



Catering Dine-In Take-Out

Fast, Fresh & Friendly

**Celebrating
15 years of
superior
food
& service**

292-0210

Frontier Commons
1225 Jefferson Road
Rochester, NY 14623

FAX: 292-0220

www.thefullbellydeli.com

Full Belly Deli

Café & Catering

292-0210

❖❖❖ Salads ❖❖❖

All specialty salads made w/ crisp Romaine Lettuce & served in a garlic & parmesan tortilla bowl - 7.29

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.

Caesar Salad - A traditional Caesar made w/ crisp romaine lettuce, topped w/ grilled chicken, 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 \$6.49/lb
Our garlic & parmesan tortilla bowls are always available, please ask us if you would like one .79 each

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

Add 4 oz of grilled chicken, turkey, ham, tuna, chicken or egg salad 2.99

Dressings on the side, one per salad.
Additional Dressing cups or packets + .79 each

Value Combos

 Add pasta, potato or macaroni salad & a 16 oz fountain drink to any sandwich, sub, wrap or salad 2.99	 Add waffle fries & a 16 oz fountain drink to any sandwich, sub, wrap or salad 3.49	 Add an 8 oz cup of our homemade soup & a 16 oz fountain drink to any sandwich, sub, wrap or salad 3.99
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❖❖❖ **Burgers, Chicken & More...** ❖❖❖

Choose either grilled chicken breast, angus beef burger or veggie burger for any of the following mouth watering creations. Served with a side of your choice.

Sides - Waffle Fries, Pasta, Potato, Macaroni, BBQ Chicken Pasta or Fruit Salad - 7.95

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.

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

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

Build A Burger - Top it anyway you like it! With bacon add .99 cents
Angus beef burger Grilled Chicken Veggie Burger

❖❖❖ **Specialty Sandwiches** ❖❖❖

All specialty sandwiches & subs - 6.99 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 marble rye bread. 6.29

Tuna Melt - all white tuna & creamy American cheese on whole wheat bread. 6.29

BLT - The Classic. Crisp Bacon, lettuce, tomato and mayonnaise on a toasted sub roll. 6.29
on your choice of toast - 5.49

Our Fantastic Cold Sandwiches:

Naples - Turkey breast, muenster cheese, lettuce, tomato, cucumbers, sprouts & dill cream cheese on multigrain bread. 6.29

Fireworks - Roast Beef, pepper jack cheese, lettuce, tomato, red onion, hot peppers & horseradish mayo on marble rye bread. 6.29

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.

Soup & Sandwich Combo -

8 oz soup w/ full sandwich - 7.99

12 oz soup w/ 1/2 sandwich - 7.29

12 oz soup w/ full sandwich - 8.99

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

❖❖❖ Wraps ❖❖❖

All wraps 6.49 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. 6.99

Grilled Chicken Club - grilled chicken strips, swiss cheese, crisp bacon, lettuce, tomato, and dijon mayonnaise in a grilled honey wheat wrap. 6.99

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 & 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 ❖❖❖

<ul style="list-style-type: none"> • Turkey Breast • Corned Beef • Shaved Ham • Italian Assorted • Cappicola • Assorted Cheese • Veggie (lettuce, tomato, cucumber, carrots, sprouts, green pepper, mushrooms, onions) 	<ul style="list-style-type: none"> • Roast Beef • Chicken Salad* • Tuna Salad* • Egg Salad • Spicy Hot Ham • Genoa Salami 	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black;">White Sandwich Roll or Bread</td> <td style="text-align: right; border-top: 1px solid black; border-bottom: 1px solid black;">5.49</td> </tr> <tr> <td style="border-bottom: 1px solid black;">8" small sub Or Croissant</td> <td style="text-align: right; border-bottom: 1px solid black;">6.49</td> </tr> <tr> <td style="border-bottom: 1px solid black;">Wrap - Tomato Basil, Garlic Pesto, Honey Wheat, Roasted Red Pepper, Jalapeno or Plain</td> <td style="text-align: right; border-bottom: 1px solid black;">6.49</td> </tr> <tr> <td>12" large sub</td> <td style="text-align: right;">8.99</td> </tr> </table>	White Sandwich Roll or Bread	5.49	8" small sub Or Croissant	6.49	Wrap - Tomato Basil, Garlic Pesto, Honey Wheat, Roasted Red Pepper, Jalapeno or Plain	6.49	12" large sub	8.99
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all white meat chicken & tuna salad
Add bacon for .99 cents

Breads: Whole Wheat, white, marble rye, multigrain & sourdough.

