



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 2.49**



SPECIALTY SANDWICHES

Served with chips. 110-160 cal | Add a Side Salad. 7.49

Make one of these sandwiches into a **MANAGER'S SPECIAL** 10.79

The Carmela 660 cal 10.09
 Three meats - salami, pepperoni, nitrite-free ham - melted provolone, spicy piquillo pepper relish, mayo, toasted sourdough.

Santa Fe Chicken Sandwich® 710 cal 10.39
 100% antibiotic-free chicken breast, bacon, Swiss, guacamole, tomato, 1000 Island, toasted multigrain wheat.

Shelley's Deli Chick 590 cal 9.49
 Family-recipe chicken salad with almonds and pineapple, leafy lettuce, tomato, toasted croissant.

Bigger Better BLT 640 cal 8.99
 Bacon, leafy lettuce, tomato, fresh-cracked egg,* mayo, avocado slices, toasted multigrain wheat.

Italian Cruz Po'boy 550 cal 7.89
 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) 10.39
 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) 9.99
 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 10.89
 Nitrite-free smoked turkey breast, bacon, jalapeño pepper jack, guacamole, tomato, 1000 Island, sourdough.

Chicken Panini 780 cal 10.79
 100% antibiotic-free chicken breast, provolone, pesto aioli, tomato, organic spinach, sourdough.

Chipotle Chicken & Avocado Panini 930 cal 10.79
 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 8.69
 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) 11.19
 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 11.19
 Nitrite-free smoked turkey breast and ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, toasted croissant.

Deli Club 780 cal 10.69
 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 8.59
 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. 7.49

Make one of these sandwiches into a **MANAGER'S SPECIAL** 12.79

Reuben THE Great 570-1130 cal Original 13.59 / Lighter 11.59
 1/2 pound of hot corned beef or pastrami, Swiss, sauerkraut, 1000 Island, Marbled Rye.

New York Yankee 1070/650 cal Original 15.09 / Lighter 13.09
 3/4 pound combo of hot corned beef and pastrami, Swiss, Marbled Rye.

Beefeater 830/670 cal Original 12.59 / Lighter 10.59
 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) 13.19
 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.



MUFFALETTAS

Served with chips. 110-160 cal | Add a Side Salad. 7.49

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 8.69

Quarter Roasted Turkey Breast Muffaletta 490 cal 8.69

Quarter Muffaletta Special 630-1060 cal 10.49
 Served with chips or baked chips and one side: cup of soup, fruit or Mac & Cheese.



BUILD YOUR OWN SANDWICH

Whole 9.49 / Lighter 8.49 / Half 8.49

Served with chips. 110-160 cal | Add a Side Salad. 7.49

Meats

- Ham 150/80 cal
- Salami 680/340 cal
- Tuna Salad with Eggs 380/190 cal
- Family-recipe Chicken Salad with Almonds & Pineapple 320/160 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 2.80/1.80
- Pastrami 650/320 cal Add 2.80/1.80

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 Add 1.09

Cheeses

- Provolone 150/70 cal Add .69
- 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 .99
- Bacon Slices 45/25 cal Add .99
- Guacamole 25/10 cal Add .99
- Organic Roasted Red Pepper Hummus 50/25 cal Add .99



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.

