

SOUPS & CHOWDER

Served with Buttermilk Biscuit

Deli Daily Creation	cup \$ 3	bowl \$ 5
Split Pea with Ham	cup \$ 4	bowl \$ 6
Seafood Chowder*		bowl \$ 11

DELI SPECIALTY SANDWICHES

Served with dill pickle spear & coleslaw. *Add potato fries \$2*

Original Montreal Style Smoked Meat	\$ 11	Pulled Piggy 'n' Slaw	\$ 10
Corned Beef	\$ 10	Smoked Turkey	\$ 10
Muffuletta	\$ 10	Uptown Big Beef Bad Boy	\$ 10

'muff-uh-LET-uh' - our New Orleans style sandwich with layers of smoked turkey, corned beef, ham, aged white cheddar & olive tapenade salad in an Italian bread (*not pretty to eat but amazing flavour!*)

Gluten-Free bread choice available \$ 1.50

DELI DELIGHT SANDWICHES

Pick a Side: Deli Frites, Daily Soup, Pasta Salad, Quiona Salad or Coleslaw
(Additional Options: Spinach, Caesar or House Salad add \$3)

Reuben - corned beef, sauerkraut, bacon & onion, Swiss cheese, cumin curry Dijon <i>True Deli Delight!</i>	\$ 10
Ham & Swiss - grilled ham & Swiss cheese with Deli mustard	\$ 10
Triple Decker Grilled Cheese - aged white cheddar, Swiss & parmesan cheese (<i>add bacon</i>)	\$ 10
Deli Meatloaf - topped with sun dried tomatoes & aged white cheddar	\$ 10
Club - smoked turkey, bacon, tomato, spinach & roasted red peppers	\$ 10
Grilled Vegetarian - roasted red peppers, portabello mushrooms, pepperoncinis, black olives, spinach, pesto & Swiss cheese	\$ 10
Chicken Schnitzel - lightly breaded chicken breast topped with a mixture of sauerkraut, bacon & onion (<i>add cheese</i>)	\$ 10
Mediterranean - prosciutto, artichoke hearts, black olives, shaved red onion, roasted red peppers, pesto, garlic aioli, tomato, lettuce & provolone cheese	\$ 11
Italian Meatball - made in-house Italian meat balls topped with fresh tomato sauce & cheese	\$ 12
Italian Cold Cut - prosciutto, genoa salami, smoked turkey, red onions, lettuce, tomatoes, balsamic vinegar & olive oil & provolone cheese	\$ 10
Chicken Parmesan - crispy fried chicken breast, fresh Buffalo Mozzarella cheese, pesto & tomato sauce	\$ 12
Daily Quiche Creation - served in puff pastry topped with our cheese sauce - ask your server	\$ 10

Gluten - free bread choice available \$ 1.50

* *Gluten - free*

DELI STYLE BURGERS

Pick a Side: Deli Frites, Daily Soup, Pasta Salad, Quiona Salad or Coleslaw
(Additional Options: Spinach, Caesar or House Salad add \$3)

Urban Burger - beef patty, balsamic caramelized onions & roasted garlic aioli (<i>add bacon & cheese</i>)	\$ 10
Veggie Burger - grilled portabella mushroom, sundried tomatoes, spinach, Swiss cheese & pesto	\$ 10
Tuna Steak Burger - sesame seed crusted seared tuna loin, spinach, tomato & wasabi aioli (<i>med-rare</i>)	\$ 12
Salmon Burger - wild pacific salmon fillet, spinach, tomato & lime caper aioli	\$ 11

Gluten - free bread choice available \$ 1.50

** Gluten - free*

MONTREAL STYLE BAGELS

Bagel served toasted - *add deli frites \$ 2*

Curry Turkey Salad	\$ 7	Smoked Salmon	\$ 10
Tuna Salad	\$ 7	Chicken Liver Pate Mousse	\$ 8

Gluten - free bread choice available \$ 1.50

SMOKED

Smoked in-house & served with choice of Deli Frites, Daily Soup, Pasta Salad, Quiona Salad or Coleslaw
(Additional Options: Spinach, Caesar or House Salad add \$3)

½ Rack Ribs*	\$ 12	Full Rack Ribs*	\$ 22
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ENTRÉE SALADS

Half salads available for Spinach, Caesar & Deli House

Quiona Salad (<i>keen-wah</i>) - ancient grain salad with ginger, honey, lemon juice, olive oil, garlic, cilantro & chili flakes	\$ 9
Caesar Salad - roasted garlic, smoked meat bits, parmesan cheese & seasoned croutons	\$ 9
Deli House - romaine, tomatoes, shaved red onion & carrots, pepperoncini, black olives, parmesan cheese, seasoned croutons & ranch dressing	\$ 9
Spinach Salad - grilled portabella mushroom slices, feta cheese, tomato, meat bits, egg & maple vinaigrette	\$ 10
Romaine Chiffonade - seared tuna loin (<i>med-rare</i>), shredded carrot, red onion & wasabi vinaigrette	\$ 12

Add Curry Turkey, Smoked Turkey, Ham, Salmon, Breaded Chicken, Hot Italian Sausage or Prosciutto \$4.00

PASTA

Mac n' Cheese - noodles in our deli double cheese sauce*	\$ 10
Vegetarian Pesto - sauteed portabella mushrooms, spinach, roasted red peppers in a creamy pesto sauce topped with fresh parmesan	\$ 12
Noodles 'n Sauce - made in-house fresh tomato sauce & parmesan cheese (<i>simple & nice!</i>)	\$ 9
Pass da Balls - fresh tomato sauce, made in-house Italian meatballs & parmesan cheese	\$ 13

*Gluten - free (Gluten - free pasta available \$1)

Curry Turkey, Smoked Turkey, Ham, Salmon, Breaded Chicken, Hot Italian Sausage or Prosciutto \$4.00

APPETIZERS

Roasted Garlic & Artichoke Dip - seasoned pita chips for dipping (<i>really friggin good!</i>)	\$ 10
Hummus - roasted garlic hummus with seasoned pita chips	\$ 9
Edamame (soy beans) - steamed and seasoned with smoked sea salt	\$ 5
Charcuterie Board - genoa salami, sausage, chicken liver pate mousse, caper berries, Deli mustard & Montreal light rye bread	\$ 12

Take - Out / Catering Orders call us at **652.DELI (3354)**

to-go container fees apply

PLEASE ADVISE YOUR SERVER OF ALLERGIES