

FOOD FOOD

THE 9:30 CLUB IS PROUD TO SERVE OUR OWN FRESHLY MADE RECIPES & FREE-RANGE, CHEMICAL PRESERVATIVE/HORMONE/ANTIBIOTIC/NITRATE/NITRITE FREE NATURAL MEATS FROM APPLGATE FARMS &

FRESHLY BAKED BREADS FROM GOLDCRUST BAKERY.

TAX INCLUDED IN ALL MENU ITEMS

SOUND BITES:

TACO SALAD (V+, GF) \$7

SHREDDED ROMAINE, DICED TOMATOES, GREEN PEPPERS & ONIONS SMOTHERED IN VEGAN CHILI & SALSA, TOPPED WITH CRUSHED TORTILLA CHIPS

ADD MONTEREY JACK AND SOUR CREAM \$8

HUMMUS (V+) \$7

9:30'S FRESHLY MADE HUMMUS SERVED WITH PITA POINTS, TOMATO WEDGES, CELERY, CARROTS & GREEN PEPPERS

QUESADILLA (V) \$7

MONTEREY JACK, DICED TOMATOES & ONIONS MELTED TOGETHER IN A FLOUR TORTILLA, SERVED WITH SOUR CREAM & SALSA

TRY IT WITH VEGAN REFRIED BEANS \$8 OR GRILLED CHICKEN \$9

(TAKES ABOUT 15 - 20 MINUTES TO BAKE)

MINI PITA PIZZA (V) \$7

DICED RED ONIONS & TOMATOES COVERED IN GARLIC-BASIL BALSAMIC VINAIGRETTE, TOMATO SAUCE & PROVOLONE ON A FLAT PITA *ADD EXTRA CHEESE \$1*;

ADD GREEN PEPPERS, PINEAPPLE, OLIVE TAPENADE, BLACK OLIVES, SPINACH, PESTO, ROASTED RED PEPPERS \$1;

FRESH MOZZARELLA, PEPPERONI, SAUSAGE, HAM, \$2*

(TAKES ABOUT 15 - 20 MINUTES TO BAKE)

9:30 CHILI & BROWN RICE (V+,GF) \$6

BROWN RICE TOPPED WITH 9:30'S HOMEMADE CHUNKY VEGAN CHILI, DICED TOMATOES & RED ONIONS, SALSA & TORTILLA CHIPS

TRY IT WITH MONTEREY JACK & SOUR CREAM \$8

NACHOS OF ULYSSES (V,GF) \$8

TORTILLA CHIPS SMOTHERED IN MONTEREY JACK, DICED TOMATOES & ONIONS, SALSA & SOUR CREAM *WITH BEANS \$9*;

MACHO NACHOS (V,GF) \$9

NACHOS OF ULYSSES WITH 9:30'S VEGAN CHILI

SANDWICHES & WRAPS:

ANY OF OUR SANDWICHES CAN ALSO BE SERVED OVER RICE OR LETTUCE INSTEAD OF BREAD (GF)

VEGETABLE MATTERS

SERAPE (V+) \$7

LOW-FAT VEGAN REFRIED BEANS WRAPPED IN A FLOUR TORTILLA WITH 9:30 VEGAN CHILI, BROWN RICE & SALSA.

SERAPE GRANDE (V) \$8

THE SERAPE WITH MONTEREY JACK AND SOUR CREAM

KAFFIYEH (V+) \$7

9:30'S FRESHLY MADE HUMMUS, SHREDDED CARROTS, DICED TOMATOES & ALFALFA SPROUTS WRAPPED IN A FLAT PITA

PAREO (V) \$8

FLOUR TORTILLA SPREAD WITH OUR HOMEMADE HERBED CREAM CHEESE WRAPPED AROUND RIPE AVOCADO, SHREDDED CARROTS,

JUICY TOMATOES, DICED RED ONIONS & ALFALFA SPROUTS

CUT INTO BITE SIZED PIECES

TRY IT WITH ONE OF OUR FRESH DELI MEATS \$10 *ADD CHICKEN BREAST \$3*

PAN BAGNA (V) \$8

VEGETARIAN SANDWICH WITH PROVOLONE, TOMATOES, RED ONIONS & ROMAINE SERVED ON A BAGUETTE

WITH A SAVORY GARLIC-BASIL BALSAMIC VINAIGRETTE

TRY IT WITH ONE OF OUR FRESH DELI MEATS \$10

THE 9:30 VEGGIE BURGER (V) \$9

DELICIOUS VEGETARIAN BURGER ON A WHOLE WHEAT KAISER ROLL WITH MELTED MONTEREY JACK, ROMAINE, TOMATOES, GRILLED ONIONS, KETCHUP & MUSTARD

CHILI VEGGIE BURGER (V) \$10

ADD 9:30'S HOMEMADE VEGAN CHILI TO YOUR VEGGIE BURGER

GREAT BALLS OF LIAR...THE 9:30 VEGETALIAN MEATBALL SUB (V) \$10

TOASTED BAGUETTE STUFFED WITH CHOPPED VEGGIE BURGER, GRILLED ONIONS, GARLIC-BASIL BALSAMIC VINAIGRETTE, TOMATO SAUCE & MELTED MOZZARELLA

