

Salads

- Traditional Garden Salad.....\$5.99**
Mixed greens, tomatoes, cucumbers, carrots, Bermuda onions, finished with Sonia’s own Italian dressing
- Park Avenue.....\$6.89**
Mixed greens, pears, Gorgonzola cheese, pecans, finished with Sonia’s own Italian dressing
- Bluto.....\$6.89**
Mixed greens, green apple slices, feta cheese, walnuts, finished with Sonia’s own balsamic vinaigrette dressing
- Popeye.....\$6.89**
Mixed greens, strawberries, feta cheese, almonds, poppy seeds, finished with Sonia’s own balsamic vinaigrette dressing
- Olive Oyl.....\$6.89**
Mixed greens, shredded mozzarella cheese, marinated eggplant, pepperoncini, Bermuda onions, tomatoes, finished with Sonia’s own red wine vinaigrette dressing
- My Big Fat Greek Salad.....\$6.89**
Mixed greens, pitted kalamata olives, feta cheese, Bermuda onions, roasted red peppers, pepperoncini, finished with Sonia’s own zesty lemon dressing
- Hommus Heaven.....\$6.89**
Mixed greens, hommus, roasted red peppers, feta cheese, pitted kalamata olives, Bermuda onions, finished with Sonia’s own sesame-tahini dressing
- Grilled Veggie Salad.....\$6.89**
Mixed grilled vegetables over a bed of greens, sharp provolone cheese, finished with Sonia’s own champagne Italian dressing
- Falafel Salad.....\$6.89**
Mixed greens, falafel, hommus, taboule, Bermuda onions, finished with Sonia’s own sesame-tahini dressing
- Mediterranean Caesar Salad.....\$7.49**
Mixed greens, homemade pita chips, applewood smoked bacon, imported Greek cheese, finished with Sonia’s Caesar dressing
- Buffalo Chicken Salad.....\$7.49**
Spicy grilled chicken over a bed of mixed greens, tomatoes, Bermuda onions, cucumbers, aged blue cheese, finished with Sonia’s own blue cheese dressing
- Grilled Chicken Salad.....\$7.49**
Mixed greens, green apple slices, feta cheese, walnuts, finished with Sonia’s own balsamic vinaigrette dressing
- Chicken or Tuna Salad.....\$7.49**
Mixed greens, a scoop of our homemade tuna or chicken salad, tomatoes, cucumbers, carrots, finished with Sonia’s own Italian dressing
- Antipasto Salad.....\$7.49**
Mixed greens topped with salami, ham, hot capicola, mortadella, sharp provolone cheese, roasted red peppers, kalamata olives, banana peppers, finished with Sonia’s own Italian dressing
- Chicken Caesar Salad.....\$7.49**
Mixed greens, homemade croutons, parmesan cheese, grilled chicken breast, Sonia’s own Caesar dressing

****Add grilled chicken or sliced turkey breast to any salad for \$1.00**

Signature Sandwiches

(Your choice of: French Bread, Sour Dough, Jewish Rye, Soft Torpedo or a wrap)
All of our sandwiches are made with the finest Boar’s Head Meats

