

DELI MENU

Salads

SALADS ARE SERVED WITH A CHOICE OF BALSAMIC, OR OUR HOUSE DRESSING
(CONTAINS SESAME), SERVED WITH BREAD UPON REQUEST

ROASTED BABY BEETS SALAD Vegan Option / GF	10
goat cheese, caramelized pecans, on greens	
Add chicken breast \$5	
CALABRESE SALAD GF	12
spicy Calabrese salami, avocado, provolone on greens	
ANTIPASTO SALAD GF	12
tomato, spicy peperoncini, cucumber, salami milanese, spicy calabrese, mortadella, provolone on greens	
FIELD OF GREENS VEGETARIAN OPTION / GF	7
Parmigiano, tear drop tomatoes on greens	
Add chicken breast \$5	
CAPRESE SALAD GF	11
fresh mozzarella, basil & tomato	
CAESAR SALAD GF	8
House made croutons, parmigiana, romaine lettuce and house Caesar dressing. Add chicken breast \$5	
ROASTED VEGETABLE SALAD VEGAN OPTION / GF	11
zucchini, peppers, carrot, onion & asparagus on arugula with reduced balsamic Add Chicken Breast \$5	
CHICKEN SALAD OR TUNA SALAD GF	12
tear drop tomatoes on greens	
ROAST BEEF SALAD	13
goat cheese, caramelized onions, tear drop tomatoes on arugula with a sesame-soy vinaigrette	

Sides

SERVED IN AN 8OZ CONTAINER

ROASTED VEGETABLES VEGAN / GF	4
mixed seasonal vegetables, spices & olive oil	
ROASTED BABY BEETS SALAD Vegan Option / GF	4
goat cheese, caramelized pecans	
SEASONAL FRUIT Vegan / GF	4
melon, citrus, pineapple & berries	
BROCCOLI BITE VEGAN OPTION / GF	6.50
raw broccoli, carrot, & cabbage slaw, avocado, our tahini vinaigrette (contains sesame) & roasted turkey breast	
MACARONI SALAD VEGETARIAN	4
celery, egg, mayo, mustard & spices	
CHICKEN SALAD GF	6
fresh tarragon, green apple, celery, mayonnaise, non fat yogurt and spices	
TUNA SALAD GF	6
cornichons, celery, mustard, mayonnaise, non fat yogurt	

blue
table

Sandwiches

CHOICE OF CIABATTA, BAGUETTE OR GF BREAD FOR \$1 EXTRA

TURKEY BREAST SANDWICH	11
brie, arugula, roasted red peppers, & sun-dried tomato aioli	
ROAST BEEF	13
goat cheese, caramelized onions, arugula Dijon aioli with a sesame-soy vinaigrette	
CAPRESE PANINI VEGETARIAN	11
Mozzarella, tomato, basil, grilled eggplant, & balsamic	
Add Prosciutto di Parma \$3	
CHICKEN PESTO PANINI	13
avocado, tomato, provolone, & fresh basil pesto	
CHICKEN SALAD OR TUNA SALAD	12
Tomatoes, greens, & mayo	
ITALIAN SUB	12
Salami, mortadella, ham, provolone, tomato, greens, mustard aioli & an Italian salsa	
ELLEN'S SPECIAL PANINI OUR MOST POPULAR!	12
turkey, ham, goat cheese, fig jam, & garlic aioli	
VEGAN / VEGETARIAN PANINI	11
goat cheese, artichokes, roasted red peppers, caramelized onions, greens & fresh basil pesto (contains cheese & walnut)	
VEGAN No goat cheese, add avocado & Dijon	
CHICKEN PARMESAN PANINI	13
hot breaded chicken, fresh mozzarella & our house San Marzano tomato sauce	
TURKEY MEATLOAF	13
House made meatloaf with vegetables, tomato, greens & sun-dried tomato aioli	

Warm Dishes

SERVED WITH SIDE SALAD & BREAD

SPAGHETTI VEGETARIAN	12
in our house San Marzano tomato sauce with Parmigiano	
MACARONI & CHEESE VEGETARIAN	8
two cheddars & fresh ricotta	
CHICKEN PARMIGIANO	13
breaded chicken breast with mozzarella & our house San Marzano tomato sauce	

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