

“Signature” Chicken Wraps

*Choice of Wrap
Plain, Wheat, Tomato-Basil, or Spinach*

Chicken Caesar	\$6.95
<i>Grilled Chicken, Romano Cheese, Caesar Dressing, Romaine Lettuce, Tomato & Onion</i>	
Chicken Kabob	\$6.95
<i>Grilled Chicken, Feta Cheese, Greek Dressing, Romaine Lettuce, Tomato & Onion</i>	
Buffalo Chicken	\$6.95
<i>Grilled Chicken, Bleu Cheese Dressing, Cayenne Pepper Sauce, Mozzarella Cheese & Lettuce</i>	
Florentine Chicken	\$6.95
<i>Grilled Chicken, Spinach-Feta Spread, Tomato & Red Onion (Try it Pressed)</i>	
Tuscan Chicken	\$6.95
<i>Grilled Chicken, Sundried Tomato, Ricotta Cheese & Red Onion (Try it Pressed)</i>	
Pesto Chicken	\$6.95
<i>Grilled Chicken, Pesto Sauce (Pine Nuts), Mozzarella Cheese, Tomato & Red Onion (Try it Pressed)</i>	
Chicken Cordon Bleu	\$6.95
<i>Grilled Chicken, Melted Ham & Swiss Cheese, Honey Mustard, Lettuce, Tomato & Red Onion (Try it Pressed)</i>	

Soups

Fresh, Homemade Soup of the Day			
12 oz. Cup	\$3.50	16 oz. Bowl	\$3.95
Our Famous New England Clam Chowder (Fridays Only)			
12 oz. Cup	\$3.75	16 oz. Bowl	\$4.25
Soup & 1/2 Sandwich	\$6.50		

Smoothie Exchange

“Smooth & Cool”

All Natural Fruit Smoothies 20 oz.	\$3.95
<i>Mocha Dream (Espresso, Chocolate, Low-fat Milk, Banana & Low-Fat Vanilla Yogurt)</i>	
<i>Sunrise Passion (Pineapple, Banana, Mango & Low-Fat Vanilla Yogurt)</i>	
Add 20 grams Protein	\$4.95

Dessert Exchange

“Perfect Ending”

Homemade Cookies – Jumbo Size	\$1.50
Brownies	\$1.75
Whoopie Pie	\$2.25

Breads, Cheese & Toppings

Breads

Italian Seeded Roll, Sub Roll, Whole Wheat, Multi-Grain, Rye, Marble Rye, Texas White, Bulkie Roll, Onion Roll, Focaccia or Ciabatta

Lavash Wraps

Plain & Whole Wheat – No Fat, No Cholesterol!

Tortilla Wraps

Plain, Spinach & Tomato Basil

Toppings

Lettuce, Tomato, Pickle, Onion, Cucumber, Hot Pepper, Mayo, Mustard, Creamy Horseradish, Honey Mustard, Russian Dressing, Balsamic Vinegar or Olive Oil

Cheeses	Add \$1.50
<i>American, Swiss, Cheddar, Provolone, Mozzarella or Pepperjack</i>	
Roasted Red Pepper	Add \$.75
Olive Tapenade	Add \$.75

Beverages

The Sandwich Exchange Private Label	Large – \$1.95
<i>Raspberry Lime-Rickey, Root Beer, Cream Soda, Orange</i>	
Bottled Drinks	\$1.75 - \$1.95
<i>Poland Spring Water, Apple Cranberry Juice, Orange Juice, Grapefruit Juice, Apple Juice, Clear Water, Milk, 1% Milk, Chocolate Milk</i>	
Nantucket Nectars	\$1.95
Arizona Iced Teas	\$1.95
Gatorade / Vitamin Waters.....	\$1.95

Our Mission Statement

Our mission is to produce and serve the finest, freshest, most delicious sandwiches, wraps, salads and breakfast, quickly, efficiently and courteously at reasonable prices in a clean, upscale and well merchandised store.

Consumer Advisory: *Consuming raw, undercooked meats, poultry, seafood, shellfish or eggs may increase your risk to foodborne illnesses.*

We use trans fat free cooking oil.

