

Market Street Deli

Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

Biscuits

Biscuit & Bacon
Biscuit w/Bacon, & Cheese



Biscuit w/Bacon, Cheese & Egg
Biscuit w/ Chicken Tender (1 Tender)
Biscuit w/Chicken, Cheese



Biscuit w/Chicken, Cheese & Egg
Biscuit w/Ham
Biscuit w/Ham & Cheese



Biscuit w/Ham, Cheese & Egg

Croissants



Croissant with Bacon
Croissant w/ Bacon & Cheese
Croissant w/Bacon, Cheese & Egg
Croissant w/Egg
Croissant w/Sausage
Croissant w/Sausage & Cheese
Croissant w/Sausage, Cheese & Egg

Biscuits

Biscuit & Sausage Patty
Biscuit w/Sausage, & Cheese



Biscuit w/Sausage, Cheese & Egg
Biscuit w/Steak Patty
Biscuit w/Steak Patty & Cheese



Biscuit w/Steak Patty, Egg & Cheese

Breakfast Burritos



Bacon Burrito
Chicken Burrito
Ham Burrito
Sausage Burrito

Croissant w/Ham
Croissant w/Ham & Cheese
Croissant w/Ham, Cheese & Egg

H 3
S 8
10

5
3
3

10
10
10

5
3
3

12
8
8

3
10

H S

5
5
7
3
5
5
7

6
8
10
4
6
8
10

H 3
S 8
10

5
5

12
14
16

5
16

H S

5
5
5
5

6
10
6
8

5
5
5

8
8
10

Market Street Deli

Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

Bagels

H S



Plain Bagel

3 6



Wheat Bagel

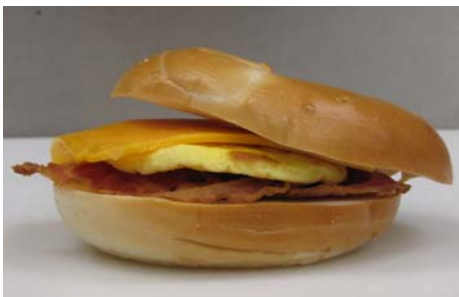
3 6

Asiago Cheese

7 7

Kosher Salt & Cracked Black Pepper

3 18



Plain Bagel w/Bacon, Egg & Cheese

5 12

Wheat Bagel w/Bacon, Egg & Cheese

5 12

Blueberry Bagel w/Bacon, Egg & Cheese

5 10



Plain w/Chicken, Egg & Cheese

7 14

Wheat w/Chicken, Egg & Cheese

5 12

Blueberry w/Chicken, Egg & Cheese

5 12

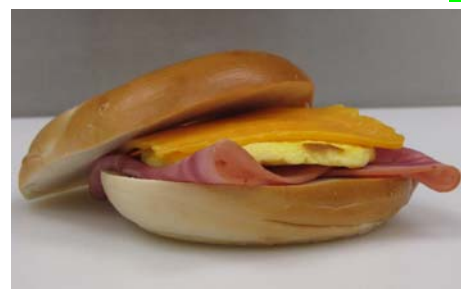
Bagels

H S



Blueberry Bagel

3 4



Plain Bagel w/Ham, Egg & Cheese

5 12

Wheat Bagel w/Ham, Egg & Cheese

5 12

Blueberry Bagel w/Ham, Egg & Cheese

5 10



Plain w/Sausage, Egg & Cheese

5 12

Wheat w/Sausage, Egg & Cheese

5 12

Blueberry w/Sausage, Egg & Cheese

5 12



Plain w/Steak, Egg & Cheese

10 16

Wheat w/Steak, Egg & Cheese

10 16

Blueberry w/Steak, Egg & Cheese

10 14

Market Street Deli

Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

Choice of Spreads (2 oz)

