



# DELI MENU

Dine-In / To-Go / Curbside Pickup / Delivery  
Our foods are free from: dyes, artificial trans fats and flavors, processed MSG, and high-fructose corn syrup.

## MANAGER'S SPECIAL

Half Sandwich with chips or baked chips and one side: cup of soup, fruit or Mac & Cheese. *Excludes Muffalettas*

Substitute a Side Salad for side options above. Add 2.68



## SPECIALTY SANDWICHES

Served with chips. 110-160 cal | Add a Side Salad. 6.62

Make one of these sandwiches into a **MANAGER'S SPECIAL** 13.30

**The Carmela** 680 cal 11.13  
Three meats - salami, pepperoni, nitrite-free ham - melted provolone, spicy piquillo pepper relish, mayo, toasted sourdough.

**Santa Fe Chicken Sandwich®** 710 cal 11.52  
100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, 1000 Island, toasted multigrain wheat.

**Shelley's Deli Chick** 590 cal 10.41  
Family-recipe chicken salad with almonds and pineapple, leafy lettuce, tomato, toasted croissant.

**Bigger Better BLT** 640 cal 10.26  
Bacon, leafy lettuce, tomato, fresh-cracked egg,\* mayo, avocado slices, toasted multigrain wheat.

**Italian Cruz Po'boy** 550 cal 9.56  
Nitrite-free ham, salami, pepperoncini, Asiago, shredded lettuce, tomato, stone-ground mustard, Italian dressing, toasted New Orleans French.

**Ranchero Wrap** 670 cal (side: 250 cal) 12.09  
100% antibiotic-free chicken breast, cheddar, jalapeños, pico de gallo, Southwest spices, ranch, toasted organic wheat wrap, blue corn chips and salsa.

**Turkey Wrap** 380 cal (sides: 60-250 cal) 10.99  
Roasted turkey breast, tomato, organic field greens, guacamole, ranch, toasted organic wheat wrap. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.

**Smokey Jack Panini** 790 cal 13.14  
Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, tomato, 1000 Island, sourdough.

**Chicken Panini** 780 cal 12.32  
100% antibiotic-free chicken breast, provolone, pesto aioli, tomato, organic spinach, sourdough.

**Chipotle Chicken & Avocado Panini** 930 cal 11.81  
100% antibiotic-free chicken breast, sliced avocado, lemon crema, jalapeño pepper jack, chipotle aioli, pickled red onions, Mexican-style roll. Served with blue corn chips and salsa.

**Amy's Turkey-O** 420 cal 10.83  
Roasted turkey breast, sliced avocado, jalapeño pepper jack, red onions, tomato, leafy lettuce, stone ground mustard, Everything Bun.

**California Club** 670 (sides: 60-250 cal) 12.71  
Roasted turkey breast, bacon, Swiss, guacamole, tomato, organic field greens, mayo, toasted croissant. One side: fresh fruit, steamed veggies, baked chips or blue corn chips with salsa.

**Club Royale** 690 cal 12.71  
Nitrite-free smoked turkey breast and ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, toasted croissant.

**Deli Club** 780 cal 12.71  
Nitrite-free ham, roasted turkey breast, bacon, cheddar, Swiss, leafy lettuce, tomato, mayo, toasted multigrain wheat.

**It's back! Grilled Cheese & Tomato Soup Combo** 1040 cal 10.54  
Grilled Muenster and cheddar cheese sandwich on multigrain wheat, bowl of Tomato Basil soup.



## FAMOUS FAVORITES

Served with chips. 110-160 cal | Add a Side Salad. 6.62

Make one of these sandwiches into a **MANAGER'S SPECIAL** 13.79

**Reuben THE Great** 570-1130 cal Original 15.05 / Lighter 12.24  
1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, 1000 Island, Marbled Rye.

**New York Yankee** 1070/650 cal Original 16.59 / Lighter 13.79  
3/4 pound combo of hot corned beef and pastrami, Swiss, Marbled Rye.

**Beefeater** 830/670 cal Original 13.92 / Lighter 11.69  
1/2 pound of hot roast beef, provolone, mayo, toasted New Orleans French, cup of au jus.

**Wild Salmon-wich** 540 cal (sides: 60-250 cal) 13.49  
Wild Alaska sockeye salmon marinated in balsamic vinaigrette with guacamole, tomato, leafy lettuce, chipotle aioli, toasted herb focaccia. One side: fresh fruit, steamed veggies, baked chips, or blue corn chips with salsa.



## MUFFALETAS

Served with chips. 110-160 cal | Add a Side Salad. 6.62

A New Orleans original! Grilled, crusty Muffaletta bread is spread to the edges with our family-recipe olive mix with provolone melted over layers of premium meats.

**Quarter Ham & Salami Muffaletta** 510 cal 10.41

**Quarter Roasted Turkey Breast Muffaletta** 490 cal 10.41

**Quarter Muffaletta Special** 630-1060 cal 13.49  
Served with chips or baked chips and one side: cup of soup, fruit or Mac & Cheese.



## BUILD YOUR OWN SANDWICH

Whole 11.04 / Lighter 9.65 / Half 9.65

Served with chips. 110-160 cal | Add a Side Salad. 6.62

### Meats

Ham 150/80 cal  
Salami 680/340 cal  
Tuna Salad with Eggs 380/190 cal  
Family-recipe Chicken Salad with Almonds & Pineapple 330/170 cal  
Roasted Turkey Breast 150/80 cal  
Smoked Turkey Breast 160/80 cal  
Roast Beef 210/110 cal

### Premium:

Corned Beef 360/180 cal Add 2.61/1.18  
Pastrami 650/320 cal Add 2.61/1.18

### Spreads

Mayo 90/45 cal  
Mustard 10 cal  
Stone-ground Mustard 15/10 cal  
Honey Mustard 80/40 cal  
Chipotle Aioli 100/50 cal  
Pesto Aioli 70/35 cal  
1000 Island 70/35 cal  
Ranch 60/30 cal  
Jalapeño Ranch 40/20 cal

### Breads

Multigrain Wheat 260/130 cal  
Country White 280/140 cal  
Marbled Rye 230/120 cal

### Toasted:

Sourdough 200/100 cal  
Ancient Grain Bun 260/130 cal  
Organic Wheat Wrap 180/90 cal  
Herb Focaccia 210/110 cal  
All-butter Croissant 270/140 cal  
Everything Bun 170/90 cal  
New Orleans French 220/110 cal  
Telera 270/130 cal  
Gluten-free 170/90 cal

### Cheeses

Provolone 150/70 cal Add 1.97  
Cheddar 180/90 cal  
Swiss 160/80 cal  
American 140/70 cal  
Muenster 160/80 cal  
Jalapeño Pepper Jack 160/80 cal

### Add-ons

Avocado Slices 60/30 cal Add 1.40  
Bacon Slices 45/25 cal Add 1.40  
Guacamole 25/10 cal Add 1.27  
Organic Roasted Red Pepper Hummus 50/25 cal Add 1.27



2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request. \*Eggs are served medium. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness.



