



# 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

(Gluten-Free Bread or Hoagie are 50¢ extra)

- Gluten-Free, Spelt, or Wheat Pita Bread

Add sliced cheese or bacon to any sandwich for 50¢ extra

	Half	Whole
• <b>Vegetable Sandwich</b>	\$2.29	\$3.49
• <b>BLT</b> Boarshead bacon with tomatoes on sourdough	\$2.99	\$4.49
• <b>Black Olive Hummus Sandwich</b>	\$2.99	\$4.49
• <b>Pimento Cheese Sandwich</b>	\$2.99	\$4.49
• <b>“Eggless Salad” Tofu Sandwich</b>	\$2.99	\$4.49
• <b>Tom’s Falafel Pita Sandwich</b>		\$4.99
• <b>Tom’s Falafel &amp; WV Black Olive Hummus Pita</b>		\$5.49
• <b>Tuna Salad Sandwich</b>	\$3.59	\$5.49
• <b>Chicken Salad Sandwich</b>	\$3.59	\$5.39
<i>Made with our premium natural chicken</i>		
• <b>Baked Tofu Patty Sandwich</b>		\$4.49
ask for daily variety		
• <b>Catfish Jack Po’boy</b> Catfish ‘n’ veggies on a hoagie with vegan chipotle mayo		\$6.49
• <b>Popcorn Tofu Po’boy</b> Our own fried popcorn tofu ‘n’ veggies hoagie with cashew tamari dressing		\$6.49
• <b>The Italian</b> Bianco d’Oro dry salami, Genoa salami, maple ham, and provolone with veggies, dressed with vinegar & oil on ciabatta		\$6.99
• <b>The Italian Stallion</b> Fresh mozzarella, pesto, & red bell pepper, dressed with vinegar & oil on Ciabatta		\$7.49

### Sandwiches Made With Your Choice of:

	Half	Whole
• <b>Sliced Cheeses:</b>	\$3.29	\$4.99
White Cheddar, Imported Swiss, Pepper Jack, Provolone, Smoked Provolone, or Muenster		
• <b>Boar’s Head Natural Meats:</b>	\$3.89	\$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)	\$4.29	\$6.49
• <b>Applegate Farms Natural Meats:</b>	\$4.59	\$6.99
Oven Roasted Chicken or Turkey, Black Forest Ham		

Ask about our Daily Sandwich Special!

## Salads by the pound -----

- **Black Olive Hummus** (vegan) \$5.99/lb  
*Seasoned garbanzo beans with black olives*
- **Pimento Cheese** our own spicy recipe! 7.49/lb
- **Gingered Tempeh Pasta Salad** (vegan) 8.49/lb  
*Our best seller!*
- **Thai Pasta Salad** (vegan) 7.49/lb
- **Tuna Salad** 8.99/lb  
*Made with dolphin-safe tuna, veggies & green apples*
- **Chicken Salad** 9.99/lb  
*Made with natural chicken breasts—the best in town!*
- **Plus a variety of salads made fresh daily!**

## 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	\$3.19	\$5.29
Veggie Fajitas (wheat roast)	\$3.19	\$5.29
Tempeh Tacos	\$3.19	\$5.29

**Breakfast Tacos** served 9–11am (until Noon on Sat & Sun)

Served on your choice of organic white or wheat tortilla or corn tortilla, with salsa & your 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!



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## 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 or Sour Cream 75¢ each

## Bagels -----

each 89¢ 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 served open faced 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
• Macchiatto	\$2.00	\$2.50
• Wheatsvillain	\$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

Soy Protein Powder, 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 -----

<b>Organic Coffee</b>	12oz. \$1.39	16oz. \$1.69
<b>Organic Iced Coffee</b>		16oz. \$1.99
<b>Hot Tea</b>		\$1.39
<b>Hot Chocolate</b>	12oz. \$2.50	16oz. \$3.00
<b>Chai- Hot or Cold</b>	12oz. \$1.49	16oz. \$1.99
<b>Thai Iced Coffee</b>		16oz. \$2.69
<b>Iced Yerba Maté</b>		\$1.69
<b>Iced Organic Black Tea</b>		\$1.69
<b>Hibiscus Mint Iced Tea</b>		\$1.69

## 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.