	H	S
Adobo Mayo	3	4
Asiago Peppercorn Mayo	5	4
Candied Pecans	2	0
Cream Cheese	2	2
Garlic & Chive	2	2
Horseradish Sour Cream	2	2
Mango & Chipotle	1	0
Sundried Tomato & Basil	2	4
Tarragon Mustard	1	2

Combo

	H	S
4-5 Bagel Chips without Asiago Peppercorn Mayo	5	2
With Asiago Peppercorn Mayo	10	6

New Recipes



The Fajita - Roast Beef, Sautéed Red & Green Peppers, Onions & Chipotle Sauce on Ciabatta Bread. **10** **16**

Fresh Fruit

	H	S
Apple, large	1	0
Banana	1	0

Salad Dressings - 1 Packet

	H	S
Blue Cheese Salad Dressing	2	4
Caesar Salad Dressing	2	4
Creamy French Dressing	2	4
Fat Free Italian Salad Dressing	0	6
Honey Mustard Salad Dressing	2	4
Mayonnaise- 2 T.	2	2
Ranch Salad Dressing	3	4
Red Wine (House Wine)	2	0
Thousand Island Salad Dressing	2	4

Combo

	H	S
2 oz. Asiago Peppercorn Mayo	5	4

New Recipes



The Greek - Grilled Portobello, Roasted Red Pepper, Feta Cheese & Basil Pest on Multigrain Bread. **5** **16**

Fresh Fruit

	H	S
Orange, large	1	0

Market Street Deli

Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

Sandwiches

H S



The California- Grilled Zucchini, Squash & Portabella Mushrooms topped w/Provolone & a Whole Grain Tarragon Mustard on Multi Grain

5

6



The Calypso-Shaved Ham & Grilled Pineapple, topped w/a Mango & Chipotle Cheese Spread on Sourdough Bread

2

8



The Erk-Candied Pecans & Horseradish Sour Cream on a Ciabatta Roll

10

8

Sandwiches

H S



The Monterey Sandwich- Grilled Chicken topped w/Pepper Jack Cheese, Sauteed Onions & Mushrooms drizzled w/an Adobo Mayo on Cibatta

10

16



The Palfy-Sided w/Crisp Bacon & Asiago Peppercorn Mayo on Sourdough

7

18

Market Street Deli

Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

Salads

H S



B.L.T.-Crisp Bacon, Ripe Tomatoes, & shredded Asiago Cheese on a bed of Romaine Lettuce without Dressing served with Red Wine Basil Vinaigrette

3 **6**
5 **6**

Salads

H S



Fruited Chicken Salad- Grilled Chicken, Seedless Grapes, Orange Segments, Pecans, & Chopped Green Onions on a Bed of Romaine Lettuce-2/3 cup (2 Scoops # 12 (1/3 cup)) w/ Dressing

12 **12**



Chef Salad- Smoked Turkey, Ham, Red Onions, Button Mushrooms, Cherry Tomatoes

2 **4**



Grilled Chicken Caesar-Grilled Chicken, Olive Oil, & Thyme Infused Croutons & Shredded Asiago Cheese tossed in Caesar Dressing without Dressing

3 **8**

Grilled Chicken Caesar-with Dressing

5 **12**

Beverage

H S

Cherry Coke **2** **0**
Coke **2** **0**
Apple Juice **3** **0**
Dasani Water **0** **0**
Cranberry Grape **3** **0**
Grapefruit **3** **0**
Nestea with Lemon **3** **2**
Orange **3** **0**
Red Tea **2** **2**

Beverage

H S

Diet Coke **0** **0**
Sprite **2** **0**
2% Milk- ½ pint **2** **2**
Chocolate Skim Milk-½ pint **2** **2**
Whole Milk-½ pint **2** **2**
Blueberry Yogurt (Fat Free Light) **2** **2**
Dannon Vanilla **1** **2**
Carnation Hot Chocolate-Large **2** **4**
Carnation Hot Chocolate- Small **1** **2**