- The Hill.....\$6.49**
Premium Italian prosciutto, fresh buffalo mozzarella cheese, fresh basil and tomatoes, drizzled with balsamic vinegar & extra virgin oil, served on a French baguette
- Turkey Pesto.....\$6.49**
Turkey breast, havarti cheese, dried cranberries, tomatoes, lettuce, and garlic-pesto mayo spread served on a French baguette
- Red and White.....\$6.49**
Grilled chicken breast, fresh buffalo mozzarella cheese, roasted red peppers, onions, lettuce, and Sonia’s own garlic-pesto mayo spread served on a French baguette
- Sonia’s Eggplant Special.....\$6.49**
Marinated eggplant, grilled chicken breast, mozzarella cheese, tomato on a French baguette
- The Yorker.....\$6.49**
Roast beef, melted havarti cheese, onions, lettuce, tomatoes, and garlic-pesto mayo spread served on a French baguette
- Smokey.....\$6.49**
Mesquite turkey, Gouda cheese, green apple slices, lettuce and garlic-pesto mayo spread served on a French baguette
- Turkey Deluxe.....\$6.49**
Turkey breast, applewood smoked bacon, lettuce, tomatoes, and mayo served on a French baguette
- Original Falafel.....\$6.49**
Falafel, lettuce, tomatoes, and onions, drizzled with sesame-tahini dressing served in a pita wrap
- Sonia’s Falafel.....\$6.49**
Falafel, lettuce, tomatoes, onions, taboule, hommus, and hot peppers, drizzled with sesame-tahini dressing served in a pita wrap
- Chicken Falafel.....\$6.99**
Falafel, grilled chicken, lettuce, tomatoes, onions, taboule, hommus, and red hot peppers, drizzled with sesame-tahini dressing served in a pita wrap
- Falafel “Syrian Style”.....\$6.99**
Parsley, tomato, cucumbers, pickles, Aleppo red pepper, banana pepper rings, drizzled with tahini sauce, served on pita bread
- Italian Grinder.....\$6.49**
Ham, hot capicola, mortadella, salami, lettuce, tomatoes, onions, pickles, and drizzled with oil & vinegar served on a French baguette
- The Roman.....\$6.49**
Imported sopressata, sharp provolone, roasted red peppers, lettuce, and drizzled with extra virgin olive oil & balsamic vinegar served on a French baguette
- Triple Play.....\$6.49**
Roast beef, turkey, ham, lettuce, tomatoes, American cheese, and deli mustard served on a French baguette
- Mediterranean Chicken.....\$6.99**
Grilled chicken breast, lettuce, tomatoes, taboule, hommus and pitted kalamata olives served in a pita wrap
- Gyro.....\$6.99**
Thinly sliced seasoned lamb, homemade garlic yogurt sauce, tomatoes and onions, served on Greek flatbread
- Chicken Gyro.....\$6.99**
Grilled chicken breast, homemade garlic yogurt sauce, lettuce, tomatoes, onions and banana peppers on pita bread

- Pastrami Reuben.....\$6.99**
Thinly sliced pastrami, alpine lace swiss cheese, Russian dressing, served hot on Jewish rye bread
- Gev’s American Classic.....\$6.49**
Bologna, American cheese, lettuce, tomatoes and yellow mustard served on a French baguette
- Chicken Delight.....\$6.49**
Sliced grilled chicken breast, roasted red peppers, mozzarella cheese, kalamata olives, spicy salsa mayo, served on French Bread

Simple Sandwiches

(With your choice of bread, or have it in a wrap, with lettuce and tomato)
Ham / Turkey / Roast Beef / Pastrami / Salami / Tuna or Chicken Salad / Bologna.....\$6.49
(Add cheese \$.39)

Grilled Wraps

- (Plain, spinach, tomato or wheat)*
- Tuna Melt Wrap.....\$6.89**
Tuna salad, tomatoes, Bermuda onions, pickles, and melted American cheese
- My Big Fat Greek Wrap.....\$6.49**
Grilled chicken, tomatoes,peppers, Bermuda onions, feta cheese, putted Kalamata olives drizzled with Sonia’s own lemon-garlic dressing
- Salsa Turkey Wrap.....\$6.49**
Sausalito turkey breast, tomatoes, and melted jalapeño havarti cheese with a salsa mayo spread
- Kalamata Olive Chicken Wrap.....\$6.49**
Grilled chicken breast, tomatoes, roasted red peppers, and feta cheese with kalamata mayo spread
- Grilled Veggie Wrap.....\$6.49**
Assorted garden fresh grilled vegetables and alpine lace Swiss cheese with Sonia’s own garlic-pesto spread
- Classic Beef Wrap.....\$6.49**
Tender roast beef, melted jalapeño havarti cheese, roasted red peppers, Bermuda onions, and tomatoes
- Mesquite Turkey Wrap.....\$6.49**
Mesquite smoked turkey breast, havarti cheese, and tomatoes, with a BBQ mayo spread
- Chicken Caesar Wrap*.....\$6.49**
Shredded lettuce, tomatoes, parmesan cheese, applewood smoked bacon, grilled chicken breast drizzled with caesar dressing
- Buffalo Chicken Wrap*.....\$6.89**
Shredded lettuce, tomatoes, cucumbers, onions, spicy buffalo chicken drizzled with blue cheese dressing

