



Wheatsville Deli Menu

We welcome call-in orders! 478-1164
Deli Hours 7:30am-9pm Daily

Sandwiches -----

Every sandwich is made fresh to your specification-

Your choice of fixings:

Cucumbers, lettuce, tomatoes, sprouts, dill pickles, carrots, onions, brown mustard, mayonnaise, jalapeños (vegan mayonnaise available upon request)

On your choice of bread:

- Sweetish Hill Bakery: New York Rye, Sourdough, Ciabatta, Hoagie
- Wheat Pita Bread • 100% Whole Wheat Bread
- Gluten-Free Bread • Spelt Bread

Add sliced cheese to any sandwich for \$1.00 extra

Add avocado or bacon for 75¢ extra

- **Vegetable Sandwich** \$3.49
- **Black Olive Hummus Sandwich** \$4.49
- **Pimento Cheese Sandwich** \$4.49
- **“Eggless Salad” Tofu Sandwich** \$4.49
- **Chickenless Chickpea Salad Sandwich** \$4.99
- **Tom’s Falafel Pita Sandwich** \$4.99
- **Tom’s Falafel & WV Black Olive Hummus Pita** \$5.49
- **Tuna Salad Sandwich** \$5.49
- **Chicken Salad Sandwich** \$5.49
Made with our premium natural chicken
- **Curry Lime Chicken Salad Sandwich** \$5.49
- **Baked Tofu Patty Sandwich** \$4.49
ask for daily variety
- **Catfish Jack Po’boy** *Catfish ‘n’ veggies on a hoagie with vegan chipotle mayo* \$6.49
- **Popcorn Tofu Po’boy** *Our own fried popcorn tofu ‘n’ veggies hoagie with cashew tamari dressing* \$6.49
- **Breakfast Sandwich** *Eggs & cheddar on toasted ciabatta served 7:30–11am (Noon on Sat & Sun)* \$2.99

Sandwiches Made With Your Choice of:

- **Sliced Cheeses:** \$4.99
White Cheddar, Imported Swiss, Pepper Jack, Provolone, Smoked Provolone, or Muenster
- **Boar’s Head Natural Meats:** \$5.99
Ovengold Turkey, Smoked Turkey, Oven Roasted Chicken, Smoked Ham, Honey Maple Ham, Turkey Pastrami, Beef Pastrami, Genoa Salami
Seasoned Roast Beef (low sodium) \$6.49
- **Applegate Farms Natural Meats:** \$6.99
Oven Roasted Chicken or Turkey, Black Forest Ham

Ask about our Daily Sandwich Special!

NEW! Hot Sandwiches-----

- **BLT** *Boarshead bacon with tomatoes on sourdough* \$4.99
- **The Italian** *Bianco d’Oro dry salami, Genoa salami, maple ham, and provolone with veggies, dressed with vinegar & oil on ciabatta* \$6.49
- **Caprese Sandwich** *Fresh mozzarella, pesto, & red bell pepper, dressed with vinegar & oil on Ciabatta* \$6.49
- **Tuna Melt** *Sharp white cheddar melted over our premium tuna salad on toasted local sourdough with veggies* \$5.99
- **Smoked Ham & Swiss** *A classic Deli combo on toasted local rye bread with brown mustard & veggies* \$6.99
- **WV Turkey Club** *Oven roasted turkey, crisp bacon and fresh ripe avocado with veggies on whole wheat* \$6.99

Garden Salad -----

Made to order with fresh spring mix, carrots, sprouts, red onions, cucumbers, and tomatoes, with your choice of our savory homemade dressings: \$2.50

Cilantro Lime Vinaigrette, or Cashew Tamari
16 oz Cashew Tamari Dressing available \$4.99

Soup of the Day -----

Call for flavors available.

