

Dining Out: Roly Poly time

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The Hickory Chicken hot sandwich from Roly Poly, above, is served with a side of ranch dressing. / HELEN COMER/DNJ

Where to eat

Roly Poly
225 N. Rutherford Blvd.
Murfreesboro
615-893-2181

MURFREESBORO

— More than 30 varieties of sandwiches can be customized to taste, meaning the possibilities are nearly endless at Roly Poly, Purveyor of Fine Sandwiches, Soups and Salads.

From boxed lunches to create-your-own combinations, the eatery is not short on choices of its small rolled sandwiches.

Joye Apanowicz took over the local franchise about two years ago. The menu was trimmed to showcase only the 35 best-selling sandwiches, and she added a few sides new sides.

“We have some really unique combinations in our sandwiches,” she says. “It’s wonderful.”

Apanowicz’s favorite sandwich wrap is the Texas Tuna, which comes with tuna salad, barbecue sauce, avocado and bacon.

“I would have never thought to put those things together,” she says.

Chris Woodard has been rolling sandwiches at Roly Poly for more than two years. He listed his favorite roll as the Basil Cashew Chicken. This wrap comes with fresh basil chicken salad, cashews, spicy Thai sauce with lettuce, plum tomatoes, avocado and alfalfa sprouts.

“It’s pretty dynamic with all the flavors,” he says.

Roly Poly offers fresh-flour and whole-wheat tortillas and lower-fat options, which means visiting the little sandwich shop doesn’t have to break any diet plans.

On the menu: Sandwiches can be made vegetarian, but the majority of the selections contain a meat, such as sliced chicken, turkey breast, roast beef, steak, ham, pork, tuna or a combination of these. The Hickory Chicken features sliced chicken breast topped with melted cheddar cheese, rolled with onions, mushrooms, bacon and barbecue sauce, then grilled to a golden brown. It is served with a side of ranch dressing to cool it down.

Turkey Applejack, one of the most popular items, is a roll of turkey breast and melted jack cheese, bacon, onions, mushrooms, fresh basil, mayonnaise and apple butter. Spicy honey mustard is the ideal dipping sauce.

But more than just rolled sandwiches, Roly Poly has original-recipe soups, including roasted garlic tomato, loaded

baked potato and Baja chicken enchilada. There is also good selection of fresh garden salads, such as the Alpine Chef, which comes with roasted turkey, Swiss cheese and Black Forest ham on a bed of greens.

Recently the local restaurant has added Roly Yo. That's frozen yogurt, which is nonfat and low calorie. You can get it in different flavors with a list of fun and delicious toppings.

"In the summer it does really well," Apanowicz says.

Oh, and try one of the fresh baked cookies. Yummy.

What's the cost: Sandwiches are offered in half and whole sizes. Keep in mind, the half can be a meal on its own. A half roll is \$3.95 and a regular is \$6.50. Make it a combo by adding a couple dollars more and get a choice of potato chips, potato or pasta salad or a Greek salad, and a soft drink.

A cup of soup is \$3.25, and it's \$4.25 for a bowl. The salads are all less than \$8.

Frozen yogurt is \$3.25 for a small, \$4.25 for a large, or you can get it to go for \$6 a half pint and \$10 a pint.

What to know: Orders can be placed ahead of time for pickup, or, for an added fee, Roly Poly will do local deliveries. A \$10 minimum is needed for delivery.

The [business](#)

 does cater for large and small groups. Sandwich platters are about \$37 and can feed five to 10 people. The Works, which runs about \$9 a person, feeds at least eight people and includes sandwich platters, chips or other sides, fresh baked cookies and drinks.

Hours of operation: 10 a.m. to 7 p.m. Monday through Friday, 10 a.m. to 4 p.m. Saturday, and closed Sunday.