

SALADS

ITALIAN CHOPPED

mixed greens, diced italian meats, provolone & parmesan cheeses, tomatoes, cucumbers, red onions, black olives, croutons, housemade dressing on side 9.0

CAESAR

romaine lettuce, parmesan cheese, croutons tossed in our housemade Caesar dressing 8.0

SOUTH MARKET

mixed greens, tomatoes, cucumbers, red onions, parmesan cheese, croutons, dressing on the side 8.0

CHICKEN OR TUNA SALAD

our famous chicken or tuna salad on a bed of mixed greens, tomatoes, cucumbers, side of house dressing 8.0

VEGGIE SANDWICHES

VEG

hummus, feta cheese, sauteed onions, roasted red peppers on grilled whole wheat. 8.0

VEG 2

herb cream cheese, monterey jack cheese, cucumbers, tomatoes, onions, roasted red peppers, fresh spinach on toasted whole wheat 8.5

JUST KIDS FOR THE KIDS

grilled cheese, grilled ham & cheese, grilled pbj 6.5
served with fruit cup & fla-vor-ice

DESSERTS

cookies and brownies 1.5
brownie or cookie sundae 5.0
Ice cream from South Mountain Creamery



"Home of The Real Sandwich"

105 S. Market St. Frederick, MD 21701
240-651-3797

Spring & Summer Hours
Monday-Friday 11am - 7pm
Saturday 11am - 4pm

Online Ordering
southmarketsandwich.com

Delivery Available
Monday-Friday 11am - 3pm

Catering Available
call for details