

Breakfast

<i>Bagels</i>	\$1.25
Butter	\$1.99
Cream Cheese	\$2.75
Butter & Cream Cheese	\$2.75
Flavored Cream Cheese	\$3.25
<i>(Veggie, Roasted red pepper & garlic, bacon basil)</i>	
Hummus	\$2.99
<i>Donuts</i>	\$1.00
<i>Muffins</i>	\$1.60
<i>Cookies</i>	\$.60

Breakfast Egg Sandwich on a Bagel

Fried Egg Sandwich w/Cheese	\$2.50
w/Bacon or Ham & Cheese	\$2.99
w/Sausage	\$3.59

Garf's In-House Breakfast Sandwich Special

Egg w/ Cheese, Ham, bacon or sausage on toast or a hard roll	\$2.69
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Breakfast Wraps

~Served on your choice of Plain, Spinach, Roasted Red Pepper, Sun Dried Tomato, Wheat or Herb & Garlic~

Western - Two eggs, choice of bacon, ham or sausage, peppers, onions and cheese. \$5.29

Add chicken \$6.29

Breakfast Wrap with- Two eggs, choice of bacon, ham or sausage and cheese. \$4.99

Add chicken \$5.99

South of The Border - Two eggs, choice of meat, grilled banana peppers, onions & peppers with homemade salsa and cheese. \$5.99

Add chicken \$6.99

Espresso Bar also available

Visit us on the web: www.garfsvdeli.com

Planning an Office Meeting or Party?

Extended meetings require preparation, energy and undivided attention to detail. Let us help you simplify one of the most important ingredients needed for a successful meeting... food. We will prepare platters of delicious deli sandwiches with assorted meats and cheeses on a variety of fresh baked breads, or a combination of assorted sandwiches and wraps.

What About

Mid Morning Breaks?

Garf's can also provide coffee, juice, assorted pastries and snacks for breaks.

Call 336-3354

Ask for John or Beth to discuss your specific needs.

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)

~June 2013~

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, hummus, and fresh mescaline mix \$6.99

Black Bean Veggie - Fresh black bean hummus, mescaline mix, tomato, onions, olives, hot peppers, munster cheese and homemade salsa. \$6.99

Add Chicken \$1.50

Mush Reuben - Portabella Mushroom sautéed with melted Swiss, sauerkraut and Russian dressing. \$6.99

Greek Veggie - Romaine lettuce, tomato, crumbled feta cheese, black olives, cucumbers, hot peppers with Italian dressing. \$6.99

'Shroom Veggie - Sautéed portabella mushrooms, melted muenster cheese, fresh mescaline mix, tomato, roasted red peppers, cucumbers with balsamic dressing. \$6.99

Add Chicken \$1.50

Grill Specialties

Philly Steak & Cheese - Thinly sliced rib eye steak grilled w/ sautéed peppers and onions topped with melted American cheese. Sm. \$6.59

Lg. \$8.39

New Yorker - Pastrami piled high with melted Swiss, spicy mustard on marble rye. \$7.79

Reuben - A traditionally grilled corned beef topped with sauerkraut, Swiss cheese, and Russian dressing. \$7.19

Chicken Cheese Steak - Our grilled chicken with melted cheese and grilled peppers & onions. Sm. \$6.59

Lg. \$8.39

Spiedies - Marinated chicken strips, served with lettuce and tomato. Try it buffalo style with hot sauce and bleu cheese or ranch dressing. Sm. \$6.29

Lg. \$7.69

Cheeseburger - Our 90% lean 6 oz. of beef with your choice of toppings. \$6.59

w/ Fries \$7.59

w/ Bacon extra \$.75

w/ Portabella Mushrooms extra \$.75

French Fries Sm. \$2.29 Lg. \$3.79

Sweet Fries Sm. \$2.99 Lg. \$4.49

Onion Rings Sm. \$3.99 Lg. \$5.79

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. Sm. \$6.99

Lg. Sub \$8.19

Turkey Trot - Turkey breast piled high with smoked gouda cheese, lettuce, tomato, honey mustard or mayonnaise.

Sm. \$6.69 Lg. Sub \$8.19

W/ bacon Sm. \$7.39 Lg. \$8.99

The Classic - Lean corned beef or turkey breast with Swiss cheese, Russian dressing and coleslaw. (served hot or cold) \$6.99

The Triple Decker (BLT) - Two layers of lean bacon, crisp lettuce, tomato & mayonnaise. \$6.99

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

\$7.79

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

Sm. \$6.89

Lg. \$7.99

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. \$7.89

Hot Roast Beef - Our lean roast beef served hot with melted pepper jack cheese, horsey mayo, lettuce and tomato. \$7.89

Santa Fe Turkey - A salsa wrapped filet of turkey with honey mustard, lettuce and tomato and swiss cheese Sm. \$6.69

Lg. \$7.99

Salads

The Green Salad - Mixture of lettuce greens, tomato, green peppers & cucumbers. Sm. \$3.99 Lg. \$5.19

Add grilled chicken Sm. \$6.39 Lg. \$8.19

Chef Salad - Add Ham, Turkey, American & Swiss Cheese. Sm. \$6.39

Lg. \$8.19

Supreme Salad - Add a scoop of Tuna, Chicken or Egg Salad.

Sm. \$6.39

Lg. \$8.19

Caesar Salad - Romaine lettuce, homemade croutons, caesar dressing, sprinkled with parmesan cheese. Sm. \$4.59 Lg. \$5.99

Add grilled chicken Sm. \$6.59 Lg. \$8.59

Greek Chicken Salad - Our great tossed salad with black olives and feta cheese added Sm. \$6.59 Lg. \$8.59

Sandwiches, Subs & Wraps

(Served w/ a pickle)

Bread: White, Wheat, Marble-Rye & Kaiser Rolls

Wraps: Plain, Spinach, 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.

	Sandwich, Wrap or Sm. Sub	Lg. Sub
Boiled Ham	5.79	6.99
Turkey	5.79	6.99
Roast Beef	6.99	8.99
Pastrami	5.99	7.59
Corned Beef	5.99	7.59
Cappicola Ham	5.79	6.99
Hard Salami	5.79	6.99
Pepperoni	5.79	6.99
Liverwurst	5.29	6.49
Chicken Salad	5.99	7.39
Tuna	5.99	7.39
Egg Salad	4.99	6.19
All Cheese	5.99	7.39
BLT	5.89	7.59

EXTRAS:

Cheese	.30	.40
Bacon	.75	1.25
Hummus	.50	1.00
Coleslaw	.50	1.00
Roasted Reds	.50	1.00
Pesto	.75	1.25

More Choices

Half Sandwich/Child's Sandwich	\$4.19
Tenders and Fries	\$6.59
Whole Garlic Pickle	\$1.25
Soup Cup \$3.39 Bowl \$4.29 Hearty \$5.19	
Chili Cup \$3.39 Bowl \$4.29 Hearty \$5.19	
Quart \$10.19	

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