MEATIER ISSUES

WRAP OF GRACE \$9

SMOKED TURKEY BREAST, ALFALFA SPROUTS, DICED TOMATOES DRIZZLED WITH A GARLIC-BASIL BALSAMIC VINAIGRETTE

& WRAPPED IN A FLAT PITA

SAM & JOE'S DELI WRAP \$9

SLICED ROAST BEEF, PROVOLONE, ROMAINE, DICED ONIONS & TOMATOES WITH A TANGY HORSERADISH SAUCE, WRAPPED IN A FLAT PITA

FREDDY'S HAM & CHEESE \$9

SLICED HAM, PROVOLONE, ROMAINE & TOMATOES

WITH DIJON MUSTARD ON A WHOLE WHEAT KAISER ROLL

SERVED HOT OR COLD

9:30 CLUB \$10

SLICED HAM, TURKEY & ROAST BEEF, PROVOLONE, ROMAINE,
TOMATOES & A ZESTY PESTO MAYONNAISE ON A BAGUETTE

HERB WRAP \$9

YOUR CHOICE OF SMOKED TURKEY, ROAST BEEF OR HAM WITH ALFALFA SPROUTS,
DICED TOMATOES & RED ONIONS ON A FLAT PITA
WITH 9:30'S OWN HERBED CREAM CHEESE *ADD CHICKEN BREAST \$3*

HOT WRAP \$9

MONTEREY JACK & PROVOLONE MELTED OVER YOUR CHOICE OF TURKEY, ROAST BEEF
OR HAM WITH TOMATOES & GRILLED ONIONS, WRAPPED IN A PITA WITH 9:30'S OWN
PESTO MAYONNAISE *ADD CHICKEN BREAST \$3*

9:30 CHICKEN BREAST MELT \$10

GRILLED CHICKEN BREAST SMOTHERED IN PROVOLONE WITH ROMAINE, TOMATOES,
GRILLED ONIONS & DIJON MUSTARD ON A
WHOLE WHEAT KAISER ROLL

THE MEAT & GREET \$10

9:30'S OWN "STEAK & CHEESE"! DICED ROAST BEEF, GRILLED ONIONS, GREEN
PEPPERS & MELTED MONTEREY JACK ON A
TOASTED BAGUETTE WITH TOMATOES & ROMAINE
KETCHUP & MAYONNAISE AVAILABLE ON REQUEST

TASTES LIKE CHICKEN \$10

9:30'S OWN "CHICKEN STEAK & CHEESE"! DICED GRILLED CHICKEN BREAST,
GRILLED ONIONS, GREEN PEPPERS & MELTED MONTEREY JACK ON A
TOASTED BAGUETTE WITH TOMATOES & ROMAINE
KETCHUP & MAYONNAISE AVAILABLE ON REQUEST

CHICKEN KARMASAN \$10

DICED GRILLED CHICKEN BREAST TOPPED WITH GRILLED ONIONS, GARLIC-BASIL
BALSAMIC VINAIGRETTE, TOMATO SAUCE & MELTED PROVOLONE OR MOZZARELLA
ON A TOASTED BAGUETTE

KIRK SOMMER'S MY HERO \$10

GRILLED CHICKEN BREAST WITH FRESH MOZZARELLA, TOMATOES, CRUSHED SLOW
ROASTED GARLIC, BASIL LEAF SHREDS, SEA SALT & CRACKED BLACK PEPPER ON A
WARM SCOOPED AND PRESSED HERO ROLL DRIZZLED WITH BALSAMIC VINEGAR.

PANINI

THE SANDWICH OF SOPHISTICATES

(TAKES ABOUT 10 - 15 MINUTES TO GRILL)

CAPRININI (V) \$10

CIABATTA BREAD BRUSHED WITH OLIVE OIL & GARLIC-BASIL BALSAMIC VINAIGRETTE,
FILLED WITH FRESH BASIL, TOMATOES & FRESH MOZZARELLA

VEGANINI (V+) \$8

CIABATTA BREAD BRUSHED WITH OLIVE OIL & OLIVE TAPENADE, STUFFED WITH
SPINACH, ROASTED RED PEPPERS & GRILLED ONIONS
ADD FRESH MOZZARELLA \$3

DIJONINI \$10

CIABATTA BREAD WITH DIJON MUSTARD, GRILLED MAPLE SUGAR HAM
& GOOEY SWISS CHEESE

CORDONINI \$10

SAME GREAT SANDWICH AS THE DIJONINI, BUT WITH A
GRILLED CHICKEN BREAST TO BOOT!

PIZZANINI \$10

GRILLED PEPPERONI & ONIONS STUFFED INTO CIABATTA BREAD WITH TOMATO SAUCE &
YOUR CHOICE OF MOZZARELLA OR PROVOLONE

WEINERNINI \$7

NOW THAT'S A HOT DOG! A GRILLED 1/4 POUND ALL BEEF HOT DOG WITH GRILLED
ONIONS, SAUERKRAUT, KETCHUP & MUSTARD ALL IN A
GRILLED POTATO HOT DOG BUN
VEGAN DOG AVAILABLE ON REQUEST

EXTRAS

GRILLED CHICKEN BREAST \$3

HAM, TURKEY, OR ROAST BEEF \$3

9:30 VEGAN CHILI OR SALSA (V+) \$2

REFRIED BEANS (V+ & LOW FAT) \$2

MONTEREY JACK OR PROVOLONE \$2 FRESH MOZZARELLA \$3

CORN TORTILLA CHIPS \$2

AVOCADO \$2

HEART OF PALM \$2

SOUR CREAM \$2

MMM...THAT SUGAR FIX...

SWEETS

9:30 CUPCAKE \$5

MADE BY BUZZ BAKERY IN ALEXANDRIA, VA, OUR 9:30 CUPCAKE IS THE BEST THING YOU CAN POSSIBLY
PUT IN YOUR MOUTH. SUPPLIES ARE LIMITED EACH NIGHT, SO COME EARLY TO GET ONE!

ASK ABOUT TODAY'S SELECTION OF FRESHLY BAKED COOKIES & BROWNIES \$4

GF GLUTEN FREE, V VEGETARIAN, V+ VEGAN