

TRYING TO EAT HEALTHY?

# SALADS ARE A NATURAL CHOICE

## LIGHTEN UP IN 2017

Serve Flavorful Main-Dish Salads  
Choose Fresh, Colorful Produce  
Include a Variety of Whole Grains  
Select Naturally Wholesome Snacks

YOUR GUIDE TO **GOURMET** 1.1.17 - 1.14.17

[EDDIESOFROLANDPARK.COM](http://EDDIESOFROLANDPARK.COM)

*Eddie's*  
OF ROLAND PARK

# SPECIALS FOR THE WEEK OF JANUARY 1 - 7

## DAIRY

Turkey Hill Tea or Drinks..... 64 oz **2/\$3.00**  
Daisy Sour Cream..... 16 oz **\$1.79**

## FROZEN

Alexia Potatoes..... 20 to 32 oz **2/\$5.00**  
Hanover Vegetables *regular line*..... 14 oz **2/\$3.00**

## GROCERY

Dunkin' Donuts K-Cups..... 3.7 oz **\$6.99**  
Kashi Cereal..... 9.5 to 16.3 oz **\$3.29**  
Progresso Healthy Soups..... 18.5 to 19 oz **\$1.69**  
Nature Valley Fiber One Bars  
..... 5.34 to 8.85 oz **\$2.19**  
Filippo Berio Olive Oil..... 25.3 oz **\$4.59**  
Arizona Tea or Drinks..... 128 oz **2/\$5.00**

## PRODUCE

Clementines..... 5 lb box **\$8.99**  
Fuyu Persimmons..... ea **\$0.99**  
Bartlett Pears..... lb **\$1.79**  
Gala Apples..... lb **\$1.79**  
Squash *acorn or butternut*..... lb **\$0.89**

## MEATS-EDDIE'S

USDA Choice Rib Eye Steaks  
*boneless*..... lb **\$15.59**  
Center-Cut Pork Roast *boneless*..... lb **\$4.99**  
Stuffed Turkey Breast *store-made*..... lb **\$6.99**  
Bell & Evans Chicken Breasts *bone-in*..... lb **\$3.99**

## MEATS-VICTOR'S

USDA Prime Sirloin Steaks  
*boneless*..... lb **\$10.99**  
USDA Prime Ground Sirloin..... lb **\$6.99**

## SEAFOOD

Raw Shrimp 16/20 ct..... lb **\$17.99**  
Cod Filets..... lb **\$8.99**  
Bourbon Salmon Filets *store-made*..... lb **\$13.99**

## DELI

Saval First-Cut Corned Beef or  
Pastrami..... lb **\$13.99**  
Boar's Head Imported Swiss..... lb **\$9.99**  
Beet and Onion Salad..... lb **\$3.99**



CHEESE MAKES  
EVERYTHING  
TASTE BETTER

## BAKERY

**NEW** Mini Brioche Rolls  
*poppy or sesame*..... ea **\$0.39**  
Yogurt Muffins *varieties*..... ea **\$1.79**  
Eddie's 100% Whole Wheat Bread..... ea **\$3.49**

## CANDY & COFFEE

House Blend Coffee Beans  
*regular*..... lb **\$12.99**  
*decaffeinated*..... lb **\$13.49**  
Red Eye  
*Charles Street coffee bar only*..... 16 oz **\$2.25**  
Crystallized Ginger..... lb **\$17.99**  
Malted Milk Balls..... lb **\$10.99**

## GOURMET TO-GO

**Chicken Oscar** *sautéed chicken breast, topped with grilled asparagus and crab Imperial*  
..... **\$17.99/lb**

**Grilled Ham Steak** *thickly cut pit ham, grilled to perfection and served with grilled pineapple*  
..... **\$8.99/lb**

**Sweet and Sour Shrimp** *gulf shrimp, battered, fried and tossed in a tangy sweet and sour sauce, with pineapple chunks, maraschino cherries and bell peppers*..... **\$24.99/lb**

**Buffalo-Roasted Potatoes** *seasoned Yukon Golds, roasted and tossed with blue cheese and Buffalo wing sauce*..... **\$6.99/lb**

**Brussels Sprouts with Caramelized Onions** *fresh Brussels sprouts, steamed and tossed with caramelized onions*..... **\$8.99/lb**

**Antipasto Salad** *Italian meats, tossed with Kalamata olives and tricolor peppers in seasoned olive oil and vinegar*..... **\$7.99/lb**

## SANDWICH SPECIALS

**Eddie's Egg Salad Sandwich** *on your choice of bread, kaiser roll or baguette*..... **\$4.99**

**Turkey Club Sandwich** *roasted turkey breast, bacon, Swiss, lettuce, tomato and mayonnaise, on your choice of bread*..... **\$6.49**

**American Cold Cut Sandwich** *bologna, cooked salami and yellow American cheese, with lettuce, tomato, onion and mayonnaise, on a baguette*  
..... **\$4.99**

