cheese or Vegan Cheese add 1.25
- PROTEIN** 1.25
 Bacon, Pork Sausage, Turkey Sausage,
 Country Ham, Deli Ham, SOYsage,
 Vegan Chorizo, Black Bean'n Corn Goodness,
 EGG* - add 1.00
- SIDES** Plain Grits (v) 1.50 SM - 2.00 LG
 Pimento Cheese Grits 3.00 SM - 4.00 LG
 Hashbrown Patty (v) 1.50
- Visit Our **JUICE BAR!**
 Made Fresh Daily with Seasonal
 Ingredients for Health Rawkin' Blends
ALL DAY • EVERYDAY • NO WAITING
- 

Salads

- DRESSINGS: please, ask for current selections
- CHEF SALAD**
 choose turkey, ham or tofu with mixed greens,
 tomato, cucumber, carrots and swiss cheese
 8.00 BIG / 6.00 LITTLE
- SCOOP SALAD**
 choose scoops of chicken, tuna, hummus, tabouleh or egg
 salad over mixed greens w/tomato, cucumber and carrots
 8.25 2 scoops / 6.25 1 scoop
- COMMON COBB**
 mixed greens topped with bacon, egg,
 avocado, tomato, onion and blue cheese
 10.00 BIG / 7.75 LITTLE
- Have any of our salads on baby spinach + .50
 Add grilled chicken breast to any salad + 3.00
- ASK ABOUT OUR **HOMEMADE**
SOUPS OF THE DAY
- | | | |
|----------------|-----------------|--------------------------------------|
| SMALL
8 oz. | LARGE
16 oz. | SOUP-O-RAMA
soup + grilled cheese |
| 2.99 | 4.59 | 7.50 |
- We always have at least one Vegan or Vegetarian soup!
- Amazing* **SAMICH SPECIALS** & *Daily* **SOUPS**
 POSTED ON **f** EVERYDAY!
- DELI TO GO ALL DAY & NIGHT**

Good & Co.
 WE PROUDLY SERVE BOARS HEAD
 MEATS and CHEESES - all Gluten-Free!

- THE SIMPLE SIMON** your choice of turkey,
 ham, or roast beef with red onion, tomato and lettuce
 5.75 w/cheese 6.75
- EVIL HOMER** turkey, bacon, cheddar cheese,
 dill pickle, tomato, onion and lettuce 7.50
- BILLY CLUB** turkey, ham and bacon with
 provolone cheese, tomato and lettuce 7.75
- THE CALIFORNIAN**
 turkey, avocado, sprouts, tomato and lettuce 7.50
- OLD SCRATCH** turkey with havarti cheese,
 carrots, cucumber and red cabbage 6.75
- TURKEY CAPRI** turkey with sundried tomato spread,
 goat cheese spread, baby spinach and red onion 7.50
- THE OLYMPIAN** turkey, feta cheese, olive tapenade,
 red onion, green pepper, tomato and lettuce 7.75
- DARBY'S ROAST BEEF DELUXE**
 roast beef with horseradish, cream cheese, cucumber,
 red onion and lettuce 6.75
- FIREHOUSE #8** salami, cappicola, prosciutto,
 provolone, red onion, green pepper, tomato & lettuce 8.00
- B.L.T.** bacon, lettuce, tomato and mayo 5.50
- B.L.T. DELUXE** bacon, white American cheese,
 lettuce, tomato, onion, mayo and dill pickle 7.00

- CM CHICKEN SALAD** our secret recipe - basic
 & good...no nuts or grapes!.. with lettuce and tomato 7.00
- CHICKEN SALAD DELUXE**
 our secret recipe with bacon strips, white American cheese,
 lettuce & tomato 7.75
- TUNA SALAD**
 our secret recipe with tomato and lettuce 6.75
- PIMENTO CHEESE** homemade award winning
 pimento cheese! hot or cold 5.75
- EGG SALAD**
 homemade egg salad with tomato and lettuce 6.00
- JACK KENNEDY** homemade egg salad
 with bacon strips, horseradish-mayo and lettuce 7.25

