Nraps & Salads

Salads come with dressing on the side

The Tassel Tuna Salad or Wrap Albacore tuna salad (includes celery & sweet pickle) with spring mix, sprouts, cucumbers, tomato, red onion, carrots, red bell peppers, pickle chips & pepperoncini. 13.95 *choose your dressing.

House Salad Spring mix, cucumbers, carrots, red onion, red bell peppers, tomato & sprouts *Served with your choice of salad dressing on the side. 7.00

Add chicken breast. 3.50 Full size salad for 11.95

*Dressing Choices: Ranch, Chipotle Ranch, 1000 Island, Italian, Raspberry Vinaigrette, Balsamic Vinaigrette, Toasted Sesame, Honey Mustard or Caesar.



All sandwichs are half size

For children 12 and under

Served with a small bag of Lays chips, applesauce pouch and an apple juice box.

The Little Gobbler Turkey breast, cheddar cheese, mayo & mustard on wheat or white bread. 7.00

The Emmy Benni Black Forest ham, cheddar cheese, mayo & mustard on wheat or white bread. 7.00

The Ellie Belly Salami with cheddar cheese, mayo & mustard on wheat or white bread. 7.00

The DJ PB&J Peanut butter & strawberry jelly spread thick on wheat or white bread. 7.00

The Little Cheesy Grilled cheese on white or wheat bread with cheddar cheese. 7.00



Breakfast Sandwich Your choice of Black Forest ham or sausage patty, egg & cheddar cheese, spread with *Belly sauce on your choice of an English muffin, croissant bun or sliced toasted bread. 7.50

The Full Belly Double Up! 2 eggs, 2 slices of cheddar cheese, Black Forest ham & sausage patty, spread with *Belly sauce on your choice of an English muffin, croissant bun or sliced toasted bread, 9.50

The Big Daddy Triple Up! 3 eggs, 3 slices of cheddar cheese, Black Forest ham, sausage patty & 2 pieces of bacon spread with *Belly sauce on your choice of an English muffin, croissant bun or sliced toasted bread. 12.00

TT's Spicy Smash Made on toasted marble rye with 3 pieces of bacon, arugula, tomato, egg & cheddar cheese spread with avocado, *Belly sauce, drizzled with hot honey & sprinkled with Everything Bagel Seasoning. 9.00

*Belly sauce (Homemade with mayo, mustard, honey & dijon)

Let The Full Belly Deli cater your next office lunch or weekday event.

1805 239-3855

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Freshly made sandwiches, salads, sweets and more!



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e Lunch

Incredible Cold Selections

- **1) The El Paso** Turkey with jack cheese, avocado, green leaf lettuce, tomato & mayo on your choice of bread. 10.95
- **12 The Benni Classic** Black Forest ham with cheddar cheese, *the works & Belly sauce (homemade with mayo, mustard, dijon & honey) on your choice of bread. 10.95
- **13 The Sonni** Salami with cheddar cheese, pepperoncini, *the works, mayo & mustard on your choice of bread. 10.95
- **14 The Veggie Van Tastic** Spread of your choice, green leaf lettuce, tomato, red onion, carrots, sprouts, pepperoncini, sliced pickles, red bell peppers, cucumbers & avocado on your choice of bread. 10.95

Consider cream cheese or basil pesto mayo as a spread.

- **15 The JEHD** Roast beef with pepper jack cheese, *the works & horseradish mayo on your choice of bread. 10.95
- ***The Tassel Tuna** Albacore tuna salad (includes celery & sweet pickle) *the works & mayo on your choice of bread. 10.95 ***The Works** Green leaf lettuce, tomato, red onion & pickle.