**The Artusi Panini** *grilled chicken breast, with fresh mozzarella, roasted peppers and olive spread, on ciabatta*..... half **\$3.99** whole **\$7.98**

# SPECIALS FOR THE WEEK OF

# JANUARY 8 - 14

## DAIRY

Tropicana Orange Juice ..... 89 oz **\$5.99**  
 Breakstone's Cottage Doubles ..... 3.9 oz **\$0.99**

## FROZEN

Celeste Pizza for One.....5.08 to 6.15 oz **\$1.19**  
 Breyers Ice Cream.....48 oz **\$4.99**

## GROCERY

DeCecco Pasta ..... 16 oz **2/\$5.00**  
 Cheerios..... 18 oz **2/\$6.00**  
 Swiss Miss Cocoa.....7.3 oz **2/\$3.00**  
 Barilla Pasta Sauce ..... 24 oz **2/\$5.00**  
 Progresso Classic Soup ..... 18 to 19 oz **\$1.69**  
 Pirate's Booty Snacks..... 4 to 6 oz **2/\$5.00**

## PRODUCE

California Navel Oranges *large*..... ea **\$0.89**  
 Red Delicious Apples..... lb **\$1.49**  
 Cucumbers.....ea **\$0.79**  
 Idaho Baking Potatoes..... lb **\$0.99**  
 Yellow Onions.....3 lb **\$1.89**

## MEATS-EDDIE'S

USDA Choice Sirloin Steaks *boneless*..... lb **\$8.99**  
 USDA Choice Sirloin Patties *store-made*.. lb **\$5.99**  
 Center-Cut Pork Chops *boneless*.....lb **\$4.99**  
 Perdue Whole Chickens.....lb **\$1.99**

## MEATS-VICTOR'S

USDA Prime Tenderloin *untrimmed*  
*whole or half* ..... lb **\$24.99**  
 Pork Tenderloin.....lb **\$6.99**

## SEAFOOD

Blackened Red Snapper Filets  
*store-made* ..... lb **\$14.99**  
 Irish Organic Salmon Filets.....lb **\$17.99**  
 Mahi-Mahi Filets .....lb **\$11.99**



## OUR JUMBO SHRIMP SALAD SANDWICH SALE

ALL THIS WEEK

## DELI

Citterio Genoa or Hard Salami.....lb **\$6.99**  
 Stella Provolone .....lb **\$5.99**  
 Aegean Greek Pasta Salad.....lb **\$5.99**

## BAKERY

**NEW** Mini Beignets *varieties*..... ea **\$0.79**  
 Croissants *whole grain*..... ea **\$1.39**  
 Eddie's 6-Grain Bread.....ea **\$4.49**

## CANDY & COFFEE

Black Raven Coffee Beans  
*regular* ..... lb **\$12.99**  
*decaffeinated*.....8 oz **\$6.99**  
 Cappuccino  
*Charles Street coffee bar only*..... 16 oz **\$3.00**  
 Naron Almond Bark  
*milk or dark chocolate*..... lb **\$15.99**  
 Poppycock Original ..... 7 oz **\$4.99**

## GOURMET TO-GO

**Chicken Pot Pie** *tender chicken, tossed with mixed vegetables and rich gravy, baked in a flaky pie crust*..... **\$7.99/lb**

**Yankee Pot Roast** *delicious chuck roast, braised and simmered, served in a rich gravy with root vegetables* ..... **\$9.99/lb**

**Potato-Crusted Salmon** *fresh salmon filet, topped with shredded potato and pan-seared until golden* ..... **\$18.99/lb**

**Mashed Yams** *fresh yams, roasted in their jackets and simply mashed* ..... **\$6.99/lb**

**Broccoli au Gratin** *fresh broccoli, steamed and topped with a rich cheese sauce, then baked to perfection* ..... **\$8.99/lb**

**European Applesauce** *Granny Smith apples, simmered for hours with brown sugar and cinnamon*..... **\$6.99/lb**

## SANDWICH SPECIALS

**Eddie's Jumbo Shrimp Salad Sandwich** *on your choice of bread, kaiser roll or baguette*..... **\$6.99**

**Baltimore Sandwich** *Eddie's rare roast beef, Muenster, lettuce, tomato, onion and honey mustard, on a kaiser roll* ..... **\$5.99**

**Park Powerhouse Sandwich** *Muenster, cucumber, lettuce and tomato, with Dijon mustard, on multigrain bread*..... **\$4.99**

**The Grigouri Panini** *turkey breast, tomato, pesto and fresh mozzarella, on Italian bread* ..... half **\$3.99** whole **\$7.98**