Condiments: Mayonnaise, Pesto Mayonnaise, Horseradish Mayonnaise, Yellow Mustard, Dijon, Honey Mustard, Italian, 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.

Full Belly Deli

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❖❖❖ Soup & Chili ❖❖❖

Soup

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

8oz cup - 2.99
12oz bowl - 3.99
16oz bowl - 4.99
32oz Take Home - 8.99

Chili

Regular & Vegetarian -
available everyday

8oz cup - 3.49
12oz bowl - 4.49
16oz bowl - 5.49
32oz Take Home - 10.49
Shredded Cheddar+.79

Soup & Sandwich Combo -

8oz soup w/ full sandwich - 7.99
12oz soup w/ 1/2 sandwich - 7.29
12oz soup w/ full sandwich - 8.99

Cold Deli Sandwiches only – see reverse for Deli Sandwiches
Our specialty sandwiches & wraps not included

❖❖❖ Munchies ❖❖❖

	Half Belly	Full Belly
Waffle Fries	2.49	4.49
Potato Pancakes	2.49	4.49
Cajun Fries w/ sour cream	3.49	5.49
Sweet Potato Fries w/ honey cajun sauce	3.49	5.49
Onion Rings w/ a creamy horseradish sauce	3.49	5.49
Cheese Fries	3.49	5.49
Chili Cheese Fries	5.49	7.99
Mozzarella Sticks w/ marinara sauce	5.49	7.99
Mini Chicken Eggrolls w/ spicy peanut sauce	5.49	7.99
Chicken Fingers & fries sauces: wing, blue cheese, bbq, honey mustard, honey cajun, sweet & spicy sesame.	5.99	8.49
Jumbo Chicken Wings - buffalo, BBQ, honey cajun, or sweet & spicy sesame w/ blue cheese dressing on the side.	5.99	8.49

One sauce cup per half belly order.
Extra sauce cups .79 each

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

❖❖❖ Breakfast ❖❖❖

Our Famous Full Belly Egg Sandwiches
Served on your choice of a roll, sliced bread,
croissant, bagel or English muffin.

Egg & Cheese Sandwich - 2.99
w/ Bacon, Ham, turkey or Sausage - 3.79

Try any of these with a splash of Tabasco!

Home Fries - 1/2 Belly - 2.49 **Full Belly** - 4.49
Hash Browns - 1/2 Belly - 1.49 **Full Belly** - 4.49

Bagel (assorted varieties)- 1.09
Bagel w/ cream cheese and/or butter - 2.19
Croissant w/ jam and/or butter - 2.19
English Muffin w/ jam and/or butter - 1.79
Homemade Muffins (assorted varieties)- 1.99

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 to Henrietta, Brighton, Pittsford & Bushnell's Basin area.

If you absolutely need your lunch by 12 noon, orders must be placed by 9:30 am.
If you are flexible with your delivery time, we will happily deliver anytime.
Please allow a 15 minute window for deliveries.

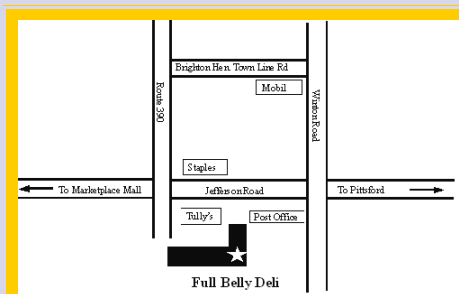
\$100 min. for anywhere in the city & surrounding areas.
24 hours notice required.

We accept all major credit cards & corporate checks.

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.
2/11



Hours of Operation:
M - F: 8 am - 4 pm

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

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