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 Frontier Commons

Spread the word –
 Please post in your
 break room!!!

WEEK OF: SEPT. 7TH – 10TH

MONDAY

CHICKEN RICE

Closed for Labor Day

Hope you had a safe & happy
 holiday with your family &
 friends!

TUESDAY

FULL BELLY SIGNATURE SOUP
 CHICKEN RICE
 BEEF CHILI OR VEGETARIAN CHILI

THE BAJA

Mesquite turkey breast, pepper jack cheese, hot peppers
 w/ roasted red pepper mayonnaise on grilled rye bread.
 Served w/ French fries. \$7.99

THE CRAZY CAJUN WRAP

Turkey, Cajun style mayonnaise, lettuce, tomato, red onion
 and ranch dressing to cool it down a bit in a tomato wrap.
 Served w/ salad of your choice. \$7.49

WEDNESDAY

CREAM OF BROCCOLI
 GAZPACHO
 CHICKEN CHILI
 BEEF CHILI OR VEGETARIAN CHILI

GRILLED GODFATHER

Cappicola, salami & hot ham grilled w/ onions, hot peppers
 & melted provolone cheese on garlic bread.
 Served w/ French fries \$7.99

MOMMA MIA

Turkey breast grilled w/ roasted red peppers & melted
 provolone cheese on garlic bread.
 Served w/ French fries \$7.99

THURSDAY

CHICKEN & DUMPLING
 SPLIT PEA W/ HAM
 CHICKEN RICE
 BEEF CHILI OR VEGETARIAN CHILI

THE WRANGLER

Shaved Rib Eye grilled w/ garlic butter sautéed mushrooms,
 crispy onion rings & provolone cheese, on a toasted panini
 sub roll. Served w/ steak sauce on the side for dipping.
 Served w/ French fries \$8.49

CRABBY WRAP

Freshly made crab salad served w/ field greens,
 bell pepper strips & sprouts in a tomato wrap. Served w/
 salad of your choice. \$7.49

FRIDAY

NEW ENGLAND CLAM CHOWDER
 TOMATO TORTELLINI
 CHICKEN RICE
 BEEF CHILI OR VEGETARIAN CHILI

SICILIAN GRILLED CHEESE

Provolone and mozzarella cheeses w/ vine ripened
 tomatoes & pesto on grilled sour dough bread
 Served w/ french fries \$6.95

TRIPLE DECKER CLUB SANDWICH

Roast Beef, Turkey or ham, triple decker w/ crisp bacon,
 lettuce, tomato & mayonnaise on your choice of toast.
 Served w/ salad of your choice. \$7.99

MINI FISH FRY
 FISH SANDWICH

IMPORTANT NOTES

Now that autumn is here our regular hours are in effect.

Monday – Friday
 7:30am – 6pm

Saturday, Sunday and Evenings
 We are open for scheduled catering events only.

Fall Sports are in session.
 We fill your athletes bellies with great food at a great
 price. Ask us for details on feeding your teams!

Book your holiday parties early for the best deals!

VISIT OUR WEBSITE FOR DETAILS
www.thefullbellydeli.com