12oz - \$2.99 16oz - \$3.99 Quart - \$7.50

Chili -----

Hearty and healthy vegetarian tempeh chili

Tempeh Chili Small \$3.99 Large \$3.99 Quart - \$7.50

Frito Pie -----

Try our award winning Frito pie made with tempeh chili, Fritos, onions, cheese and jalapeños! \$4.49

Tacos -----

Served on your choice of organic white or wheat flour or corn tortillas with organic brown rice, cheese, tomatoes, onions, sprouts, lettuce, carrots, and salsa

1 Taco 2 Tacos

Organic Black Bean Tacos
Veggie Fajita Tacos \$3.19 \$5.29
Tempeh Tacos

Breakfast Tacos served 7:30–11am (Noon on Sat & Sun)

On your choice of organic white or wheat tortilla or corn tortilla, with salsa & choice of: potatoes, bacon, eggs, cheese, vegan sausage, organic black beans, organic rice

- Taco with two ingredients \$1.59
- Taco with three ingredients \$1.89
- Taco with four ingredients \$1.99

We make our own tasty salsa in 4 varieties: Casera, Chipotle, Pico de Gallo and our Salsa of the Month!



Wheatstville Deli Menu

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Deli Hours 7:30am-9pm Daily

Rice and Beans -----

Organic black beans and organic brown rice with salsa	small \$1.99	large \$3.49
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Extras:

Tomatoes, Onions, Sprouts, Carrots, Nutritional Yeast or Jalapeños 50¢ each

Cheese, Sour Cream or Avocado 75¢ each

Bagels -----

each 99¢ Buy 5 and get the 6th one free!

Bagel with: Organic Valley Cream Cheese \$2.29

1oz Organic Valley Cream Cheese	50¢
Pat of Organic Valley Butter	25¢

Garden Bagel \$3.99

Bagel and cream cheese with sliced cucumbers, tomatoes, and red onions.

Coffee & Espresso Drinks -----

- Made with Organic, Fair-Trade coffee
- All drinks are available iced or decaf
- No extra charge for soymilk or ricemilk

	12oz	16oz
• Espresso	\$1.50	\$2.00
• Americano	\$1.50	\$2.00
• Macchiato	\$2.00	\$2.50
• Wheatstvillain	\$2.50	\$3.00
• Cappuccino	8oz \$2.75	12oz \$3.25
• Latte	\$3.00	\$3.50
• Mocha	\$3.50	\$4.00
• Cafe au Lait	\$2.50	\$3.00

FLAVORINGS -----

Organic Syrups 50¢ EACH

- Vanilla
- Hazelnut
- Raspberry

Sauces 50¢ EACH

- Organic Chocolate
- Caramel

Smoothies -----

Made with organic apple juice, fresh orange juice, soy or rice milk and bananas (all fruit, no ice)

• **Strawberry, Peach Pineapple, or Mango \$3.99**

• **Blueberry, Raspberry, \$4.99**

Extras:

Nutritional Yeast
Yogurt, Lecithin, Bee Pollen, or Peanut Butter 50¢ each

Spirulina, Almond Butter, or Organic Hemp Powder \$1.00 each

Maca or Cacao Nibs \$1.50 each

• **Açai Palm Berry Fruit \$6.29**
Made with apple juice, soymilk, strawberries & guarana

• **Banana Dream It's dreamy! \$3.99**
Soymilk with bananas & vanilla

• **Orange Dream \$4.99**
Banana dream with orange juice

Beverages -----

Organic Coffee 12oz. \$1.39 16oz. \$1.69

Organic Iced Coffee Toddy 16oz. \$1.99

Hot Tea \$1.39

Hot Chocolate 12oz. \$2.50 16oz. \$3.00

Chai- Hot or Cold 12oz. \$1.49 16oz. \$1.99

Iced Yerba Maté \$1.69

Iced Organic Black Tea \$1.69

Fresh Gingerade \$1.69

Check the sign at the Deli Counter for Seasonal Beverages!

We Do Catering! -----

In addition to our regular menu, we can provide a tempting assortment of trays and party foods! Call us at 478-1164 and we'll be happy to describe the many delicious options available.

Prices subject to change without notice.