Prices are subject to change without notice.

Prices are subject to Massachusetts meals tax.

Breakfast • Deli • Panini

Corporate Catering
Corporate Charge Accounts
Major Credit Cards Accepted

The
**Sandwich
Exchange**

EXPRESS

66 Concord Street • Wilmington, MA 01887

Open Monday through Friday 7 am – 3:30 pm
Saturday 7 am – 2 pm

www.SANDWICHSEXCHANGE.com

FREE LOCAL DELIVERY

978.203.5380 • 978.253.4530

Breakfast Exchange

Served Until 10:30 AM

"Pressed" Breakfast

Served on a Bagel, English Muffin or Ciabatta

Bacon, Egg, Cheese	\$3.50
Ham, Egg, Cheese	\$3.50
Sausage, Egg, Cheese	\$3.50
Eggs Florentine	\$3.95
<i>With Spinach/Feta Spread</i>	
Smoked Salmon	\$5.25
<i>With Cream Cheese, Capers & Red Onion on a Bagel</i>	

Assorted:

Bagels, Muffins, Danish, Coffee Cakes & More! \$1.75 – \$2.25

Coffee	Med. 16 oz – \$1.75	Large 20 oz – \$1.99
Flavored Coffee	Med. 16 oz – \$1.75	Large 20 oz – \$1.99
Ice Coffee	Large 24 oz – \$1.95	

Salad Exchange

"On the Lighter Side!"

Made with Crisp Romaine Lettuce, Served with Dressing & 1/2 Pita

Grilled Shrimp Caesar (<i>Marinated Shrimp</i>).....	\$7.95
Grilled Chicken Caesar (<i>Parmesan Cheese & Croutons</i>)	\$7.25
Grilled Chicken Kabob (<i>Feta Cheese & Red Onion</i>)	\$7.50
Buffalo Chicken Caesar (<i>Spicy Cayenne Pepper Sauce, Red Onion & Croutons</i>)	\$7.50
Florentine Chicken Caesar (<i>Spinach-Feta Spread & Red Onion</i>)	\$7.50
Tuscan Chicken Caesar (<i>Sun-Dried Tomato, Ricotta & Red Onion</i>)....	\$7.50
Pesto Chicken Caesar (<i>Pesto [Pinenuts], Croutons & Red Onion</i>).....	\$7.50
Caesar Salad (<i>Parmesan Cheese & Croutons</i>).....	\$6.25
Garden Salad (<i>No Cheese – Tomato, Carrot, Cucumber & Onion</i>)..	\$5.95
Garden Salad with Tuna (<i>Egg & Onion</i>)	\$6.95
Garden Salad with Chicken Salad (<i>Egg & Onion</i>)	\$6.95
Greek Salad (<i>Feta Cheese, Egg & Olives</i>)	\$6.95
Chef's Salad (<i>Turkey, Ham, Swiss, Egg & Onion</i>)	\$6.95
Antipasto (<i>Mortadella, Salami, Provolone, Egg & Onion</i>).....	\$6.95
"Rock the House" (<i>Chunks of Pepperjack Cheese, Bacon Bits, Chopped Egg, Carrot, Red Onion & Croutons</i>)	\$6.95

Choice of Dressings:

Creamy Caesar, Greek, Creamy Italian, Lite Italian, Ranch, Russian, Parmesan Peppercorn, Bleu Cheese and our House Balsamic Vinaigrette.

Extra Dressings	\$.50
Extra Bleu Cheese or Parmesan Peppercorn	\$.95

Panini Exchange

"Pressed to Perfection"

