

## Soups & Combos

Bowl of Soup & Muffin.... \$4.50  
Our Wonderful Homemade soup served with a fresh baked muffin & crackers.

Bowl of Soup with House Salad (and crackers). \$5.50

1/2 Chicken Salad or Tuna Salad Sandwich on Whole Wheat with cup of soup & chips.....\$5.95

1/2 Chicken Salad or Tuna Salad Sandwich on Whole Wheat with House Salad.....\$5.95

Bowl of Soup (no muffin).....\$3.50  
Cup of Soup & crackers.....\$2.75  
Add a cup to Entrée.....\$2.50

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Soft Drink, Iced Tea, Coffee..\$1.65  
Hot Teas, Cocoa.....\$1.95  
Bottle Drinks.....\$1.95  
Muffins.....\$1.50  
Cookies.....\$1.95



919-821-7553  
www.seaboardcafe.com

## Small Bites

Grilled Cheese on Whole Wheat & Chips.....\$3.50  
1/2 Chicken or Tuna Salad on Whole Wheat with Chips.....\$3.75  
BLT on Whole Wheat With Chips.....\$4.95  
Small Greek Salad.....\$4.95  
A Scoop of Chicken Or Tuna Salad.....\$3.95  
A Scoop of Featured Chicken Salad.....\$4.25

## Favorites by the Pounds

Old Fashioned Chicken Or Tuna Salad.....\$11.25  
Featured Chicken Salads....\$13.75  
1 Lb. Pickled Carrots.....\$7.95

Monday - Saturday

Grill 11:00 - 2:00 Deli 11:00 - 2:30

Holiday closings between

Christmas & New Years and July 4th Week



707 Semart Dr.  
Raleigh, NC 27604

# SEABOARD

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## The Seaboard Cafe Story

The story began in May, 1991 when Logan Trading Company moved from the old Farmer's Market into their new home at the Seaboard Train Station. The lunch counter, which had once served meals to railroad passengers, was unoccupied, and Rick saw an opportunity. Robert Logan Jr took a chance on Rick's dream seeing the unique possibilities it offered, and in May of 1991, the Seaboard Café began selling hot dogs, hamburgers and fajitas to the Logan's shoppers.

As the business changed over the years, so did the menu. Made from scratch soups, salads, fresh baked muffins, cookies and special daily Grill and Deli Features made Seaboard Cafe one of downtown's favorite lunch spots.

Today the dream continues to grow as we happily serve a great mix of downtown regulars, urban gardeners, tourists, and lots of friends. We hope you enjoy your visit as much as we like having you!!



## The Grill

**Grilled Chicken Breast Sandwich**.....\$7.50  
*Char-grilled Chicken Breast with lettuce, tomato, Peach-Pepper Relish on warm Sesame Seed Kaiser Bun. Served with Potato Salad and Kosher pickle.*

**Char-grilled Burger**.....\$6.95  
*Fresh Char-grilled burger. "All the way" is lettuce, tomato, onion, mustard & pickle on Sesame Seed Bun. Served with Cross-tie Fries & Kosher Pickle.*

**Cheeseburger**.....\$7.25  
*Fresh Char-grilled burger with your choice of cheese. "All the way" is lettuce, tomato, onion, mustard & pickle on Sesame Seed Bun. Served with Cross-tie Fries & Kosher Pickle.*

**Bacon Swiss Burger**.....\$7.75  
*Fresh Char-grilled burger with bacon and swiss. "All the way" is lettuce, tomato, onion, mustard & pickle on Sesame Seed Bun. Served with Cross-tie Fries & Kosher Pickle.*

**N.Y. Ruben**.....\$7.50  
*Thinly sliced lean Corned Beef, Swiss, Kraut, Dijon & 1000 Island on Rye Bread and grilled. Served with Potato Salad, Kosher Pickle.*

**Grilled Tuna Salad, Swiss & Cranberries Sandwich**.....\$7.50  
*A delicious combination of Sweet & Savory on Sourdough Bread and grilled to perfection. Served with Raspberry-Dijon Pasta Salad.*

## Sandwiches

Sandwiches can also be served on White, Rye, Whole Wheat, Sourdough or Sunflower Breads

**Veggies on Sunflower Bread**.....\$6.50  
*Our #1 sandwich, Cheddar & Swiss cheese layered with lettuce, onion, tomato, sprouts, mayo, cucumber & pickle. With Chips or Pretzels.*

**Turkey Club on Whole Wheat**.....\$7.25  
*A Deluxe sandwich with sliced Turkey, Bacon, Cheddar and Swiss Cheeses, mayo, lettuce, tomato & pickle. With Chips or Pretzels.*

**Old Fashioned Chicken Salad Sandwich on Whole Wheat**.....\$6.95  
*Diced Chicken Breast, Celery, Relish, Pimento. We add lettuce, tomato, pickle, mayo and served with Potato Chips or Pretzels.*

**Tuna Salad Sandwich on Wheat**.....\$6.95  
*A real classic favorite with lettuce, tomato, pickle and mayo. Served with chips or pretzels.*

**Side Orders**.....\$2.50  
 Pickled Carrots Potato Salad Cross-Tie Fries  
 Raspberry-Dijon Pasta Salad

-Side Order of the Day-

May be substituted for chips on any sandwich for \$2.25  
 or Small side salad \$2.50

## Salads

*Dressings: Bleu Cheese, Ranch, 1000 Island, Raspberry-Dijon, Fat Free Honey Dijon, Fat-Free Italian, Olive Oil & Red Wine Vinegar*

**Grilled Chicken Breast Entrée Salad**.....\$7.50  
*Slices of Grilled Chicken Breast on mixed greens with shredded carrots and red cabbage, tomato, cucumber, and our fresh baked croutons.*

**Greek Salad**.....\$6.75  
*Mixed Greens with shredded carrots and red cabbage, feta cheese, olives, tomato, cucumber, croutons with Red Wine Vinegar & Olive Oil Herb Dressing.*

**Greek Grilled Chicken Breast Entrée Salad**.....\$7.95  
*Our grilled Boz. Chicken Breast Sliced over our Greek Salad*

**Chef Salad**.....\$6.95  
*Mixed Salad Greens, Diced Turkey, Ham, Cheddar & Swiss, shredded carrots and red cabbage, tomato, cucumber, and our fresh baked croutons.*

**House Salad**.....\$3.75

**Tuna Salad or Chicken Salad Cold Plate**.....\$6.25  
*A scoop of our delicious "made from scratch" Salads with Potato Salad & Tomato Slices*

