

## Breakfast

<b>Bagels</b>	.75
Butter	1.25
Cream Cheese	1.65
Butter & Cream Cheese	1.75
Flavored Cream Cheese	1.99
<i>(Veggie, Roasted red pepper &amp; garlic, walnut/raisin)</i>	
Hummus	1.50
<b>Donuts</b>	.75
<b>Muffins</b>	1.25

## Breakfast Egg Sandwich

~Served on Bagel, Roll or Toast~

<b>Fried Egg Sandwich</b>	1.50
w/Cheese	2.00
w/Bacon or Ham & Cheese	2.50
w/Sausage	2.99

## Breakfast Wraps

~Served on your choice of Plain, Spinach, Jalapeno Cheese, Sun Dried Tomato, Wheat or Herb & Garlic~

**Western** - Two eggs, choice of bacon, ham or sausage, peppers, onions and cheese. \$3.59

**Traditional** - Two eggs, choice of bacon, ham or sausage and cheese. \$3.39

**South of The Border** - Two eggs, choice of meat, grilled banana peppers, onions & peppers with homemade salsa and cheese. \$3.99

**Espresso Bar also available**

# Garf's

**Deli & Ice Cream**

**Introduces:**

## Great Chicken Specialties

**Chicken Caesar**- Grilled chicken strips on a bed of Romaine lettuce, tomatoes, grated romano cheese and topped with a caesar dressing on your choice wrap. **\$6.49**

**Chicken Ranch Wrap**- Grilled chicken strips on a bed of lettuce and tomatoes. Topped with green peppers, grated parmesan cheese and ranch dressing on your choice of wrap. **\$6.49**

**Greek Chicken Wrap**- Grilled chicken served on a bed of lettuce and tomatoes. Topped with grated feta cheese, black olives and finished off with olive oil and vinegar dressing. **\$6.49**

**Pesto Chicken**- Grilled chicken strips with your choice of traditional basil or roasted red pepper pesto and lettuce, tomato, mayo and swiss cheese. **\$6.79**

## Salads

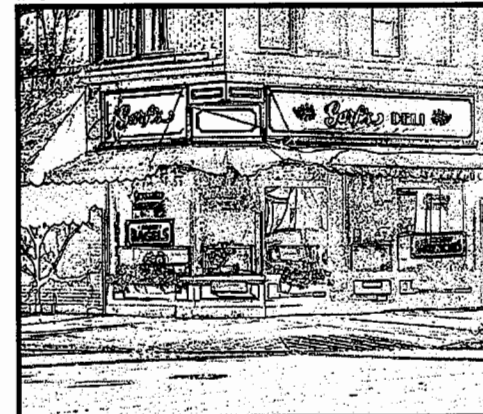
**Caesar Salad**- Fresh romaine lettuce tossed with a caesar dressing served with tomatoes and homemade croutons. **Sm. \$2.99 Lg. \$3.99**  
**w/grilled chicken Sm. \$5.29 Lg. \$6.59**

**Grilled Chicken Salad**- Take our regular salad and a grilled chicken breast with your choice of dressing. **Sm.\$5.29 Lg.\$6.29**

# Garf's

**DELI & ICE CREAM**

**Deliveries Available Minimum \$10 Order**



"Under the Green Awning in Downtown Norwich."

~ The Garf's Pledge~

We will serve only the finest, freshest, leanest cuts of meats that contain no fillers or extenders, no msg and use little salt. We feature premium Thumann's delicatessen meats. Our breads are made fresh daily and are all natural with no preservatives.

**Beth and John Stewart**  
**Owners**

**OPEN 7 DAYS**  
**A WEEK**  
**ALL YEAR**

**CALL: 336-DELI(3354)**

FAX (607)334-DELI (3354)

~May 2008~

*Garf's Deli & Ice Cream*  
 23 North Broad Street



## Vegetarian Specialties

~Served on your choice of bread or wrap with chips and a pickle~

**Hummus Veggie** - Crisp lettuce, tomato, cucumber, green peppers, onions, sprouts and hummus. \$5.39

**Black Bean Veggie** - Black bean hummus, lettuce, tomato, onions, olives, hot peppers, cheese and homemade salsa. \$5.69

**Mush Reuben** - Portabella Mushroom sautéed with melted swiss, sauerkraut and russian dressing. \$5.39

**Greek Veggie** - Romaine lettuce, tomato, crumbled feta cheese, black olives, cucumbers, hot peppers and sprouts with italian dressing. \$5.59

**'Shroom Veggie** - Sautéed portabella mushrooms, melted muenster cheese, romaine lettuce, tomato, roasted red peppers, cucumbers and sprouts with balsamic dressing. \$5.89

## Grill Specialties

~Add French Fries to any sandwich for \$1.00~

**Philly Steak & Cheese** - Thinly sliced rib eye steak grilled w/ sautéed peppers and onions topped with melted american cheese. Sm. \$5.39 Lg. \$7.29