*Not Grilled

Mediterranean Samplers

- (All Samplers are topped with our homemade pita chips)*
- Original Sampler.....\$6.99**
Hommus, taboule, stuffed grape leaves, kalamata olives and feta cheese
- Super Sampler.....\$8.99**
Hommus, taboule, stuffed grape leaves, marinated eggplant, kalamata olives, and feta cheese
- Extreme Sampler.....\$10.99**
Hommus, taboule, stuffed grape leaves, marinated eggplant, eech (cracked wheat salad), kalamata & green olives, and feta cheese
- Sampler Heaven.....\$12.99**
Hommus, taboule, stuffed grape leaves, marinated eggplant, eech (cracked wheat salad) kalamata & green olives, feta cheese, and falafel with Sonia’s own sesame-tahini dressing

****Add grilled chicken or sliced turkey breast to any sampler for \$1.00**

Luncheon Dishes.....\$9.99

Gyro Plate: Traditional Greek gyro sandwich, side salad and side rice pilaf

Falafel Plate: Falafel sandwich, side salad and side rice pilaf

Bowls.....\$6.49

Falafel Bowl: Served in a bowl, rice, lettuce, tomatoes, onions, topped with falafel, drizzled with tahini dressing

Chicken Bowl: Served in a bowl, rice, lettuce, tomatoes, and onions, topped with grilled chicken drizzled with garlic yogurt dressing

Mornings on the Go

Served on Choreg
(Armenian sweet bread)

Choreg.....\$1.49/each
(w/ topping \$2.29)

- Plain or Light Cream Cheese
- Nutella
- Peanut Butter
- Assortment of Jelly
- Butter

Nutella Heaven.....\$2.99
Served on Choreg with chocolate hazelnut spread (nutella) with fresh strawberries

Breakfast Sandwiches.....\$3.99

- Served on our fresh Choreg
- Egg and cheese.....\$2.99
 - Black Forest smoked ham, egg and cheese
 - Applewood smoked bacon, egg and cheese

Soups

Chicken or Lentil Soup
Available daily

Small \$3.70 Large \$7.99

Chilled Beverages

Arizona
Coca-Cola
Lemonade
Nantucket Nectars
Nestea
Orangina
Red Bull
Snapple
Tarragon Soda
Vitamin Water
Yogurt Soda

Specialty Beverages

| | Small | Large |
|----------------------|--------|--------|
| Coffee..... | \$1.75 | \$1.99 |
| Tea..... | \$1.49 | \$1.99 |
| Armenian Coffee..... | \$2.99 | |
| Hot Chocolate..... | \$1.99 | \$2.99 |
| Hot Chai..... | \$2.95 | \$3.49 |
| Iced Chai..... | \$3.49 | \$3.89 |

We Cater

Let Sonia's cater your next family or corporate event. No function is too large or too small. Impress your employees or guest with our complete catering packages featuring:

- Continental breakfast
- Luncheons
- Party and Pastry Platters
- Bagged lunches / combos

Ask about our sandwich platters!

Our catering menu features gourmet hors d'oeuvres, entrees and desserts. Other specialties can be created upon request. Visit our website for more information: www.soniasdeli.com

Dinners to Go

Sonia's offers authentic dinners for take-out. Our menu changes daily so please call ahead for specials.

Grilled chicken, Armenian style rice pilaf, your choice of a side salad or grilled vegetables, available every day for only \$9.99!

International Pastry Selection

Our delicious desserts and baked goods are made in our kitchen daily. Special requests can be accommodated with advanced ordering.

Sonia's Specialties

Lamejune (Armenian Pizza).....\$1.99
Handmade thin dough topped with seasoned meat

Zaatar Bread..... \$2.99
Baked bread topped with a spread of sesame seed oil and thyme

Cheese Bread.....\$2.99

Add any topping for \$.49: tomatoes, cheese, basturma, soujouk, pitted kalamata olives, roasted red peppers

Sonia's Sides

Rice Pilaf
Taboule
Eech (cracked wheat salad)
Stuffed grape leaves
Sonia's marinated eggplant
Pasta salad
Grilled chicken breast
Falafel
Grilled vegetables
Hommus
Fruit salad – seasonal

Specializing in International Gourmet Foods

Monday thru Friday – 8am to 8pm
Saturday – 9am to 6pm, Sunday – 10am to 3pm



Sandwiches

Salads

Specialty Drinks



TAKE OUT. DINE IN. WE DELIVER!

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www.soniasdeli.com