

Sandwich Exchange

"Build It Your Way!"

*Served on Your Choice of Italian Seeded Roll,
Deli Bread, Lavash 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
Bacon, Lettuce & Tomato	\$5.95
Tuna Fish	\$5.95
Chicken Salad	\$5.95
Egg Salad	\$5.75
Pastrami	\$6.25
Cheeseburger Sub (2-1/4 lb. Patties)	\$6.50

Side Exchange

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

Dessert Exchange

"Perfect Ending"

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

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	\$6.25

Breads, Cheese, & Toppings

Breads

*Italian Seeded Roll, Sub Roll, Whole Wheat, Rye, Pumpernickel, White,
Onion Roll, Multi-Grain, Bulkie, Pita Pocket or Lavash (for Wraps)*

Cheeses Add \$.50
American, Swiss, Cheddar or Provolone

Toppings

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

Beverages

The Sandwich Exchange Private Label Large – \$1.85
Raspberry Lime-Rickey, Root Beer, Cream Soda, Orange

Tonic – Cans \$1.00

Bottled Drinks \$1.50 - \$1.85
*Poland Spring Water, Apple Cranberry Juice, Orange Juice, Grapefruit
Juice, Apple Juice, Lemonade, Iced Tea, Clear Water, Milk, 1% Milk,
Chocolate Milk*

Nantucket Nectars..... \$1.85

Arizona Iced Teas..... \$1.85

Gatorade..... \$1.85

Coffee Exchange

Large 16 oz. \$1.75

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 • Italian Specialties

Corporate Catering
Corporate Charge Accounts
Major Credit Cards Accepted

**The
Sandwich
Exchange**

New England Business Center • 16 Upton Drive • Wilmington, MA 01887

Open Monday through Friday
7 am to 3:30 pm
www.SANDWICHExchange.com

FREE LOCAL DELIVERY

978.657.0457 • 978.657.0307 • Fax 978.657.6147

Breakfast Exchange

Served 7:00 – 10:00 AM

Breakfast Sandwich.....	\$3.25
<i>Egg, Cheese & Bacon, Ham, Sausage or Steak on your choice of Bagel, English Muffin, or Toast</i>	
Morning Specialty Sandwich	\$4.50
<i>2 Fried Eggs, Cheese with Bacon, Ham, Sausage or Steak on our Italian Seeded Roll or Sub Roll</i>	
Breakfast Wrap	\$4.50
<i>Scrambled Eggs, Cheese with Bacon, Ham, Sausage or Steak. All rolled up in a Fresh Lavash Wrap</i>	
Crispy Hash Browns – 1- 2 oz portion	\$.75
Crispy Hash Browns – 2- 2 oz portions	\$1.25

Bakery Exchange

Muffins	\$1.85
Coffee Cakes & Danish	\$1.85
Bagels	\$1.00
Bagel with Cream Cheese	\$2.25
Bagel with Butter or Jelly	\$1.50
English Muffin.....	\$.95
Toast (<i>White, Wheat, Rye or Pumpernickel</i>)	\$.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 Onions</i>).....	\$7.50
Buffalo Chicken Caesar <i>(Spicy Cayenne Pepper Sauce, Red Onions & Croutons)</i>	\$7.50
Florentine Chicken Caesar (<i>Spinach, Feta Spread & Red Onions</i>) ..	\$7.50
Tuscan Chicken Caesar (<i>Sun-Dried Tomatoes, Ricotta & Red Onions</i>)	\$7.50
Pesto Chicken Caesar (<i>Pesto [Contains Pinenuts], Croutons & Red Onions</i>)....	\$7.50
Caesar Salad (<i>Parmesan Cheese & Croutons</i>).....	\$6.25
Garden Salad (<i>No Cheese – with Peppers, Onions & Carrots</i>)	\$5.95
Garden Salad with Tuna (<i>Egg & Onions</i>)	\$6.95
Garden Salad with Chicken Salad (<i>Egg & Onions</i>)	\$6.95
Greek Salad (<i>Feta Cheese, Egg & Olives</i>)	\$6.95
Chef’s Salad (<i>Turkey, Ham, Swiss, Egg & Onions</i>)	\$6.95
Antipasto (<i>Mortadella, Salami, Provolone, Egg & Onions</i>)	\$6.95
“Rock the House” (<i>Chunks of Pepperjack Cheese, Bacon Bits, Chopped Eggs, Carrots, Red Onions & 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–\$75
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Italian Exchange

“Mangia, Mangia!”

Italian Cold Cuts	\$5.95
Eggplant Parmigiana.....	\$6.95
Chicken Parmigiana	\$6.95
Veal Parmigiana (<i>We use a Real Veal Cutlet, Not a Patty</i>)	\$7.95
Meatball Parmigiana	\$6.25
Sausage Parmigiana	\$6.25
Steak Pizzaiola <i>(Peppers, Onions, Provolone Cheese & Tomato Sauce)</i>	\$7.25

Pasta Exchange

“Bon Appetito!”

Served over Ziti with our Homemade Garlic Bread

Ziti with Tomato Sauce	\$6.25
Ziti with Eggplant Parmigiana	\$7.95
Ziti With Chicken Parmigiana.....	\$7.95
Ziti with Veal Parmigiana (<i>We use a Real Veal Cutlet</i>)	\$8.95
Ziti with Meatball & Sausage	\$7.95

Steak Exchange

“Beef It Up!”

Shaved Sirloin Steak & Cheese.....	\$6.75
Shaved Sirloin Steak, Cheese & Onions	\$6.95
Shaved Sirloin Steak, Cheese & Peppers.....	\$6.95
Shaved Sirloin Steak, Cheese & Mushrooms.....	\$6.95
Steak Exchange (<i>Cheese, Onions, Peppers & Mushrooms</i>)	\$7.25

Wrap Exchange

“Low in Fat, High on Health!”

Fresh Lavash Wrap with Lettuce, Tomato, Carrots, Red Cabbage, Swiss Cheese, Sprouts & Onions with our Homemade Balsamic Vinaigrette Dressing

Or Wrap It Up Your Way!

Plain Wrap	\$5.75
Turkey Wrap	\$5.95
Tuna Wrap	\$5.95
Chicken Salad Wrap	\$5.95
Hummus Wrap.....	\$5.95
Egg Salad Wrap	\$5.75

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>	

“Signature” Wraps

“Gourmet & Delicious!”

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

Chicken Caesar.....	\$6.95
<i>Grilled Chicken, Romano Cheese, Caesar Dressing, Romaine Lettuce, Tomato & Onions</i>	
Chicken Kabob	\$6.95
<i>Grilled Chicken, Feta Cheese, Greek Dressing, Romaine Lettuce, Tomato & Onions</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 Onions (Try it Grilled)</i>	
Tuscan Chicken	\$6.95
<i>Grilled Chicken, Sundried Tomatoes, Ricotta Cheese & Red Onions</i>	
Pesto Chicken	\$6.95
<i>Grilled Chicken, Pesto Sauce (Contains Pine Nuts), Mozzarella Cheese, Tomato & Red Onions</i>	
Chicken Cordon Bleu	\$6.95
<i>Grilled Chicken, Melted Ham & Swiss Cheese, Honey Mustard, Lettuce, Tomato & Red Onions</i>	
Beef Borsin	\$6.95
<i>Roast Beef, Borsin Cheese Spread, Romaine Lettuce, Tomato and Red Onions</i>	