

Full Belly Deli

Café & Catering

292-0210

❖❖❖ Soup & Chili ❖❖❖

Soup

Our selection of soups varies daily. Visit our website for this week's selection

8oz cup - 2.75
12oz bowl - 3.75
16oz bowl - 4.75

Chili

Regular & Vegetarian - available everyday
8oz cup - 3.25
12oz bowl - 4.25
16oz bowl - 5.25
Shredded Cheddar+.75

❖❖❖ munchies ❖❖❖

	Half Belly	Full Belly
Waffle Fries	1.95	3.95
Cajun Fries w/ sour cream	2.95	4.95
Sweet Potato Fries w/ honey cajun sauce	2.95	4.95
Onion Rings w/ a creamy horseradish sauce	2.95	4.95
Chili Cheese Fries	4.95	7.50
Chicken Wings - buffalo, garlic & parmesan, honey cajun, or sweet & spicy sesame w/ blue cheese dressing on the side.	4.95	7.50
Mozzarella Sticks w/ marinara sauce	4.95	7.50
Battered Mushrooms w/ ranch dressing	4.95	7.50
Mini Eggrolls w/ spicy peanut sauce	4.95	7.50
Jalapeno Poppers w/ salsa & sour cream	4.95	7.50
Chicken Fingers & fries sauces: wing, blue cheese, bbq, honey mustard, honey cajun, sweet & spicy sesame, spicy peanut	4.95	7.50

Dipping Cups - one per order.
Extra dipping cups + .75

*** We use only 100% Pure Vegetable Oil = NO Trans Fats!***

❖❖❖ Kids ❖❖❖

Great deals just for our 10 and under crowd!
All kids meals served w/ your choice of side and a cookie. 4.50
Sides: ❖ waffle fries ❖ applesauce
❖ small bag of chips ❖ pretzels

Grilled Cheese - made w/ american cheese on grilled whole wheat bread.

PB&J - Creamy peanut butter & grape jelly on white bread.

Chicken Fingers - 2 jumbo chicken fingers
(sauces: wing, blue cheese, bbq, honey mustard or ranch)

Cheese Quesadillas - Flour tortilla grilled w/ melted cheddar cheese. Served w/ salsa.

Little Amigo Sandwich - turkey or ham on white bread w/ american cheese.

❖❖❖ Breakfast ❖❖❖

Full Belly Pancakes

Three six inch fluffy pancakes, served w/ butter & syrup. 4.50
W/bacon or sausage - 5.50

Our Famous Full Belly Egg Sandwiches

Served on your choice of a roll, sliced bread, croissant, bagel or English muffin.

Egg & Cheese Sandwich - 2.55

w/ Bacon, Ham, turkey or Sausage - 3.25

Steak, Egg & Cheese Sandwich - 5.25

Try any of these with a splash of Tabasco!

Bagel (assorted varieties) - .99

Bagel w/ cream cheese and/or butter - 1.65

Croissant w/ jam and/or butter - 2.15

English Muffin w/ jam and/or butter - 1.65

Homemade Muffins (assorted varieties) - 1.65

New England Specialty Coffees

Juice

Hot Tea & Hot Chocolate



Ordering Tips:

Have your orders ready before calling them in.
Be specific when placing your orders.
Please fax orders of 6 or more with a contact name & telephone number

*Delivery: \$30 minimum for delivery.

Delivery areas include: Henrietta, Brighton, Pittsford & Bushnell's Basin.

If you absolutely need your lunch by 12 noon, please place your order by 10 am. Otherwise, if you are flexible with your delivery time, we will happily deliver anytime. Please allow a 15 minute window for deliveries.

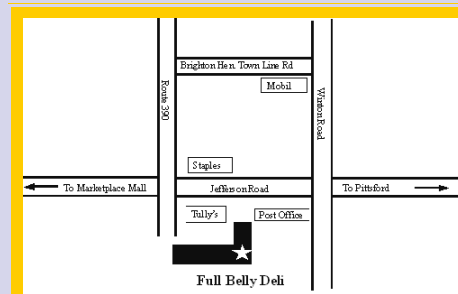
We accept all major credit cards & corporate checks.
(\$5 minimum purchase required)

We do not accept personal checks or foreign currency.

