

Your #1 stop on your way to the beach

THE BEACH MARKET AND DELI

Our deli offers baked goods, bread from Ziggy's, great sandwiches, sides & summer salads.

We carry quality meats and cheeses from Boar's Head.

Fresh fruit and produce arrive daily.

SELECT OUR READY-TO-GO STANDARD GRAB AND GO ROLL UP

All the classics made fresh throughout the day:

Turkey & Cheese, Ham & Cheese, Roast Beef & Cheese, Tuna Salad, Chicken Salad, Cape Codder
Prepared on a white, wheat or tomato wrap and ready to go

\$5.99

TRY ONE OF OUR SPECIALTY SANDWICHES

With your choice of bread: sliced white, sliced whole wheat, sliced multi-grain, Ciabatta sub roll, French baguette, brioche, white, wheat or tomato wrap

THE BEACH CRUISER

Lean juicy roast beef, provolone, red onion, lettuce, tomato and horseradish sauce on wheat bread

THE TANDEM

Baked chicken breast, avocado, bacon, swiss, lettuce, tomato and mayo on brioche

THE 10-SPEED

Turkey, jicama corn slaw, Russian dressing, lettuce and tomato on multi-grain

THE FIXIE

Black forest ham, brie, apricot chutney, lettuce and tomato on brioche

VERMONTER

Black forest ham, cheddar cheese, green apple, bacon, lettuce, tomato & honey dijon mustard

TABOULI WRAP

Bulgur wheat, English cucumber, scallions, mint, cherry tomato, lettuce, with or without chicken

CAPE CODDER

All natural turkey breast, herb stuffing, cranberry sauce, lettuce & a little mayo

ITALIAN

Ham, Genoa salami, provolone, red roasted peppers, red onions, lettuce, tomato & a tasty vinaigrette

THE UNICYCLE

Assorted seasoned grilled veggies with hummus, fresh arugula and tomatoes on ciabatta

THE 3 WHEELER

Prosciutto, fig spread, fontina cheese, fresh arugula on ciabatta (served Panini style)

\$7.49

CREATE YOUR OWN MASTERPIECE

Choose any combination of bread, meat, cheese, veggies and condiments.

Bread choices: turkey, sliced white, sliced whole wheat, sliced multi-grain, ciabatta sub roll, brioche roll, white, wheat or tomato wrap

Meat choices: roasted turkey, chicken salad, black forest ham, curry chicken, roast beef, Genoa salami, pepperoni, tuna salad, bacon & sliced chicken breast.

Cheese choices: American, cheddar, brie, provolone, Swiss & cream cheese

Veggie choices: lettuce, tomato, red onion, pickles, roasted red peppers, hummus, banana peppers

Condiments choices: ketchup, mayonnaise, Dijon mustard, spicy brown mustard, yellow mustard, honey mustard, horseradish sauce, Russian dressing, apricot chutney

\$7.49

BREAKFAST SANDWICH OR BREAKFAST WRAP

Classic: 2 fried eggs, with your choice of meat and cheese on a croissant, brioche, bagel or toast \$4.75

Burrito: 3 scrambled eggs, with your choice of meat and cheese in a soft tortilla \$ 5.49

Southwest burrito: 3 scrambled eggs, sharp cheddar, onions, green pepper, sausage topped with salsa \$6.29

Bagel/Cream cheese \$2.79 Also yogurt parfaits, fresh fruit and coffee (Wicked Joe's certified organic fair-trade)

The Beach Market has essential beach & convenience items & a large selection of beverages.

Our staff is welcoming, helpful and friendly. See you at the Beach Market and Deli.

144 Bradford Street Extension – Corner of West Vine St – Provincetown, MA 02657

Call your order in to 508-487-4849 – Summer Hours 8AM to 8PM – Off-season Hours 9AM to 6PM