

Soups & Salads

extra dressing \$.50

Soup of the Day \$3.75
Monday: Potato
Tuesday: Chicken Corn Chowder
Wednesday: Lentil (Friendly), Tomato Basil (Martinsville)
Thursday: Italian Peasant
Friday: Chili Bean
Saturday: Chili Bean
Everyday: Fat Free Vegetable

Soup & Grilled Cheese \$5.75

Soup & House Salad \$7.25

House Salad Romaine/Iceberg blend, tomatoes, cucumbers \$5.25
 Add Chicken \$2.25

Greek Salad Romaine/Iceberg blend, tomatoes, feta cheese, \$5.75
 kalamata olives, onions, oregano. Add Chicken \$2.25

Caesar Salad Romaine/Iceberg blend, shredded Parmesan \$5.50
 cheese, croutons. Add Chicken \$2.25

Chef Salad Romaine/Iceberg blend, tomatoes, cucumbers, \$7.99
 ham, turkey, cheddar cheese, black olives, onions

Buffalo Chicken Salad Romaine/Iceberg blend, tomato, \$7.99
 cucumber, fried buffalo chicken breast, bleu cheese crumbles

Teriyaki Chicken Salad Romaine/Iceberg blend, \$7.99
 Grilled Teriyaki Chicken, grilled zucchini, squash, onions, mushrooms, and broccoli

Homemade Salad Dressings:

House Oil and Vinegar, Ranch, Bleu Cheese, Thousand Island

Ken's Salad Dressings:

Balsamic Vinaigrette, Fat Free French, Fat Free Honey Dijon
 Fat Free Italian, Fat Free Thousand Island

Sides & Baskets*

extra dressing/sauces ... \$.50

Curly Fries \$1.95
Pasta Salad \$1.99
Potato Salad \$1.99
***Smoked Gouda Pimento Cheese** \$3.99
***Mozzarella Cheese Sticks** \$4.25
***Hot Chips** \$3.50 (basket) \$.50 (with sandwich purchase)
***Onion Rings** \$4.25 (basket) \$.75 (with sandwich purchase)
***Cheese Fries** \$2.95 (basket) \$.75 (with sandwich purchase)
***Chili Cheese Fries** \$3.95 (basket) \$1.25 (with sandwich purchase)
***Soup** 12 oz. bowl (with sandwich purchase) \$2.35
 6 oz. cup (with sandwich purchase) \$.75

*Sides may be substituted for an additional charge.

Kids (Grown-ups, too!)

extra dressing/sauces ... \$.50

ALL SERVED WITH YOUR CHOICE OF:

chips, curly fries, potato salad or pasta salad

Child's 3 oz. cheeseburger with ketchup and mustard \$4.99

Chicken Fingers with BBQ sauce, ranch or honey mustard sm. \$5.99
 lg. \$6.99

Grilled Cheese on white \$3.99

P.B. Jam on white \$3.75

Desserts

Homemade Baklava \$1.50

Homemade Brownies \$1.17

Cookies \$.55 / 3 for \$1.50
 Chocolate Chip, White Chocolate Macadamia Nut, Oatmeal Raisin

Homemade Cheesecake \$3.75
 Chocolate Chip, Raspberry, Caramel Heath

Homemade Fried Cheesecake \$3.95
 Chocolate Chip, Raspberry, Caramel Heath

Beverages

Tea (sweet or unsweet), Coke, Caffeine Free Diet Coke (F), \$1.50

Diet Coke (M), Sprite, Mello Yello, Pibb Extra, Pink Lemonade

Coffee \$.95 **Dr. Brown's** \$1.50

Milk \$.95 **Bottled Water** \$1.50

Hot Chocolate (Swiss Miss) \$.95

Craft and Domestic Beer Premium Wine

5/15

JAMS DELI

GUILFORD COLLEGE

5707 West Friendly Avenue

Greensboro, NC 27410

336-547-0771

**NEW
LOCATION!!**

2920-F Martinsville Road

Greensboro, NC 27408

336-907-8192

HOURS

Monday - Saturday

11:00 AM - 9:00 PM

Closed Sunday - A Day of Rest ☩

EAT IN OR TAKE OUT!