Bread Choices - Sourdough, Cracked Wheat Sourdough, French roll (while supplies last daily), Dutch Crunch French roll (while supplies last daily), Marble Rye, Whole Wheat, Croissant Bun, White, GF Bread (\$2.00 additional) & Lettuce Wrap

Panini's

- **(12) Grilled Tuna and Swiss** Albacore tuna salad (includes celery & sweet pickle) & mayo grilled on focaccia. 11.95 Consider adding tomato, red onion & pepperoncini for 1.00
- [13] Pomegranate Chipotle Turkey Breast With cheddar cheese, mayo, Full Belly pomegranate chipotle sauce (not spicy) & arugula grilled on focaccia. 11.95
- [14] Ham and Muenster Black Forest ham, muenster cheese & Belly sauce (homemade with mayo, mustard, dijon & honey) grilled on focaccia. 11.95

 Consider adding tomato, red onion & pepperoncini for 1.00
- **15) The Captain** Your choice of roast beef, turkey breast or Black Forest ham with cheddar cheese, red onion, tomato, green chili & cream cheese grilled on focaccia. 12.95
- **16)** The Fatty Patti Black Forest ham, salami, bacon, cheddar cheese, mayo, mustard, sriracha, jalapeños, tomato & red onion grilled on focaccia. 12.95
- 19 The Ostini Panini Turkey breast, provolone cheese, basil pesto mayo, artichoke hearts, tomato, red onion & arugula grilled on focaccia. 12.95
- **120)** The One-Armed Bandit Pastrami, jack cheese, thousand island, mustard, sauerkraut, red onion, tomato & bread & butter pickles grilled on focaccia. 13.95

Specialty Sandwiches

- **17) The Bearcat** Hot pastrami with mustard & pickles on a toasted French roll. 12.95
- **(8) The Fat Guy's French Dip** Roast beef & provolone cheese served with au jus for dipping on a toasted French roll. 12.95

Specialty Sandwiches

- **19 The Killer Club** Black Forest ham, turkey, bacon, swiss cheese, avocado & green leaf lettuce, homemade spread of basil pesto mayo, sundried tomato mayo & served on 3 pieces of toasted sourdough. 11.95 Consider a Spicy Club version 13.95
- **10)** The Sweet Surprise Turkey breast, cream cheese, cranberry sauce, sesame seeds & alfalfa sprouts on whole wheat bread. 10.95

Consider adding tomato & red onion for 1.00

- **11) Pastrami Reuben** Hot pastrami, swiss cheese, sauerkraut & thousand island on toasted marble rye. 12.95
- **17)** The Italian Stallion Black Forest ham, salami, provolone cheese, pepperoncini, tomato, red onion, green leaf lettuce, spread with mayo & mustard, drizzled with Italian dressing on a French roll. 12.95
- **18** The California Poppi Turkey breast, green chili, bacon & pepper jack melt, spread with our homemade chipotle mayo topped with green leaf lettuce, tomato & red onion on toasted sourdough. 12.95
- **121) The Spicy DEE Trio** Turkey breast, salami, Black Forest ham, pepperjack cheese, tomato, red onion, jalapeno, green leaf lettuce, spread with our homemade chipotle mayo & drizzled with Italian dressing & Sriracha on 3 pieces of toasted sourdough. 13.95
- **The RWP Wrigley Stacker** Turkey breast, salami, provolone cheese, artichoke hearts, tomato, pepperoncini, red onion & arugula spread with our homemade garlic mayo & balsamic mayo on 3 pieces of toasted sourdough. 13.95

Wraps & Salads

Salads come with dressing on the side

Belly Wrap or Salad Spring mix, corn/black beans, red bell peppers, red onion, chicken breast & tomato tossed with chipotle ranch dressing. 12.95

Veggie Wrap or Salad Spring mix, sprouts, cucumbers, avocado, tomato, red onion, carrots, red bell peppers, pickles & pepperoncini tossed with your choice of *dressing. 12.95 Consider adding chicken breast for 3.50

Turkey Wrap or Salad Spring mix, turkey breast, bacon & tomato tossed with ranch dressing. 12.95

The Zesty Jessi Wrap or Salad Spring mix, roast beef, jack/cheddar cheese, black beans/corn, tomato & red onion tossed with ranch dressing & Sweet Baby Ray's BBQ Sauce. 12.95

Feta Come Get It Wrap or Salad Spring mix, crumbled feta cheese, turkey, salami, red onion, black olives, artichoke hearts, pepperoncini & tomato tossed with balsamic dressing. 12.95

Heidi's Favorite Wrap or Salad Spring mix, Granny Smith apples, homemade candied walnuts, bleu cheese crumbles, tossed with raspberry vinaigrette dressing. 12.95 Add chicken breast 3.50 Turn into wrap with chicken for 14.95

More wraps and salads on the back of menu —



