



## MENU



721 Orange Street  
New Haven, CT 06511

401 Main Steet  
Branford, CT 06405

CALL FOR TAKEOUT

## Our Locations, Hours, & Contact Info

721 Orange Street • New Haven, CT 06511

Mon - Sat: 7 AM - 8 PM

Sun - 7 AM - 6 PM

**Ph: 203.865.1147 • Fax: 203.889.0249**

foodorders@pmorangemarket.com • pmfinefoods.com

401 Main Steet • Branford, CT 06405

Mon - Thurs: 8 AM - 6 PM

Fri: 8 AM - 8 PM

Sat: 8 AM - 6 PM

Closed Sunday

**Ph: 203.488.6183 • Fax: 203.483.6583**

PMfinefoods@gmail.com • pmfinefoods.com



\*\*\*Call about our wide variety of catering options\*\*\*



## **HOT SPECIALS**

### **BLT**

**Roll \$9.00 Sub \$13.00**

### **Broccoli Rabe & Sausage**

**Roll \$9.00 Sub \$14.00**

### **“The Big One”**

#### **Cheeseburger**

**Roll \$9.00 Sub \$15.00**

Hand pressed freshly ground beef

### **Chicken Brunello**

**Roll \$10.00 Sub \$14.00**

Chicken cutlet, roasted red peppers & provolone

### **Chicken Cacciatore**

**Roll \$9.00 Sub \$13.00**

### **Chicken Cutlet**

**Roll \$9.00 Sub \$13.00**

### **Chicken Club**

**Roll \$10.50 Sub \$14.50**

Bacon, lettuce & tomato

### **Chicken Flag**

**Roll \$10.00 Sub \$14.00**

Chicken cutlet, fresh mozzarella, tomatoes, basil & olive oil

### **Chicken Flag a la P&M**

**Roll \$11.50 Sub \$15.50**

Chicken cutlet with fresh mozzarella, tomato,  
grilled eggplant, basil & olive oil



## **HOT SPECIALS**

### **Chicken Gaggiana**

**Roll \$9.00 Sub \$13.00**

Roasted red peppers & spicy gorgonzola sauce

### **Chicken & Onions**

**Roll \$9.00 Sub \$13.00**

Breaded chicken chunks, tossed with caramelized onions

### **Chicken Parmigiana**

**Roll \$9.00 Sub \$14.00**

Chicken cutlet, melted mozzarella & grated cheese  
in tomato sauce

### **Chicken Sandrella**

**Roll \$11.00 Sub \$16.00**

Chicken cutlet & broccoli rabe

### **Chicken Santore**

**Roll \$11.00 Sub \$16.00**

Chicken cutlet, pepperoni, roasted red peppers,  
melted provolone & honey mustard

### **The Classic**

**Roll \$11.00 Sub \$16.00**

Eggplant parmigiana, chicken cutlet &  
melted mozzarella cheese

### **Eggplant Parmigiana**

Eggplant, melted mozzarella & grated cheese in  
tomato sauce

**Roll \$9.00 Sub \$13.00**



## **HOT SPECIALS**

**Grilled Cheese**  
Your choice of bread \$7.50

**Grilled Chicken**  
Roll \$9.00 Sub \$13.00

**Hot Dogs & Potatoes**  
Roll \$9.00 Sub \$13.00

**Lemon Chicken**  
Roll \$9.00 Sub \$14.00

**Meatballs**  
Home-made meatballs, made with freshly ground beef,  
garlic & spices in tomato sauce.  
Roll \$9.00 Sub \$13.00

