

## “apron everyday”

slow food. good food. no strings attached.

*(call to see what's cooking today)*

### **fresh soups**

*(please call for soups of the day)*

*a selection of our daily soups will warm you -  
nourishing your body, mind and soul.*

**med (12oz)-\$3.95**

**large (16oz)-\$5.95**

**quart (32oz)-\$10.95**

**specialty soups at market price...**

PREPARED FRESH DAILY

**\*ask about what's frozen in our ice box.**

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### **apron's “lunch box”**

your choice of 2- for \$7.95

med soup

1/2 signature sandwich or wrap

(1/2 “special” sandwich add \$1)

slice of quiche du jour

sm salad—spinach, garden classic, caesar or macaroni

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**quiche of the day**

slice \$4.50 whole \$19

**sandwich of the day**

**market price**

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### **signature wraps**

**unforgettable chicken salad wrap**

chicken breast, celery,  
red onion, grapes, almonds,  
craisins.

\$7.75

**chriessie's veggie wrap**

roasted veggies, roasted peppers, mushrooms,  
sundried tomato spread,  
mozzarella, greens.

\$6.95

**gig's west coast wrap**

cucumbers, hummus, red onion, tomatoes,  
cream cheese, feta, greens.

\$6.95

**bessie's dijon tuna wrap**

albacore tuna salad, dijon, carrot sticks, greens.

\$6.95

**born to run wrap**

black beans, sweet potatoes, cheddar, salsa and cream cheese.

\$6.95

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### **signature sandwiches**

**sarah's ham and brie**

ham, brie, apple and mayo on a baguette

\$7.25

**auntie's eggcellent salad**

egg salad and bacon with greens on multigrain bread

\$5.95

**maria's grilled cheese**

muenster, cheddar and bleu on good bread.

\$5.95

**felicia's turkey and berries**

roasted turkey, cranberry chutney, lettuce and mayo on  
your choice of bread.

\$7.25

**pop's roasted turkey classic**

roasted turkey, bacon, lettuce, tomato and mayo on your  
choice of bread.

\$7.25

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### **salad specialties**

**classic mac**

macaroni, carrots, celery, red onion, peppers and creamy mayon-  
naise dressing.

sm \$4.25 med \$ 6.95 lg \$12.95

**“eat your colors” quinoa salad**

quinoa, black beans, carrots, celery, onion, red cabbage,  
peppers with southwest spices.

sm \$4.50 med \$7.50 lg \$14.95

**buddy's classic caesar salad**

romaine, parmesan, homemade croutons with caesar dressing.

\$6.95

**jb's spinach salad**

baby spinach, red onion, hard boiled egg, bleu cheese with  
seasonal fruit and vinaigrette.

\$6.95

**parisian lentil salad**

lentils, carrots, celery, red onion, fresh spinach with a red wine  
vinaigrette.

sm \$4.50 med \$7.50 lg \$14.95

**harvest cous cous**

cous cous, chic peas, dried fruit, roasted sweet potatoes in a  
light citrus vinaigrette.

sm \$4.25 med \$7.25 lg \$14.95

**\*seasonal desserts available @ store**

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www.theaprononline.com **p 856.795.4333**

# “apron otherwise”

slow food. good food. no strings attached.

*(call to see what's cooking today...  
otherwise, give us 24-36 hours to prepare your favorite)*

## apron's specialties

### chicky pot pies (*best pot pie ever!*)

chicken breast meat, carrots, celery, potatoes, onion, peas  
with sage and puffed pastry.  
hot out of the oven

#### wednesday and friday

sm \$8.25 med \$16.50 lg \$31.95

### the good shepherd's pie

ground beef cooked with sweet onions & wine, baked with a layer of peas, horseradish mashed potatoes &  
cheddar cheese.

#### thursdays

sm \$7.95 med \$15.95

## favorites

### bubba's beef stew- jt's fav

chunks of beef, carrots, onions & potatoes simmered in red wine.  
\$8.25 serving

### Pauline's spinach lasagna—family fav

layers of noodles filled with spinach, ricotta, mozzarella, parmesan and our secret cheese  
with homemade tomato sauce.  
slice \$8.25 family of 4 \$32.95

### Magone's cheesy mac—everyone's fav

macaroni, five creamy cheeses w/ a toasted breadcrumb topping.  
serving \$7.25 2 servings \$13.95

### mom mom's stuffed peppers—crowd fav

peppers stuffed with ground beef, rice and cheese in a light  
tomato sauce.  
\$6.95 ea

### lyla's veggie stuffed peppers—vegetarian fav

lentils, brown rice, fresh veggies, parmesan, bread crumbs  
and cheddar cheese.  
\$5.95 ea

### apron's turkey meatloaf—town fav

southwest or traditional  
market price

### pork tenderloin seared in cinnamon crust, with baked apples—fall fav

serving \$6.95

### sausage & peppers with whole wheat pasta—guiltfree fav

serving \$6.95

### jess's bucket of love- jess's fav

ground turkey, spinach, ricotta, feta, chick peas, & pasta baked to perfection!  
serving \$6.95

\*all prices are subject to market changes\*