DELI SANDWICHES
Served with choice of veggie slaw, pasta salad or curried couscous. Substitute NOSH kettle chips or fries for $1.29. Fresh Breads baked locally.

Freddie's Egg Salad 8.25 (V)
With lettuce & tomato on rustic wheat

Missy's Tuna Salad 8.72
With mixed greens & mayo on dill bread

Mary Ellen's Chicken Salad 9.07
With lettuce & Green Goddess dressing on sourdough bread.

Faye's Turkey 9.43
Roasted turkey with Swiss, lettuce, tomato & peppercorn on wheat bread.

Boo's BLT 9.78
Roasted turkey, maple pepper bacon, lettuce, tomato, mayo & chipotle ranch on toasted brioche.
Skip the turkey 8.96

Kem's Hammer 8.96
Ham, Havarti, lettuce & dijonaisse on marble rye.

SALADS
served with NOSH homemade crackers
Add grilled chicken, turkey or ham 2.95
Add beef 4.13

Rocket 8.72 (V)
Mesclun greens, shaved Parmesan & croutons tossed with balsamic vinaigrette.

South of Here 8.72 (V)
Romaine, cheddar, red onions & tortilla strips tossed with chipotle ranch.

Brown Derby Chopper 9.78 (V)
Romaine & Mesclun greens, blue cheese, cheddar, hard-boiled egg, bacon, tomato & walnuts with choice of dressing.

Lancey's Leaves 9.78
Romaine & Mesclun greens, sliced crunchy chicken, asiago cheese & red onions with choice of dressing.

“TRY” NOSHer 9.07
Choose tuna or chicken salad plus two others: egg salad, pasta salad, potato salad, veggie slaw, curried couscous, Rocket salad, or fruit.

Carrey's Half and Half - two for 9.43
- Crock of Soup
- Rocket Salad or South of Here
- Half Sandwich: egg salad, tuna salad, ham, chicken salad, Reuben, PB&J, grilled cheese, veggie, BLT (w/out turkey).

HOT SANDWICHES & PANINOS
Served with choice of veggie slaw, pasta salad or curried couscous. Substitute NOSH kettle chips or fries for $1.29. Fresh Breads baked locally.

Mallard's Cardinal 9.43 (N)
Grilled chicken breast with Swiss, lettuce & roasted red pepper spread on rustic kaiser.

Owney's Crunchy Chicken 9.43
Crunchy chicken breast with lettuce, veggie slaw & dijonaisse on an old fashioned bun.

Spritzer 9.43
Corned Beef with Swiss, sauerkraut & Russian dressing on marble rye.

Coach's Queso 8.60 (V,N)
Quesadilla with mozzarella cheese, roasted red pepper spread & caramelized onions in herb tortilla.
Add chicken 2.95 / Beef 4.13

The Gonzalez 9.43 (V)
Panini with hummus, sautéed peppers, caramelized onions & shaved Parmesan.

The deLuca 9.43
Panini with turkey, ham, Havarti & Russian dressing.

BURGERS
Served with choice of veggie slaw, pasta salad or curried couscous. Substitute NOSH kettle chips or fries for $1.29.

Papa Sweeney's Peppercorn 9.43
Half pound Angus ground chuck with lettuce, tomato, onion & creamy peppercorn dressing on an old fashioned bun.

Rascal's Razzmatazz 9.78
Half pound Angus ground chuck with Havarti, lettuce, caramelized onions, sautéed peppers & tomato sauce on an old fashioned bun.

The Robinson 9.78
Half pound Angus ground chuck with white cheddar, maple peppercorn bacon, lettuce, tomato, onion & mayo on an old fashioned bun.

Uncle Mo's Southwest Turkey 9.78
NOSH spiced ground turkey with white cheddar, lettuce, tomato, onion & salsa on an old fashioned bun.

Wendylyn's Portobello 9.78 (V)
Grilled and lightly breaded portobello mushroom with NOSH vinaigrette, Swiss, caramelized onions, tomato & mayo on an old fashioned bun.

WRAPS
Served with choice of veggie slaw, pasta salad or curried couscous. Substitute NOSH kettle chips or fries for $1.29.

Paula Rocks 9.43
Horseradish-marinated grilled chicken with mixed greens & creamy peppercorn dressing in a tomato wrap.

Buckster's Beef 9.78
Tender sliced beef with cheddar, sautéed peppers, caramelized onions & chipotle ranch in an herb wrap.

PIZZA
Browning's Tomato 8.25 (V)
Basil oil, NOSH tomato sauce & shaved Parmesan.

Piper's Pick 9.07 (V)
Olive oil, asiago cheese, caramelized onions, mesclun greens, shaved Parmesan & hummus.

P.W.'s Pepperoni 9.07
Pepperoni, portobello mushrooms, NOSH tomato sauce & mozzarella.

SRP 9.78
Tender sliced beef, blue cheese, bacon, cream cheese spread, caramelized onions & mozzarella.

More NOSH Pizza Toppings:
Peppers
Tomatoes
Caramelized Onions .59
Portobello
Pepperoni
Bacon
Mozzarella 1.18
Parmesan
Asiago
Blue Cheese 1.65
Grilled Chicken 2.95
Beef 4.13

SMALL NOSHES
Two homemade soups offered daily - one veggie & one meat w/homemade crackers.
Crock of Soup 4.12

Trio of Dips 9.78 (N)
Roasted Red Pepper Dip (N), Hummus and Caramelized Onion Dip served with homemade baked crackers or kettle chips.