At The Full Belly Deli we strive to meet each of our customers individual needs. However, because many of our products are fresh and homemade, occasionally we will run out of an item. We are sorry for any disappointment this may cause.

If for some reason, you are dissatisfied with your purchase, please let us know. We kindly ask that any unwanted items be returned. We will make every attempt to ensure a satisfied and repeat customer.

Prices & availability subject to change. Prices do not include sales tax where applicable.
2/08



Hours of Operation:
M - F: 8 am - 3 pm

Catering is available after hours & on weekends.
Please speak with a manager regarding your order.



Catering Dine-In Take-Out

Fast, Fresh & Friendly

292-0210

Frontier Commons
1225 Jefferson Road
Rochester, NY 14623

FAX: 292-0220

www.thefullbellydeli.com

Full Belly Deli

Café & Catering

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❖❖❖ Salads ❖❖❖

All specialty salads made w/ crisp Romaine Lettuce & served in a garlic & parmesan tortilla bowl - 6.50

Buenos Tacos - Our famous chili (regular or vegetarian) topped w/ tomatoes & cheddar cheese. Served w/ sour cream & salsa on the side.

It's Greek to Me - Grilled Chicken, tomatoes, cucumber, red onion, black olives and feta cheese. Served w/ Greek dressing on the side.

Asian Chicken - Grilled chicken, Chow mein noodles, tomato, carrots, red cabbage & almonds. Served w/ a spicy peanut dressing.

Buffalo Chicken - Grilled chicken, celery, tomatoes & cheddar cheese. Served w/ our famous wing sauce & blue cheese dressing on the side.

Tijuana Blues - Jerk style chicken, tomatoes, cucumbers, carrots, red cabbage & cheddar cheese. Served w/ ranch dressing on the side.

Caesar Salad - A traditional Caesar made w/ crisp romaine lettuce, topped w/ grilled chicken, homemade garlic croutons, parmesan & Caesar dressing.

Julienne Salad - A healthy selection of carrots, cucumbers, tomatoes & purple cabbage topped w/ turkey, ham & cheddar cheese. Served w/ your choice of dressing.

BLT Salad - Crisp bacon, tomatoes, cucumbers, carrots, purple cabbage, cheddar cheese. Served w/ ranch dressing on the side.

Garden Harvest Salad - Make your own salad @ our fresh & hearty salad bar \$5.99/lb
Let us make it for you any way you like it starting with fresh romaine lettuce.
Small or Large
Would you like your large salad in one of our Garlic parmesan tortilla bowls?

Toppings	Tomatoes	Carrots	Cucumbers
	Red Onion	Egg	Cheddar Cheese
	Purple Cabbage	Chick Peas	Feta Cheese
	Bell Peppers	Sunflower Seeds	Crumbly Blue Cheese
	Black Olives	Chow Mein Noodles	Slivered Almonds
Dressings:	Italian	Ranch	
	Parmesan Peppercorn	Greek	
	Blue Cheese	Lite Balsamic Vinaigrette	
	Thousand Island	Caesar	

Add 4 oz of grilled chicken, turkey, ham, tuna, chicken or egg salad 2.50

Dressings on the side, one per salad.
Additional Dressing cups or packets + .75 each

Value Combos

#1	#2	#3
Add pasta, potato or macaroni salad & a 16 oz fountain drink to any sandwich, sub, wrap or salad 2.49	Add waffle fries & a 16 oz fountain drink to any sandwich, sub, wrap or salad 2.95	Add an 8 oz cup of our homemade soup & a 16 oz fountain drink to any sandwich, sub, wrap or salad 3.75

