



proprietor Jeff Magnifico est. 1979

## FOR OPENERS!

### Soup

Today's homemade soup  
Please ask and we'll tell!  
Cup \$3.25 Bowl \$3.95

## QUICHE

A delightful pie, made fresh in our little kitchen,  
each slice is accompanied with a small garden salad. \$7.50

## SALADS

### Spinach Avocado Bacon Salad

Radishes blue cheese crumbles with a dill yogurt dressing \$8.25

### Spring Chicken

Warm marinated chicken with baby spinach,  
dried cranberries, tomato, red onion,  
cucumber & V.T. cheddar served with pepper-parmesan \$8.25

### Cha Chi's Salad

A bed of mixed Mesclun with pears, walnuts topped with  
shaved Parmesan finished with balsamic vinaigrette. \$8.25

### The Avocado Chicken Salad

Chicken salad on a bed of Mesclun with slices of avocado,  
red onion, cucumber, sprouts & Jack cheese.  
Served with balsamic vinaigrette \$8.25

### Greek Salad Tacos

Two flour tortillas filled with grilled chicken romaine  
diced tomatoes & cucumbers with feta cheese, black olives  
with a cucumber dill dressing \$8.25

## BAGELS & BAGUETTES

### Roasted Vegetables and Hummus

A lovely medley of roasted yellow squash,  
red peppers, tomatoes, onions & zucchini  
accompanied with Vermont Cheddar on a baguette. \$8.50

### Ham It Over

Ham, Avocado and Swiss  
with whole grain mustard on an baguette. \$7.95

### La Luna Tuna

A toasted bagel with tuna, tomatoes & sprouts,  
topped with melted cheese. \$7.75



# DELI NATURALS

## The Bennington Bulge

Corned beef, pastrami, and Genoa salami topped with lettuce, tomato and Russian dressing. \$8.25

## Your Belly's Delight

Turkey, ham, roast beef, lettuce, tomatoes, Swiss cheese and Russian dressing. \$8.25

## Turkey BLT

Fresh cut turkey breast with bacon, lettuce & tomato, served with mayo on toasted rye bread. \$7.95

## •▶ Reubens! Reubens! Reubens! ◀•

Open faced or closed Rye bread, choose either corn beef, pastrami or turkey, topped with sauerkraut, & Swiss dressed with Russian \$8.25

## The Vermonter

Our home cooked roast beef with ham, pastrami, cheese, onions, lettuce and horseradish sauce. \$8.25

## Gorgeous George

A mound of roast beef covered with Swiss cheese, baby spinach, Russian & horseradish. \$7.95

# © WRAPS ©

## Turkey Asparagus Wrap

Slice turkey, fresh asparagus, muenster served with chipotle ranch. \$7.95

## Veggie Wrap

A combination of spinach, lettuce, cucumbers, diced tomatoes, onions, black olives, sprouts Swiss cheese with peppercorn dressing all wrapped up \$7.95

## Chicken Out

Our homemade chicken salad with bacon, romaine provolone & diced tomatoes wrapped tight....A deli favorite! \$ 7.95

## Tuna Wrap

Tuna salad combined with spinach, sunflower sprouts onions & V.T. cheddar rolled up neat. \$ 7.75

# ELI

ONT

OPEN AT 11:00  
802-442-3653

## SCRUMPTIOUS SANDWICHES

### Portabelly

Portabella mushroom goat cheese fresh baby spinach  
caramelized onions grilled on flatbread. \$8.25

### The Chunky Chicken

Our homemade chunky chicken salad with sprouts,  
cucumbers & avocado on sunflower seed bread. \$7.95

### Green Mountain Cheesesteak

Grilled beef & sauteed onions served on  
a fresh roll with mayo & melted jack cheese \$8.25

### Turkey Rachael

Shaved turkey grilled on marble bread topped with  
our own coleslaw melted Swiss and Russian dressing \$8.25

### Belly Up!

Our own home cooked roast beef with melted V.T. cheddar,  
red roasted peppers & horseradish mayo on vienna  
panini bread. Whoa nelly! \$8.25

### Turkey Apple Brie

Mixed greens, whole grain mustard on sunflower seed bread \$7.95

### The Yellow Belly

Our own chicken salad topped with baby spinach,  
provolone & onions served on Vienna grilled just right! \$7.95

### Pulled Chicken Pita

Sunflower sprouts, red cabbage, cheddar in a wheat pita  
with our own southwestern marinade pulled chicken \$7.95

### Chicken Quesadeli's

Marinated chicken tenderloin, folded in a tortilla  
with Jack cheese & chipotle mayo. Sour cream,  
salsa & nacho chips served on the side!!!!!! \$8.25

### The Saucy Chicken

Strips of marinated chicken breast, avocado,  
spinach, & provolone, layered with spicy chipotle,  
grilled panini style on marble bread \$8.25