**Pastrami Melt**  
Pastrami toasted with the cheese of your choice.  
Roll \$10.00 Sub \$15.00

**Pino's Favorite**  
Roll \$10.50 Sub \$15.50  
Prosciutto & ricotta baked with fresh tomatoes,  
basil & oil

**Porketta**  
Roll \$10.00 Sub \$14.00

**Sausage & Peppers**  
Roll \$9.00 Sub \$13.00



## **HOT SPECIALS**

### **Steak Bomb**

Thinly sliced sirloin steak, pepperoni & hot cherry peppers

**Roll \$11.00 Sub \$17.50**

### **Steak & Cheese**

Thinly sliced sirloin steak & your choice of cheese

**Roll \$10.00 Sub \$14.00**

### **Steak Deluxe**

Thinly sliced sirloin steak, roasted red peppers & mushrooms

**Roll \$11.00 Sub \$17.50**

### **Steak Pizzaiola**

**Roll \$10.00 Sub \$15.00**

### **Veal & Mushrooms**

**Roll \$10.00 Sub \$14.00**

### **Ribeye Steak Sub**

**Roll \$11.50 Sub \$18.50**

Certified Black Angus Ribeye

## **FOCACCIA SANDWICHES**

### **#1 Turkey \$12.00**

With roasted peppers & melted provolone

### **#2 Prosciutto \$14.00**

With fresh mozzarella, basil & fresh tomatoes

### **#3 Vesuvio \$13.00**

With smoked turkey, broccoli rabe,  
cheddar cheese & kalamata olives



## FOCACCIA SANDWICHES

### **#4 Grilled Chicken \$12.50**

Fresh mozzarella & honey mustard dressing

### **#5 Grilled Eggplant \$12.00**

Fresh mozzarella, fresh tomatoes, & basil,  
with salt, pepper & olive oil

### **#6 The Flag \$11.00**

Fresh mozzarella, fresh tomatoes, & basil,  
with salt, pepper & olive oil

Add chicken cutlet or grilled chicken for **\$2.00**

### **#7 Chicken Brunello \$12.50**

Chicken cutlet, roasted red peppers & melted provolone

### **#8 The Veggie \$11.00**

Fresh veggies, olive oil, vinegar & your choice of cheese

### **#9 Toscano \$12.00**

Smoked salami, mortadella, provolone,  
tomatoes, balsamic vinegar, olive oil & basil

### **#10 Portabello \$12.00**

Grilled portabellos, roasted red peppers,  
gorgonzola & mesclun greens

### **#11 Chicken Pesto \$12.50**

Grilled chicken, pesto, sundried tomatoes, mesclun greens

### **#12 Manfro \$14.00**

Grilled chicken, fresh mozzarella, roasted red peppers,  
balsamic & prosciutto



## FOCACCIA SANDWICHES

### **#13 Latino \$14.00**

Ham, grilled chicken, pickles, swiss,  
mayo & sundried tomato pesto

### **#14 Italiano \$14.00**

Parma prosciutto, sweet soppressata, sharp provolone,  
tomato, roasted red pepper, basil & olive oil

### **#15 East Rocker \$14.00**

Grilled chicken, sundried tomato pesto,  
onion, mesclun greens & goat cheese

### **#16 BBQ Chicken Ranch \$14.00**

Chicken cutlet with avocado, bacon,  
cheddar cheese & ranch

### **#17 Fried Eggplant Flag \$12.00**

Fresh mozzarella, Fresh Tomatoes & Basil Topped with  
Fried Eggplant

## WRAP SANDWICHES

### **Buffalo Chicken \$12.50**

Chicken cutlet, buffalo sauce, american cheese,  
lettuce & blue Cheese

### **Grilled Chicken Caesar \$12.00**

Grilled chicken, romaine, croutons, grated cheese & caesar

### **Chicken Club \$13.00**

Chicken cutlet, bacon, lettuce, tomato & mayo





## **WRAP SANDWICHES**

### **Grilled Veggie \$12.00**

Grilled assorted veggies, choice of cheese, fresh basil & balsamic vinegar

### **P&M Steak & Cheese \$15.00**

Steak, cheese, lettuce, tomato, grilled onions, mushrooms & mayo

### **Tuna Melt \$12.50**

Tuna, melted provolone, lettuce & tomato

### **Turkey Club \$13.00**

Turkey, cheese, bacon, lettuce, tomato & mayo

### **The Greek \$13.00**

Grilled chicken, lettuce, tomato, feta, kalamata olives & tzatziki sauce

### **The Roast Beast \$13.50**

Homemade roast beef with swiss or muenster, lettuce, tomato, salt, pepper & horseradish sauce.

### **Mediterranean \$13.50**

Turkey, avocado, artichoke hearts, basil, tomato, red onions & house dressing

### **The Black Russian \$13.00**

Roast beef, cole slaw, swiss & thousand island

### **The White Russian \$13.00**

Turkey, cole slaw, swiss & thousand island

### **Chicken Flag \$13.00**

Chicken cutlet, fresh mozzarella, tomato, basil & olive oil



## **SALADS**

### **Chef Salad SM \$12.25 LG \$16.50**

Romaine lettuce, tomatoes, onions, ham, turkey,  
provolone, & hard boiled eggs

### **Caesar Salad SM \$10.50 LG \$13.50**

Romaine, croutons, grated cheese, & caesar dressing

### **The Betabel Salad SM \$11.50 LG \$15.50**

Romaine lettuce, fresh beets, hard boiled eggs,  
grape tomatoes, shredded carrots

### **Garden Salad SM \$10.00 LG \$13.00**

Mesclun greens, tomatoes, carrots, walnuts, peppers, olives

### **Baby Spinach a la P & M SM \$12.50 LG \$16.50**

Baby spinach, cranberries, pecans, apple, red onion,  
carrots, avocado

### **Greek Salad SM \$12.50 LG \$15.50**

Mesclun greens, cucumbers, peppers, tomatoes, red onion,  
Kalamata olives & feta cheese

### **Insalata Fresca SM \$13.50 LG \$17.50**

Mesclun greens, strawberries, apple, dried cranberries,  
almond, grilled chicken