Served on Focaccia

Big Beef BBQ	\$7.25
<i>1/4 lb. Lean Roast Beef, Cheddar Cheese & BBQ Sauce</i>	
Triple "B"	\$7.25
<i>1/4 lb. Lean Roast Beef, Bleu Cheese Dressing & Crispy Bacon</i>	
The Red Eye	\$7.25
<i>1/4 lb. Lean Roast Beef, Pepperjack Cheese, Creamy Horseradish Sauce, Tomato & Red Onion</i>	
Philly Steak	\$7.25
<i>Shaved Sirloin Steak, Provolone Cheese & Sautéed Onion</i>	
Cuban	\$7.25
<i>Roast Pork, Ham, Pepperjack Cheese, Garlic Dijonaise, Lettuce, Tomato, Pickle & Red Onion</i>	
Reuben	\$7.25
<i>Corned Beef, Swiss Cheese, Sauerkraut & Russian Dressing</i>	
Tuna Melt	\$6.95
<i>Tuna Fish, Pepperjack Cheese, Tomato & Red Onion</i>	
Muffaletta	\$7.25
<i>Italian Cold Cuts, Olive Tapenade, Roasted Red Pepper, Lettuce & Red Onion</i>	
Turkey Caprese	\$7.25
<i>Turkey Breast, Mozzarella Cheese, Pesto Sauce (Pine Nuts) & Tomato</i>	
Santa Fe	\$7.25
<i>Turkey Breast, Pepperjack Cheese, Guacamole, Roasted Red Pepper & Red Onion</i>	
Caprese	\$6.95
<i>Mozzarella Cheese, Fresh Basil, Tomato & Olive Oil</i>	
Ultimate Grilled Cheese	\$6.95
<i>A Blend of Swiss, Cheddar & Mozzarella Cheeses, Tomato & Crispy Bacon</i>	
Eggplant Roma	\$7.25
<i>Roasted Eggplant, Ricotta Cheese, Pesto Sauce (Pine Nuts), Tomato & Red Onion</i>	
Mediterranean	\$6.95
<i>Hummus, Feta Cheese, Roasted Red Pepper, Cucumber, Lettuce & Red Onion</i>	

In Italy, Panini means "small bread" and is synonymous with sandwiches. They are served on focaccia. Each sandwich is then misted with extra virgin olive oil and grilled in our authentic cast iron Panini Grills. This process melts the cheese, infuses the flavor and grills the sandwich with a truly unique style that is all its own.

Side Exchange

Cole Slaw	\$2.95
Potato Salad	\$2.95
Pasta Salad	\$2.95
Fruit Salad	\$3.25
Assorted Potato Chips	\$.95

Deli Exchange

"Piled High – Two Hands Needed!"

Served on our Italian Seeded Roll with Deli Pickle

Patriot	\$6.75
<i>Roast Beef, Swiss, Cole Slaw, Lettuce, Tomato, Onion & Russian Dressing</i>	
Franklin	\$6.75
<i>Turkey Breast, Swiss, Cole Slaw, Lettuce, Tomato, Onion & Russian Dressing</i>	
Colonial	\$6.75
<i>Baked Ham, Swiss, Cole Slaw, Lettuce, Tomato, Onion & Russian Dressing</i>	
Minuteman	\$6.75
<i>Corned Beef, Swiss, Cole Slaw, Lettuce, Tomato, Onion & Russian Dressing</i>	
Bostonian	\$6.95
<i>Roast Beef, Cheddar, Bacon, Lettuce, Tomato, Onion & Honey Mustard – Melted</i>	
New Englander	\$6.95
<i>Turkey Breast, Cheddar, Bacon, Lettuce, Tomato, Onion & Honey Mustard – Melted</i>	
Wilmington	\$6.95
<i>Baked Ham, Cheddar, Bacon, Lettuce, Tomato, Onion & Honey Mustard – Melted</i>	
New Yorker	\$6.95
<i>Corned Beef, Cheddar, Bacon, Lettuce, Tomato, Onion & Honey Mustard – Melted</i>	

Sandwich Exchange

"Build It Your Way!"

Served on Your Choice of Italian Seeded Roll, Deli Bread, Wrap, or Sub Roll

Grilled Chicken Breast	\$5.95
Roast Beef	\$6.25
Turkey Breast	\$5.95
Baked Ham & Cheese	\$5.95
Corned Beef	\$5.95
Italian Cold Cuts	\$5.95
Bacon, Lettuce & Tomato	\$5.95
Tuna Fish	\$5.95
Chicken Salad	\$5.95
Egg Salad	\$5.75