Vegetarian/Vegan

- TREE HUGGER**
 cream cheese, avocado, cucumber, red bell pepper, tomato,
 red cabbage and sprouts in your choice of wrap 7.00
 Make it vegan! Swap hummus or Tofutti cream cheese +.25
- VEGETARIAN** lettuce, carrot, cucumber, red onion,
 tomato, green bell pepper, red cabbage and sprouts in your
 choice of wrap 6.00 w/cheese 7.00
- MID-EASTERN**
 housemade hummus n' tabouleh, red onion, green bell peppers,
 tomato and sprouts in your choice of wrap 7.25
- CM "CHICKENLESS" SALAD** our awesome
 chickenless salad (vegan & g-f) with lettuce and tomato 7.00

- THE SPECIAL K WRAP** housemade hummus,
 cucumber, tomato, lettuce and feta cheese 6.75
- THE STRAIGHT-JACKET SOY**
 Tofu-lin baked n'sliced tofu (vegan & g-f), baby spinach,
 tomato, onion, carrot, cucumber and red bell pepper 7.25
- SOY BOY** Tofu-lin baked n' sliced tofu (vegan & g-f),
 red onion, tomato and lettuce 5.75 w/cheese 6.75
- PB OWEN**
 peanut butter and jelly or honey 3.50

Panini Grilled
HOT SANDWICHES

- HANDSOME HENRY'S**
GRILLED CHEESE your choice of two portions
 of cheese, tomato and choice of bread 4.50
- HOT MAMA** Havarti cheese, tomato, red onion,
 red bell pepper, baby spinach and mayo 6.00
- SPICY TURKEY** turkey, red bell pepper, red onion,
 banana pepper, pepperjack and spicy brown mustard 6.75
- TUNA MELT**
 our secret recipe with cheddar cheese and tomato 7.50
- REUBEN** pastrami, sauerkraut, 1k island dressing,
 swiss cheese and spicy brown mustard 6.75
 swap for Turkey OR Tofu-lin Tofu ...even make it Vegan! +.25
- PIMENTO DELUXE** homemade award winning
 pimento cheese with bacon and tomato 6.75

Create YOUR OWN

- SANDWICH** base price 2.50
 Pick your bread, wrap or salad then add what you like:
- BREAD**
 honey wheat (v+h) - 9 grain (v+h) - sourdough (v)
 deli rye (v) - marble rye (v) - hoagie rolls (v) - white
 gluten free bread & Udi's GF whole grain bagel +.50
- WRAP**
 whole wheat (v) - spinach herb (v) - tomato basil (v)
- SALAD** little 2.50 big 3.50
 start with a big ol' bowl of greens, add what you like
- MEAT** 2.50
 turkey - ham - roast beef - salami - pastrami - sliced
 organic baked Tofu-lin - bacon 1.55 - hard boiled egg 1.00
- CHEESE** 1.00 per 1 oz. portion
 white American - cheddar - muenster - swiss - havarti
 pepperjack - provolone - feta - cream cheese - goat
 cheese - pimento cheese 1.50
 vegan cheddar cheese or vegan cream cheese 1.25
- VEGGIES (v)** add .35 each
 sprouts - red cabbage - red onion - spinach - carrot
 - cucumber - green leaf lettuce - tomato - pickles -
 green or red pepper - banana peppers - jalapenos - kale -
 shredded beets - sauerkraut add .50 - avocado add 1.50
- SPREADS (v)** add 1.25 per 1 oz. portion
 hummus - tabouleh - olive tapenade - sundried tomato
- CONDIMENTS**
 mayo - horseradish (v) - horseradish-mustard (v) - spicy
 deli mustard (v) - yellow mustard (v) - honey mustard (v+h)
 - horsey-mayo - vegenanise (v) - Italian oil/vinegar (v)
- (v) = vegan (v+h) = vegan w/honey