jams-deli.com

Specialties

ALL SERVED WITH YOUR CHOICE OF:
chips, curly fries, potato salad or pasta salad

Ham Jam	Grilled ham, melted swiss, lettuce, tomato and mayo on a kaiser roll.....	\$7.99
Traffic Jam	Rare roast beef, turkey breast, swiss, lettuce, tomato and russian dressing on a kaiser roll	\$7.99
Italian Sub	Genoa salami, provolone, baked ham, banana peppers, house oil & vinegar, lettuce, tomato and mayo on a hoagie HOT OR COLD.....	\$7.99
Sicilian Jam	Baked ham, grilled pepperoni, provolone, house oil & vinegar, lettuce, tomato and mayo on a grilled hoagie.....	\$7.99
Zan-wich	Pastrami, pepperoni, swiss and spicy mustard, grilled on rye.....	\$7.99
Hot Roast Beef	Rare roast beef, melted swiss, a hint of horseradish, lettuce, tomato and mayo on a kaiser roll.....	\$7.99
Steak & Cheese	Grilled beef, onions, house oil & vinegar, provolone, lettuce, tomato and mayo on a grilled hoagie.....	\$7.99
Double Meat \$2.25		
Reuben	Corned beef with kraut, swiss and spicy mustard or 1000 Island, grilled on rye	\$7.99
Classic Club	Turkey breast, baked ham, crisp bacon, lettuce, tomato and mayo on toasted whole wheat.....	\$7.99
Turkey Stack	Grilled turkey breast, swiss, lettuce, tomato and russian dressing on a kaiser roll.....	\$7.99
Veggie Jam	Crunchy cucumbers, lettuce, tomatoes, black olives and cream cheese spread lightly in a pita.....	\$7.50
Grilled Veggie Pita	Grilled onions, broccoli, squash, zucchini, mushrooms, house oil and vinegar, provolone in warm pita bread	\$7.50
Chickam	Lightly fried chicken breast, grilled ham, provolone, lettuce, tomato and mayo on a sesame seed bun.	\$7.99
Grilled Chicken	Grilled chicken breast, crisp bacon, swiss, lettuce, tomato and mayo on rye	\$7.99

Specialties

ALL SERVED WITH YOUR CHOICE OF:
chips, curly fries, potato salad or pasta salad

French Dip	Hot roast beef and provolone on a grilled hoagie with au jus.....	\$7.99
Turkey Reuben	Turkey with kraut, swiss and 1000 island, grilled on rye	\$7.99
Smoked Turkey with Havarti	Grilled smoked turkey, havarti, honey mustard, lettuce and tomato on a sesame seed bun	\$7.99
Meatball Sub	Meatballs in marinara sauce with provolone on a grilled hoagie.....	\$7.99
Buffalo Chicken	Lightly fried chicken breast dipped in buffalo sauce, provolone, lettuce, tomato and mayo on a sesame seed bun	\$7.99
Teriyaki Chicken	Grilled chicken breast, pepper jack, lettuce, tomato and mayo on an onion roll.....	\$7.99
Chicken and Cheese	Grilled chicken, onions, house oil and vinegar, provolone, lettuce, tomato and mayo on a grilled hoagie	\$7.99
Ultimate Chicken and Cheese	Grilled chicken, onions, green peppers, mushrooms, house oil and vinegar, pepper jack, lettuce, tomato and mayo on a grilled hoagie	\$7.99
Fish Sandwich	Battered white fish, American, house made tartar sauce on a sesame seed bun	\$7.99
Chicken Veggie Pita	Grilled chicken, onions, broccoli, squash, zucchini, mushrooms, house oil and vinegar, provolone in warm pita bread	\$7.99
Chicken Portabella	Grilled chicken, portabella mushrooms, onions, house oil and vinegar, provolone and mayo in warm pita bread.....	\$7.99
Grilled Chicken Pita	Grilled chicken, onions, mushrooms, house oil and vinegar, provolone, lettuce, tomato and mayo in warm pita bread	\$7.99
Hot Club Sub	Ham, turkey, bacon, lettuce, tomato and mayo on a grilled hoagie.....	\$7.99

Sandwiches & Plates

ALL SERVED WITH YOUR CHOICE OF:
chips, curly fries, potato salad or pasta salad

Egg Salad (white toast).....	\$4.99
Egg Salad Plate (on a bed of lettuce)	\$4.99
Tuna Salad (wheat toast, lettuce & tomato)	\$6.99
Tuna Salad Plate (on a bed of lettuce)	\$6.99
Chicken Salad (wheat toast, lettuce & tomato).....	\$6.99
Chicken Salad Plate (on a bed of lettuce).....	\$6.99
B.L.T. (white toast).....	\$6.99
Grilled Pimento Cheese (grilled sourdough).....	\$4.99
Grilled Pimento Cheese B.L.T. (grilled sourdough)	\$7.99

6 oz. Burgers*

ALL SERVED WITH YOUR CHOICE OF:
chips, curly fries, potato salad or pasta salad

Jamburger lettuce, tomato and mayo	\$6.99
Cheeseburger lettuce, tomato, mayo and choice of cheese.....	\$7.50
Bacon-Cheeseburger lettuce, tomato, mayo and choice of cheese	\$7.75
Old Fashioned Burger onions, chili, slaw and mustard	\$7.75
Mushroom Swiss Burger mushrooms, swiss, lettuce	\$7.75
tomato and mayo	
Pimento Cheeseburger lettuce, tomato, and mayo	\$8.50
Cheeses: American, Cheddar, Havarti, Pepper Jack, Provolone, Swiss	
*Consumer advisory: Consuming raw or undercooked meats may increase your risk of foodborne illness.	

Dogs

ALL SERVED WITH YOUR CHOICE OF:
chips, curly fries, potato salad or pasta salad

Hot Dog	\$4.25
Double Dog (2 dogs, 2 buns).....	\$5.75
Cheese Dog	\$4.50
Double Cheese Dog (2 dogs, 2 buns)	\$6.25
Toppings: mustard, onion, chili, slaw, kraut, relish	