**Chicken Cheese Steak** - Our grilled chicken with melted cheese and grilled peppers & onions. Sm. \$6.49 Lg. \$7.49

**Spiedies** - Marinated chicken strips, served with lettuce and tomato. Try it buffalo style with hot sauce and bleu cheese or ranch dressing. Sm. \$5.59 Lg. \$6.59

**Cheeseburger** - Our 90% lean quarter pound of beef with your choice of toppings. \$3.69 w/ Bacon \$4.39 w/ Portabella Mushrooms \$4.39

**French Fries** - Sm. \$1.49 Lg. \$2.49

**Let us deliver your meal!! (\$10 min)**



## Garf's Will Deliver Orders of \$10 or More!!

### Garf's Specialty Sandwiches

~Served on your choice of bread or wrap with chips and a pickle~

**The Smoker** - Honey smoked turkey served with lettuce, tomato, hot peppers, honey mustard & muenster cheese. \$5.49

**Turkey Trot** - Turkey breast piled high with smoked gouda cheese, lettuce, tomato, honey mustard or mayonnaise. \$5.49 w/bacon \$5.99

**The Classic** - Lean corned beef or turkey breast with swiss cheese, russian dressing and coleslaw. (served hot or cold) \$5.99

**The Triple Decker (BLT)** - Two layers of lean bacon, crisp lettuce, tomato & mayonnaise. \$4.99

**Triple Decker Club** - Two layers of lean bacon, crisp lettuce, ripe tomatoes and mayonnaise with your choice of turkey, ham or roast beef. \$5.99

**The Italian Feast** - Cappicola ham, hard salami, pepperoni & provolone cheese stacked with lettuce, tomato, mayo & hot peppers. \$5.49

**Pesto Chicken Wrap** - All white premium breast of chicken grilled w/ traditional basil and garlic pesto with lettuce, tomato, melted swiss cheese and a touch of mayonnaise. \$6.79

**Hot Roast Beef** - Our lean roast beef served hot with melted pepperjack cheese, horsey mayo, lettuce and tomato. \$6.29

**Santa Fe Turkey** - A salsa wrapped filet of turkey with honey mustard, lettuce and tomato. \$5.79

## Salads

**The Green Salad** - Mixture of lettuce greens, tomato, green peppers & cucumbers. Sm. \$2.99 Lg. \$3.99

Add grilled chicken Sm. \$5.29 Lg. \$6.29

**Chef Salad** - Add Ham, Turkey, American & Swiss Cheese. Sm. \$4.99 Lg. \$5.99

**Supreme Salad** - Add a scoop of Tuna, Chicken or Egg Salad. Sm. \$4.99 Lg. \$5.99

**Caesar Salad** - Romaine lettuce, homemade croutons, caesar dressing, sprinkled with parmesan cheese. Sm. \$2.99 Lg. \$3.99 Add grilled chicken Sm. \$5.29 Lg. \$6.59

## Sandwiches, Subs & Wraps

(Served w/ a pickle)

**Bread:** White, Wheat, Marble-Rye & Kaiser Rolls  
**Wraps:** Plain, Spinach, Jalapeno Cheese, Sun Dried Tomato & Herb & Garlic, Whole Wheat.

**Toppings:** Mayo, Mustard (Honey, Spiced or Regular), Horseradish Mayo, Lettuce, Tomatoes, Pickles, Hot Peppers, Onions, Black Olives, Herb Dressing

**Cheese:** Swiss, American, Provolone, Smoked Gouda, Muenster.

	Sm. Sub	Lg. Sub
Boiled Ham	4.19	5.39
Turkey	4.29	5.49
Roast Beef	4.99	6.29
Pastrami	4.39	5.99
Corned Beef	4.39	5.99
Smoked Turkey	4.39	5.99
Cappicola Ham	4.39	5.99
Hard Salami	3.99	5.59
Pepperoni	3.99	5.59
Liverwurst	3.69	4.59
Italian	4.19	5.59
Chicken Salad	4.49	5.79
Tuna	3.99	5.29
Egg Salad	3.99	4.69
All Cheese	3.99	4.99
BLT	3.99	5.19
<b>EXTRAS:</b>		
Cheese	.30	.40
Bacon	.75	1.00
Hummus	.25	.50
Sprouts	.25	.35
Coleslaw	.25	.35
Roasted Reds	.50	1.25
Pesto	.75	1.25

## More Choices

**Half Sandwich/Child's Sandwich** \$2.99  
**Hot Dog** \$1.50

With Chili Add .50  
With Cheese .25  
With Sauerkraut .25

**Whole Garlic Pickle** \$1.00

**Soup** Cup \$2.50 Bowl \$3.00 Hearty \$3.75  
**Chili** Cup \$2.50 Bowl \$3.00 Hearty \$3.75