**Soups
Munchies
Kids &
Breakfast**
On reverse

Soup & Sandwich Combo -

8oz soup w/ full sandwich - 7.50
12oz soup w/ 1/2 sandwich - 6.75
12oz soup w/ full sandwich - 8.50

(Cold Deli Sandwiches only-specialty sandwiches & wraps not included)

❖❖❖ Burgers, Chicken & More... ❖❖❖

Choose either grilled chicken breast, angus beef burger or veggie burger for any of the following mouth watering creations - 5.95

Jumpin' Jehosaphat - Cajun style topped with jalapenos, pepper jack cheese, lettuce, tomato, onion & salsa.

Bacon Blues Brothers - topped w/ crispy bacon, crumbled blue cheese, lettuce, tomato & onion.

Shuffle off to Buffalo - topped w/ our famous wing sauce, creamy blue cheese dressing, lettuce & tomato.

Santa Fe - topped w/ melted cheddar cheese, lettuce, tomato, salsa and ranch dressing.

California Dreamin' - topped w/ muenster cheese, lettuce, tomato, cucumber & guacamole.

Cordon Bleu - topped w/ grilled ham, swiss cheese, lettuce, tomato & dijon mayonnaise.

Vive La France - topped w/ brie cheese, lettuce, tomato, onion & horseradish mayonnaise.

The Jerk - Jerk seasoned w/ cheddar cheese, lettuce, tomato, onion & ranch dressing.

The Far East Meets Full Belly - topped w/ lettuce, tomato, onion & our famous spicy peanut sauce.

The Classic - served w/ lettuce, tomato & your choice of cheese 5.25
Angus beef burger w/ mayonnaise & ketchup
Grilled Chicken w/ dijon mayo
Veggie Burger w/ honey mustard

❖❖❖ Specialty Sandwiches ❖❖❖

All specialty sandwiches & subs - 6.50 unless otherwise noted.

James Bond - Roast beef, brie cheese & a creamy horseradish sauce on a toasted sub roll.

Turkey, Bacon & Cheddar Melt - served w/ lettuce, tomato & mayo on a toasted sub roll.

Cheese Steak - we recommend shaved steak topped w/ grilled mushrooms, onions & provolone on a toasted sub roll, but will make it any way you like it - everybody is different!

Buffalo Chicken - We have proudly become famous for this one! Tender chicken fingers smothered in our own wing sauce, lettuce, tomato & creamy blue cheese dressing on a toasted sub roll.

O'Malley Melt - Grilled shaved ham, melted Mozzarella & Swiss cheeses, tomatoes & horseradish mayo on a toasted sub roll.

Grilled Veggie - Eggplant, onions, mushrooms, sweet peppers, tomatoes & zucchini topped w/ parmesan & muenster cheese on a toasted sub roll.

Sicilian Style Eggplant Parmesan - Breaded eggplant lightly fried and topped w/ tomatoes, pesto mayonnaise, mozzarella & parmesan cheeses on a toasted sub roll.

Reuben - Corned Beef, Swiss Cheese, sauerkraut, Thousand Island dressing on grilled rye bread. 5.75

Tuna Melt - all white tuna & creamy American cheese on whole wheat bread. 5.75

BLT - The Classic. Crisp Bacon, lettuce, tomato and mayonnaise on a toasted sub roll. 5.75
on your choice of toast - 4.95

Our Fantastic Cold Sandwiches:

Naples - Turkey breast, muenster cheese, lettuce, tomato, cucumbers, sprouts & dill cream cheese on 12 grain bread. 5.75

Fireworks - Roast Beef, pepper jack cheese, lettuce, tomato, red onion, hot peppers & horseradish mayo on rye bread. 5.75

The Dagwood - Roast Beef, turkey & ham piled high with Swiss cheese, lettuce, tomato, onion, hot & sweet peppers, pickles, black olives, mayonnaise, mustard & dressing on a small sub.

❖❖❖ Wraps ❖❖❖

All wraps 5.95 unless otherwise noted.

