



Bernie's Foreside

204 US Route One, Falmouth Maine 04105 • (207) 781-7817 • www.berniesforeside.com

Sandwiches

*served on bread, bagel or wrap with choice of side (potato salad, coleslaw or chips) and a pickle. Substitute fries for \$1.25
Tortilla Choices - white, wheat or spinach Bread Choices - white, wheat, marble rye or six-grain*

- Buffalo Chicken Wrap** chicken breast, buffalo sauce, blue cheese dressing, lettuce and tomato - **7.00**
- Cape Cod Wrap** chicken salad, cashews, cranberries, lettuce, tomato, carrots & sprouts - **7.00**
- Chicken Caesar Wrap** crisp romaine tossed with Casear dressing, parmesan cheese, grilled chicken - **7.00**
- Chicken Pesto Wrap** hot marinated chicken, pesto, mayo, lettuce, tomato, provolone - **7.00**
- Veggie Wrap** mixed veggies and humus - **5.50**

- BLT** thick sliced bacon, lettuce, tomato and creamy mayo on toasted bread - **5.75**
- Build-Your-Own Deli** turkey breast, chicken breast, baked ham, corned beef, pastrami - **6.50**
- Chicken Salad** with chopped celery, onions, seasoned with mayo and served with lettuce & tomato - **6.00**
- Egg Salad** traditional egg salad served with lettuce and tomato - **5.25**
- The Gobbler** fresh sliced turkey with tomato, lettuce, homemade stuffing and cranberry mayo - **7.25**
- Tuna Salad** all-white tuna with chopped red onion and celery, served with lettuce and tomato - **6.00**

From the Grill

served with hand-cut fries and a pickle

- Bubba Burger** 6 oz. beef burger served with lettuce and tomato - **8.00** Add cheese - **.75** Add bacon - **.75**
- Patty Melt** hamburger, Swiss cheese, and sauteed onions, pressed in rye bread and grilled - **8.75**
- Veggie Burger** locally made, served with guacamole, lettuce, tomato, red onions on a bulkie roll - **7.25**
- The "Bern" Dog** 2 all-beef hot dogs served with sauerkraut and onions - **5.99**
- Bernie's Bomb** half-pound of shaved chuck sirloin seasoned with onions, peppers & mushrooms, covered with provolone cheese and toasted to perfection - **8.25**
- Chicken Cordon Bleu** grilled boneless chicken breast with ham, Swiss and dijon mayo on a bulkie roll - **7.75**
- Grilled Chicken** grilled boneless chicken breast served with lettuce and tomato on a bulkie roll - **7.50**
- Marvin** hot pastrami, coleslaw, Swiss cheese and thousand island dressing served on grilled marble rye - **7.99**
- Reuben** lean cooked corned beef, fresh sauerkraut, Russian dressing, and Swiss cheese on rye bread - **7.75**
- Foreside Club** our clubs are layered with lettuce, tomato, bacon, and mayo, with your choice of chicken breast, cheeseburger, fresh roasted turkey breast, or ham & cheese - **8.50**

Additional Toppings - .75 each

American, Swiss, cheddar, provolone, pepper jack, feta, tomato, onion, cucumber, green pepper, sautéed mushrooms, jalapeños, roasted red pepper, avocado, salsa or bacon

From the Sea

served with hand-cut fries and a pickle

- Haddock Sandwich** 6 oz. fried or broiled on a bulkie roll with lettuce, tomato, with tartar sauce - **8.99**
- Fish & Chips** fried haddock with hand-cut french fries, coleslaw and tartar sauce - **8.99**
- Crab Roll*** fresh picked Maine crab meat with mayo, salt & pepper, lettuce, on a grilled hot dog bun - **9.99**
- Lobster Roll*** fresh picked Maine lobster with mayo, salt & pepper, lettuce, on a grilled hot dog bun - **mkt \$**

**we only use fresh (not frozen) - therefore this menu item may not always be available*

Consuming raw or under cooked meats, poultry, fish, or eggs may increase your risk of food borne illness.

A gratuity of 18% may be added to parties of 6 or more. We accept Visa, MasterCard, American Express or Discover. No personal checks.

Soups & Salads

Soup of the Day Cup - 2.99 Bowl - 3.99
French Onion Soup Crock - 4.50
Bernie's Clam Chowdah' Cup - 4.00 Bowl - 6.00
Lobster Stew* Cup - mkt\$ Bowl - mkt\$

Garden Salad cucumber, tomato, green pepper, carrots, onion, seasoned croutons, iceberg lettuce - **2.99**

Greek Salad feta cheese, kalamata olives, roasted red pepper, tomato, red onion and crisp romaine - **7.25**

The Wedge 1/4 head of iceberg lettuce with chopped tomato, bacon and blue cheese dressing - **5.25**

Buffalo Chicken Salad
chicken breast marinated in Frank's Red Hot over crisp romaine lettuce with tomato, cucumber, red onion and crumbled blue cheese, - **8.95**

Cobb Salad
bacon, avocado, tomato, hard-boiled egg, and crumbled blue cheese over romaine and iceberg lettuce - **8.25**

Classic Caesar crisp romaine lettuce tossed with Caesar dressing Parmesan cheese, and seasoned croutons - **6.25**

Chef Salad roasted turkey and ham, American and Swiss cheese, hard-boiled egg, iceberg lettuce, green peppers, cucumber, tomato and onions - **8.25**

All menu items are available for takeout and may be viewed online at www.berniesforeside.com

add chicken (\$2.99) or lobster* (mkt\$) to any salad

Dressings: Blue Cheese, Balsamic Vinaigrette, Thousand Island, Fat Free Italian, Fat Free Ranch, Oil & Vinegar

Burritos & Quesadilla

Tortilla Choices - white, wheat or spinach Add guacamole for \$1.25

Chicken Burrito with choice of sauce and black beans, rice, sour cream, cheddar jack cheese - **7.95**

Chipotle Steak Burrito with refried chipotle beans, rice, sour cream, salsa, cheddar jack cheese - **9.25**

Salsa Verde Roast Pork Burrito with black beans, rice, sour cream, cheddar jack cheese - **7.95**

Cheese Quesadilla cheese, salsa & sour cream - **4.00** Add guacamole - **1.25** chicken - **1.95**

Veggie Quesadilla cheese, onions, peppers, salsa & sour cream - **5.00** Add guacamole - **1.25** chicken - **1.95**

Create Your Own Burrito

Chicken or Pork - **7.95**; Steak - **9.25** each; Veggie - **6.95** each

Toppings / Sauces

refried beans, black beans, rice, jerk sauce, chipotle, salsa verde, Sal's salsa, Frank's Red Hot sauce lettuce, tomato, onions, peppers, mushrooms, jalapeños, sour cream, guacamole (\$1.25)

Sides

Chicken Tenders (Hot, Mild or Plain) - **5.99**

Mozzarella Sticks - **4.99**

Basket of Hand-Cut French Fries - **3.50**

Basket of Onion Rings - **3.50**

Seasonal Fruit Cup - **4.50**

Beverages

Soft drinks (free refills) - *Pepsi, Diet Pepsi, Mountain Dew, Sierra Mist, Ginger Ale, Root Beer* - **1.99**

Lemonade - **1.75**

Green Mountain/Wicked Joe Coffee (free refills) - **1.95**

Hot Tea or Brewed Ice Tea - **1.75**

Hot Chocolate - **1.50**

Milk/Chocolate Milk - **1.50 / 1.95**

Bernie's Yogurt Smoothies blueberry, banana, or strawberry - **3.99**

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