### **Grilled Ahi Tuna SM \$14.50 LG \$18.50**

Mesclun greens, tomatoes, red onions,  
cucumbers, peppers, grilled Ahi Tuna

### **Black and Blue Salad SM \$14.50 LG \$18.50**

Mesclun greens, cherry tomatoes, red onions, walnuts,  
crumbled blue cheese, & grilled marinated sirloin steak



## **SALADS**

**Cobb Salad SM \$15.00 LG \$19.50**

Romaine lettuce, tomato, hard boiled egg, avocado, onion,  
crumbled blue cheese, bacon & grilled chicken

**Build Your Own Salad - \$11.99 per lb.**

**Hard Boiled Egg - \$1.50 ea.**

### **Dressings**

House (Balsamic Vinaigrette), Blue Cheese, Caesar,  
Olive Oil and Red Wine Vinegar,  
Thousand Island, Ranch, Sesame Ginger  
Dressing, Golden Italian, Raspberry Vinaigrette

## **VEGAN MENU**

**Beyond Meat Burger**

**\$10.00**

Avocado, red onion and hummus

**The Cassanova Wrap**

**\$13.00**

Grilled eggplant, broccoli rabe, roasted  
red peppers, marinated artichoke hearts,  
red onion, & balsamic



## BREAKFAST SANDWICHES

Breakfast sandwiches served on your choice of:  
Hard roll, Portuguese roll, white, wheat or rye toast

Bagel & Cream Cheese - \$4.00

Bagel & Egg - \$5.00

Bagel, Cream Cheese & Lox - \$10.50

Bagel & Butter - \$3.50

One Egg & Cheese Sandwich - \$4.50 on roll

Two Egg & Cheese Sandwich - \$5.50 on roll

Three Egg & Cheese Sandwich - \$6.50 on sub or wrap

Three Egg Whites on roll - \$5.00

\*add steak or pastrami

Roll \$2.50, Sub or Wrap \$5.00

\*add bacon, ham & sausage

Roll \$1.00, Sub or Wrap \$3.00

\*add hash brown, extra egg or avocado - \$2.00



## **BREAKFAST WRAPS**

### **Healthy Choice \$9.00**

Grilled veggies, egg whites & lacey swiss cheese

### **Mexican Wrap \$8.50**

Two eggs, mozzarella cheese & salsa

### **Down & Dirty \$8.50**

Two eggs with your choice of bacon, sausage, ham & your choice of cheese.

Add steak or pastrami \$1.50

### **The Flag Wrap \$9.00**

Two eggs, fresh mozzarella cheese, tomato, basil, salt, pepper & olive oil

## **COLD SANDWICHES**

### **American Combo**

Roll \$9.00 Sub \$15.00

Roast Beef, ham, turkey, american cheese

### **Capicola & Provolone**

Roll \$9.00 Sub \$14.00

### **Cheese Combo**

Roll \$8.00 Sub \$11.00

### **Chicken Salad**

Roll \$9.00 Sub \$14.00

### **Ham & Cheese**

With your choice of cheese

Roll \$9.00 Sub \$12.00



## **COLD SANDWICHES**

### **Italian Combo**

**Roll \$9.00 Sub \$14.00**

Ham, salami, provolone, capicola, pepperoni

### **Italian Combo Bomb**

**Roll \$10.50 Sub \$15.50**

With hot peppers & onions

### **Italian Flag**

**Roll \$9.00 Sub \$13.00**

Fresh mozzarella, fresh tomatoes, basil, salt, pepper & olive oil

### **Mortadella**

**Roll \$9.00 Sub \$14.00**

With fresh mozzarella & basil

### **Prosciutto & Mozzarella**

**Roll \$10.50 Sub \$15.50**

### **Roast Beef & Cheese**

With your choice of cheese

**Roll \$10.50 Sub \$15.50**

### **Salami & Cheese**

With your choice of cheese

**Roll \$9.00 Sub \$13.00**

### **Tuna Melt**

**Roll \$10.00 Sub \$15.00**

With melted provolone, lettuce & tomato

### **Tuna Salad**

**Roll \$9.00 Sub \$13.00**



## COLD SANDWICHES

### Turkey & Cheese

With your choice of cheese

Roll \$9.00 Sub \$14.00

### Veggie

Roll \$9.00 Sub \$13.00

Assorted vegetables, choice of cheese

## Soups

Small - \$5.00

Large - \$6.00

Quart - \$10.99

Please Ask About Our  
Daily Soup Specials

LET P&M CATER  
YOUR NEXT  
EVENT

\*The undercooked food advisory/disclaimer

Notice: Thoroughly cooking meats, poultry, seafood, shellfish, or eggs  
reduces the risk of foodborne illness.

Connecticut Public Health Code Sections 19-13-B42(m) (1) (F).

*Extra Items will be priced accordingly*







Buon  
Appetito!



\*\*\*Call about our wide variety of catering options\*\*\*

Prices may change without notice  
due to market fluctuations.

Not all items are available at every P&M location.