Bulls Eye - Chicken tenders topped with BBQ sauce, crisp bacon, cheddar cheese, lettuce, tomato, red onion & sour cream in a tomato & basil wrap. 6.50

Grilled Chicken Club - grilled chicken strips, swiss cheese, crisp bacon, lettuce, tomato, and dijon mayonnaise in a grilled honey wheat wrap. 6.50

Grilled Cajun Reuben - grilled corned beef, swiss cheese, sauerkraut, lettuce & a spicy thousand island dressing in a grilled tomato & basil wrap.

Sesame Chicken - Chicken tenders & stir fried veggies topped with a sweet & spicy sesame ginger sauce in a tomato & basil wrap.

Thai Chicken - Grilled chicken, stir fried veggies & our own spicy peanut sauce on a bed of lettuce in a garlic pesto wrap.

Chicken Caesar - Grilled chicken strips, romaine lettuce, tomato, red onion, parmesan cheese & a lite Caesar dressing in a garlic pesto wrap.

Ali Baba - Grilled chicken, lettuce, tomato, red onion, cucumbers, feta cheese & Greek dressing in a garlic pesto wrap.

Chicken Fajita - Chicken strips grilled w/ onions, hot & sweet peppers, lettuce, tomato, cheddar cheese, guacamole & sour cream in a tomato & basil wrap.

Steak Fajita - shaved steak grilled w/ onions, hot & sweet peppers, lettuce, tomato, cheddar cheese, guacamole & sour cream in a garlic pesto wrap.

Jamaican Me Crazy - Caribbean jerk style chicken, lettuce, tomato, cheddar cheese, salsa & ranch dressing in a garlic pesto wrap.

Buffalo Chicken - Chicken tenders topped with our famous wing sauce, lettuce, tomato & creamy blue cheese dressing in a tomato & basil wrap.

BLT - A great twist on the classic, lots of crisp bacon, lettuce, tomato & mayonnaise in a tomato & basil wrap.

Incredible Cold Selections:

The Picasso - Create your own wrap - anyway you like it!

Californian - Turkey, Swiss, guacamole, lettuce, tomato, sprouts & ranch dressing in a tomato & basil wrap.

Omaha - Roast Beef, Pepper Jack cheese, lettuce, tomato, onion & creamy horseradish mayonnaise in a garlic pesto wrap.

Sweet Classic - Shaved ham, Swiss cheese, lettuce, tomato & honey mustard in a tomato & basil wrap.

Veggie Head - Crisp lettuce, tomato, onion, cucumber, carrots, green pepper, mushrooms, sprouts & Italian dressing in a garlic pesto wrap.

❖❖❖ Deli Sandwiches & Subs ❖❖❖

• Turkey breast	• Roast Beef	Sandwich	4.95
• Corned Beef	• Chicken Salad	Roll or Bread	
• Shaved Ham	• Tuna Salad		
• Italian Assorted	• Egg Salad	8" small sub	5.95
• Cappicola	• Spicy Hot Ham	Or Croissant	
• Assorted Cheese	• Salami	12" large sub	7.95
• Veggie (lettuce, tomato, cucumber, carrots, sprouts, green pepper, mushrooms, onions)		Wrap - Tomato & Basil, Garlic Pesto or Honey Wheat	5.95

Breads: Whole Wheat, white, rye, 12 grain & pumpernickel, croissant, whole wheat & white sandwich rolls

Condiments: Mayonnaise: regular, Pesto Mayonnaise, Horseradish Mayonnaise;
Mustards: yellow, Dijon & honey; Dressings: Italian, Thousand Island, Ranch, Olive Oil & Red wine Vinegar

Cheeses: American, Swiss, Provolone, Mozzarella, Muenster & Pepper Jack

Toppings: lettuce, tomatoes, onions, hot or sweet peppers, cucumbers, sprouts, pickles, black or green olives.

All items are made to order, please be specific with your toppings when placing your order.