NOSH Homemade Crackers and 1 Dip 4.71
NOSH Kettle Chips and 1 Dip 4.71

Gluten Free Bread Available! GF: Gluten Free V:Vegetarian N: Nuts
Prices include an 18% DUKE Surcharge.
There is a 1.50 Delivery Charge and a 10.00 minimum on all orders.
BLAST OFF BREAKFAST
Available 7:30am - 3:00pm

NOSH Biscuits & Sandwiches
Butter & jelly 1.76
Scrambled eggs 2.70
Scrambled eggs & cheese 3.88
Scrambled eggs, cheese & bacon 5.06
Tomato & cheese 3.53
Crunchy chicken 4.71
Crunchy chicken & cheese 5.89
Pork sausage 3.53 add egg 1.18
Turkey sausage 3.88 add egg 1.18

NOSH-made Muffins 2.07
Mixed berry
Banana Crunch with Nuts
Banana Chocolate chip

H&H Bagels (V)
Cinnamon Raisin, Everything, Sesame, Wheat or Plain
- with butter & jelly 1.64
- with cream cheese or peanut butter 2.23

Scones 2.07
Selection changes daily.

Piper’s Patties 7.78
Savory egg pancakes with parsley, green onions, asagio cheese, maple peppercorn, bacon, salsa & taters.

Shoaf’s Toast 8.25 (V,N)
French toast stuffed with peanut butter, banana & honey.

Maggie’s Scramble 8.25 (V,N)
Three eggs with caramelized onions, peppers, portobello mushrooms & asagio cheese in a warm tortilla, topped with roasted red pepper sauce. Served with taters.

NOSH Buttermilk Flapjacks 8.25
Stack of three giant pancakes.
Add blueberries, bananas, chocolate chips, strawberries, raspberries or blackberries 1.00

Mike’s Breakfast Pizza 8.96
Topped with bacon, cheddar, hard-boiled eggs, tomato, NOSH sauce & Parmesan.

Rocket’s Breakfast 8.25
Two eggs any style served with choice of bacon or sausage (pork or turkey), taters or fruit, and bagel, biscuit or toast.

MD’s Breakfast 8.25 (V)
Vanilla Yogurt, fresh fruit & choice of muffin or toast.

COFFEE BAR

Rocket Fuel 12 oz 2.30 16 oz 2.66
NOSH blend coffee roasted by Counter Culture.

Iced Rocket Fuel 16 oz 3.25
Chilled NOSH blend coffee over coffee ice cubes.

Cafe au Lait 12 oz 3.25 16 oz 3.84
French Roast coffee with steamed milk.

Cafe Mocha 12 oz 3.84 16 oz 4.72
Coffee, chocolate syrup & steamed milk.

Espresso Single 2.66 Double 3.84

Americano Single 2.95 Double 4.13
Espresso with hot water.

Red Eye 16 oz 3.84
Coffee with a shot of espresso

Cappuccino 12 oz 3.89 16 oz 4.72
Espresso with equal parts steamed milk & foam.

Latte 12 oz 3.89 16 oz 4.72
Espresso with steamed milk & a touch of foam.

Mocha Latte 12 oz 4.43 16 oz 5.31
Espresso with steamed milk, chocolate syrup & a touch of foam.

Flavored Latte or Cappuccino 12 oz 4.43 16 oz 5.31
Add flavored syrup - sugar free available.

Hot Chocolate with Steamed Milk 12 oz 3.54 16 oz 4.43

Chai Latte 12 oz 4.13 16 oz 4.72
Spiced tea with steamed milk.

Hot Tea 2.36
Add espresso - 1.18
Add flavor shot - .59
Add chocolate syrup - .59
Substitute Soy Milk - .59

DESSERTS

Yummy Cookies 1.88
Swiss chocolate, Oatmeal Walnut Raisin, White Chocolate Macadamia

Fudge Brownies with Nuts 3.17
Add ice cream and chocolate syrup 4.13

Chocolate Peanut Butter Pie 4.13

Cupcakes 2.30

SMOOTHIES
Made only with fresh fruits

School Bus Breakfast 6.24
Strawberries, banana & honey blended in vanilla yogurt.

In Training 6.24
Banana, peanut butter, chocolate syrup, milk & a scoop of protein powder.

Fountain of Youth 6.24
Strawberries, raspberries & cranberry juice blended with vanilla yogurt.

Black & Blue 6.24
Blackberries, blueberries, banana & cranberry juice blended with vanilla yogurt.

Beaucoup Berries 6.24
Blackberries, blueberries, raspberries & strawberries with orange juice & honey.

Blue Devil 6.24
NOSHmade peanut butter, blueberries
Add protein powder - .70
Add vanilla yogurt - .70
Add ice cream - 1.29
Add chocolate syrup - .70
Add espresso - .70

MILKSHAKES

Blueberry Cobbler 6.24
Vanilla ice cream, blueberries, cinnamon & a splash of maple syrup.

Chocolate Raspberry 6.24
Chocolate ice cream with chocolate syrup & raspberries.

PB & Naner 6.24
Vanilla or chocolate ice cream with peanut butter & banana

CYO Shake 6.24
Choose a fruit: strawberry, blueberry, raspberry, blackberry, or banana
Choose vanilla or chocolate ice cream. Add chocolate syrup: .70

BEVERAGES

Orange Juice 2.70
Cranberry Juice 2.35
Bottled Water 1.77
Fountain Soda 2.23
Iced Tea 2.23
Boylan Soda 2.70
Perrier 2.70
San Pellegrino 3.17