# HOW TO MAKE

# LACQUERED CHERRY DUCK SALAD

## INGREDIENTS

1 Maple Leaf Farm Rotisserie Half Duck

### Glaze:

3 t. Divina Sour Cherry Spread

½ c. red wine

½ c. balsamic vinegar

1 spring fresh rosemary

### Salad:

4 c. fresh kale, chopped

¼ c. red onion, sliced vertically

¼ c. Buttermilk Blue Cheese, cubed

¼ c. dried apricots, quartered

¼ c. candied pecan pieces

### Vinaigrette:

1 T. prepared sour cherry glaze

¼ c. balsamic vinegar

½ c. olive oil

fresh ground black pepper

coarse kosher salt to taste

**PREP TIME:** 15 Minutes   **COOK TIME:** 25 Minutes   **SERVES:** 2 People

This sweet, yet savory, cherry glaze, with the subtle flavor of rosemary, is used for roasting the duck and dressing the salad.

## TO PREPARE

Heat oven to 400°. Line a sheet pan with foil and spray with non-stick cooking spray. Cut duck in half to separate into 2 quarters. Place duck on prepared pan, skin side up. Roast for 10 minutes.

Meanwhile, prepare the glaze by combining the sour cherry spread, rosemary, wine and balsamic vinegar in a medium saucepan. Bring to a boil, then reduce to medium. Bubbles will continue to form on the surface as the liquid reduces. Reduce by 1/3 so that mixture thickens and becomes slightly syrupy. This should take about 5 minutes.

Prepare vinaigrette by taking 1 T. of sour cherry glaze and whisking it together in a small bowl with the balsamic vinegar. Whisk in olive oil. Adjust seasoning with salt and pepper. Set aside.

As duck continues to roast, baste with the rest of the glaze every 5 minutes for the next 15 minutes until skin is evenly glazed and crisp. Remove from oven and set aside.

Assemble salad by mixing kale, onion, apricots, blue cheese and pecans in a large bowl. Dress salad with prepared vinaigrette.

## TO SERVE

Divide salad among 2 plates. Top with lacquered duck quarter.

*Pair with Pascale Matrot Maranges 2013 Red Burgundy.*

## EDDIE'S TIP

The sour cherry glaze can be used to prepare roasted pork tenderloin or as a dipping sauce for baby.



# “WINE IS BOTTLED POETRY.”

— ROBERT LOUIS STEVENSON —

## WINE SPECIAL

**CANELLA BRUT PROSECCO**  
**\$14.96/750 ML**

Wines and spirits always available  
to taste at Roland Avenue.

## CHEESE & CHARCUTERIE

### 1/1 - 1/7

**Irish Cashel Blue** *medium-flavored, less salty than most blues*..... **\$20.99/lb**

**Edam Balls** *Holland cheese with a sweet, nutty flavor and supple texture*  
..... **\$10.99/lb**

**Widmer's 2-Year Aged Wisconsin Cheddar** *rich, nutty flavor and firm texture;*  
*Bronze winner at World Awards Competition*..... **\$11.99/lb**

**Mt. Vikos Barrel-Aged Feta Cheese Portions**  
*sheep's and goat's milk blend*..... 7 oz **\$7.49/ea**

### 1/8 - 1/14

**Danish Blue** *a soft texture and a mild, aromatic taste*..... **\$10.49/lb**

**French Port Salut** *mild, savory flavor, perfect with any fruit*..... **\$14.99/lb**

**Widmer's Cheese Cellars Wisconsin Colby** *similar in flavor to cheddar, but*  
*softer, with a higher moisture content*..... **\$10.99/lb**

**French Feta Valbreso** *100% pure sheep's milk*..... 7 oz **\$6.99/ea**

# IN-STORE TASTINGS

## BREAKFAST AT EDDIE'S

Taste our chef's frittatas.

**SAT 1/7 11 - 3 PM ROLAND AVENUE**

## CLEAN, HEALTHY EATING

Start the new year on the right track, with Eddie's layered  
salads from our kitchen.

**SUN 1/8 11 - 3 PM NORTH CHARLES STREET**

### NORTH CHARLES STREET

P: 410-377-8040 F: 410-377-9144  
6213 N. Charles Street, Baltimore MD 21212

#### Regular Hours:

Mon-Sat 7-8, Sun 8-7

#### Holiday Hours:

1/1 8am-6pm

### ROLAND AVENUE

P: 410-323-3656 F: 410-323-5492  
5113 Roland Avenue, Baltimore MD 21210  
Mon-Sat 8-7, Sun 8-6

[Facebook.com/Eddiesofrolandpark](https://www.facebook.com/Eddiesofrolandpark)

*Not responsible for typographical errors. We reserve the right to limit quantities. Prices  
subject to change. Pictures are for representation only. B. Co. Catering I.D. #0112  
Baltimore City Catering I.D. #010768*

*For information on product specials, in-store tasting events, delicious recipes and  
more, sign up for Eddie's e-newsletter at [eddieofrolandpark.com](http://eddieofrolandpark.com).*

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