



The Deli Express

Week 1

Sept 5 - Sept 11

Oct 3 - Oct 9

Oct 31 - Nov 6

Nov 28 - Dec 4

WEEK 1	MON.	TUES.	WED.	THURS.	FRI.	SAT & SUN
Weekly Sandwich	SANDWICH, GRILLED, REUBEN.					
Flatbread	FLATBREAD, CHICKEN, SPINACH, FETA			FLATBREAD, ROASTBEEF, PROVOLONE, MUSHROOMS		
Veg Sandwich	CIABATTA EGGPLANT, ROASTED RED PEPPERS			GRILLED PANINI, HUMUS, SPINACH MUSHROOMS		
Wraps	CHICKEN CAESAR WRAP (NO BACON)			WRAP ARTISAN VEGETABLES		
Grilled Sandwich	PANINI, GRILLED, CAPRESE		PANINI, ROAST BEEF & SWISS		PANINI, GRILLED, CUBAN	
Signature Pressed Sandwich	VEGETABLE AND BLACK BEAN QUESADILLA					
Deli House Salad	POTATO, BACON AND BLUE CHEESE SALAD					



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Week 2

Sept 12 - Sept 18

Oct 10 - Oct 16

Nov 7 - Nov 13

Dec 5 - Dec 11

WEEK 2	MON.	TUES.	WED.	THURS.	FRI.	SAT. & SUN.
Weekly Sandwich	CIABATTA TURKEY BACON CLUB					
Flatbread	MELT TUNA CHEDDAR FLATBREAD			ROAST BEEF, PROVOLONE & MUSHROOMS FLATBREAD		
Veg Sandwich	CIABATTA EGGPLANT ROASTED RED PEPPER			GREEK FALAFEL PITA		
Wraps	WRAP BLT (W/ BACON)			CHICKEN CAESAR WRAP (NO BACON)		
Grilled Sandwich	PANINI, ROAST BEEF, PROVOLONE, MUSHROOMS			PANINI KETTLE CRUNCH BACON CHEESE		
Signature Pressed Sandwich	CHICKEN FAJITA BURRITO-PRESSED					
Deli House Salad	CANADIAN BEAN AND BELL PEPPER SALAD					



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Week 3

Sept 19 - Sept 25

Oct 17 - Oct 23

Nov 14 - Nov 20

Dec 12 - Dec 18

WEEK 3	MON.	TUES.	WED.	THURS.	FRI.	SAT. & SUN.
Weekly Sandwich	SANDWICH GRILLED CORN BEEF, SMOKY RED ONION					
Flatbread	MELT, FLATBREAD, HAM, CHEDDAR BISTRO			HUMMUS, SPINACH, PORTOBELLO MUSHROOMS		
Veg Sandwich	WRAP: POTATO KATI			CIABATTA EGGPLANT, ROASTED RED PEPPER		
Wraps	CHICKEN CAESAR WRAP (NO BACON)			WRAP, PROVOLONE, ROASTED VEGETABLES		
Grilled Sandwich	PANINI GRILLED MUFFULETTA (CHEESE, SALAMI, GREEN OLIVE)			PANINI, GRILLED ROAST, SWISS CHEESE		
Signature Pressed Sandwich	MONTE CRISTO SANDWICH					
Deli House Salad	MTO CAJUN CORN SALAD					



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Week 4

Sept 26 - Oct 2
 Oct 24 - Oct 30
 Nov 21 - Nov 27
 Dec 19 - Dec 23

WEEK 4	MON.	TUES.	WED.	THURS.	FRI.	SAT. & SUN.
Weekly Sandwich	CIABATTA BBQ CHICKEN					
Flatbread	TURKEY, CHEDDAR AND ONION		ROAST BEEF, CHEDDAR AND JALAPENOS			
Veg Sandwich	PITA GREEK FALAFEL		CIABATTA, GRILLED VEGETABLES SANDWICH			
Wraps	WRAP CHICKEN CLUB		WRAP BLT			
Grilled Sandwich	PANINI: ROAST BEEF AND SWISS CHEESE		PANINI: KETTLE CRUNCH BACON CHEESE		PANINI: TURKEY, BACON, AVOCADO & BLUE CHEESE	
Signature Grilled Cheese	"MEXICANO": QUESO FRESCO, PEPPERJACK, TOMATO & JALAPENO					
Deli House Salad	CANADIAN BEAN & BELL PEPPER SALAD					