



# Deli Menu

290 Sierra College Dr., Grass Valley  
530-272-5333 ext. 4 • fax 477-5246

Open 7 days, 7AM - 8PM (store open until 9PM)

## DELI MISSION:

*To provide the community with fresh, delicious and seasonal foods. We use natural and organic ingredients with an emphasis on local, regional and sustainable foods. We are committed to the highest standards of customer service and welcome feedback and suggestions.*

## Fresh & Ready to Eat

*In a big hurry? Every day we have a large case of meals made in our kitchen, packaged and ready to go: sandwiches, soups, salads, and entrées.*

## Food Bar – \$7<sup>99</sup> per pound

**Breakfast • Soups • Salads • Hot Meals** Vegan, Vegetarian, Meats

**Deli Case** Check out our daily selection of salads and entrées

**Rotisserie Chickens** Natural – hormone-free, antibiotic-free

## Wraps

*On your choice of an organic whole wheat wrap or wheat wrap*

**Thai Treat** (V) Your choice of OG tofu or chicken with OG baby spinach, OG scallions, OG tomato, OG Thai cabbage slaw topped with our homemade OG Thai peanut sauce. **\$7.49**

**Pineapple Shrimp** Grilled shrimp, pineapple salsa, queso fresco, OG tomato, OG onion and OG shredded cabbage with garlic basil Vegenaise. **\$7.49**

**Br'er Rabbit** (V) OG avocado, OG tomato, OG onion, OG carrot, OG cucumber, OG bell pepper, OG spinach, OG alfalfa sprouts, green chile and a dollop of Vegenaise. **\$5.99**

**Turkey Rancher** Roast turkey and bacon with Muenster cheese and ranch dressing with OG lettuce, OG tomato and OG onion. **\$7.49**

**Awesome Aromatic** Roast turkey w/ herb cream cheese, cheddar, roasted bell peppers, OG lettuce, OG tomato and OG onion. **\$7.49**

**Falafel King** (V) Red pepper hummus and fresh OG falafel with your choice of OG tahini (sesame seed) sauce or hot sauce, green chile, OG lettuce, OG tomato, OG onion, OG cucumber and OG carrot. **\$6.99**

## Grilled Sandwiches

**Keith's Grill Galore** Roasted turkey, cheddar and Swiss cheeses, OG grilled onions, OG tomatoes with honey dijon on sourdough bread. **\$6.99**

**A Taste of Heaven** (O) Grilled OG eggplant, OG onion, roasted red bell peppers, artichoke hearts, melted provolone cheese and a touch of OG garlic basil Vegenaise, OG lettuce and OG tomato on OG sourdough bread. **\$6.99**

**Pesto Grilled Chicken** Grilled all natural chicken with BriarPatch piñon pesto, OG spinach and OG tomato on OG Ciabatta. **\$6.99**

**NEW! Philly Cheese Steak** (O) Your choice of sliced portabella caps or natural regional beef mixed with sliced OG bell pepper, OG onion, OG mushrooms and Swiss cheese with OG Vegenaise, on an OG rustic roll. **\$7.49**

**NEW! Reuben** (O) Your choice of OG tempeh or house-made all natural corned beef with sauerkraut, melted Swiss cheese and Thousand Island dressing served on OG light rye. **\$7.49**

**Gourmet Grilled Cheese** (O) Grilled OG apples and OG onions between layers of melted cheddar and pepper jack cheeses on OG sourdough. **\$5.99**

**Tuna Melt** Our dolphin safe tuna salad draped in cheddar cheese and topped with OG lettuce and OG tomato on OG whole wheat bread. **\$6.99**

## Burgers

Served with cheese, OG lettuce, OG tomato, OG onion, OG ketchup, Dijon mustard

Add-ons: Extra meat – \$2.25 Extra cheese – \$1.00 OG Avocado – \$1.00  
Roasted Peppers – 75¢ Pesto – 75¢ Bacon – \$1



**Free Range Beef Burger** **\$7.49**

**Deluxe Nut & Seed Burger** (V) **\$6.99**



Our mix of OG quinoa, OG mixed nuts & seeds, OG celery, OG carrot, OG onion, herbs

**Marinated Grilled Portabella Mushroom Cap** (V) **\$7.49**

Marinated in balsamic vinegar, olive oil & mixed herbs and served on a Ciabatta bun

## Burritos & Quesadillas

Add-ons: Avocado – \$1.00 Extra meat – \$2.25 Extra cheese – \$1.00

**Basic Bean & Cheese Burrito** **\$3.50**

OG pinto beans, cheese, red sauce

**Shredded Beef or Chicken** **\$6.99** • **Bean or Veggie** **\$5.99**

*Choice of tortilla:* OG whole wheat, wheat, or gluten-free brown rice

*Choice of bean:* OG black beans or OG pink beans

*Choice of rice:* OG brown rice or OG white basmati cilantro lime rice

*Choice of cheese:* cow or vegan cheese

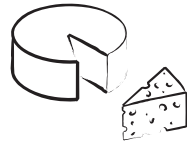
*Choice of topping:* OG sour cream or OG pico de gallo

*Choice of sauce:* red chile (spicy), OG salsa fresca

**Meat (Beef or Chicken) and Cheese Quesadilla** **\$4.99**

**Veggie & Cheese, Bean & Cheese, Just Cheese Quesadilla** **\$3.99**

## Cold Sandwiches



**Saigon Sub**  5-spice chicken or OG tofu, OG carrot/daikon pickle, OG green onion, OG cilantro, OG cucumber, mayo or Veganaise, soy sauce and jalapeño (optional) on a rustic roll. **\$7.49**

**Royal BLT**  OG Bac'uns bacon-flavored soy bits, OG peanut butter, OG tomato, OG lettuce, and OG Vegenaise on Alvarado Street Bakery sprouted grain bread. **\$3.99**

**Caprese Rustica**  Fresh mozzarella, OG basil, OG olive oil, OG tomato, and OG baby spinach with salt and cracked black pepper on an OG rustic roll. **\$5.99**

**Tantalizing Turkey** Roasted turkey, OG avocado, OG green chile, OG lettuce, OG tomato, and OG onion on OG whole wheat bread. **\$7.49**

**Club Sandwich** Roasted turkey and bacon with Veganaise, cheddar cheese, OG lettuce, OG tomato and OG onion on OG whole wheat bread. **\$7.49**

**Ham & Swiss** Maple ham with Jarlsberg Swiss cheese, OG lettuce, OG tomato and OG onion, dressed with OG mayo and OG mustard, on light rye. **\$5.99**

**The Dagwood** Roast beef, ham, and turkey with cheddar and Jarlsberg Swiss, OG mayo and OG mustard, OG lettuce, OG tomato, and OG onion on an OG rustic roll. **\$7.49**

**Egg Salad**  Egg salad with OG mustard, OG lettuce, OG tomato, and OG onion on OG whole wheat bread. **\$6.99**

**Rahlene's Beautiful**  Raw hickory cheddar cheese, jalapeños, OG raw sunflower seeds, OG avocado, OG tomato, OG lettuce, OG red onion OG carrot, OG Vegenaise, OG cilantro on OG whole wheat bread. **\$5.99**

## Kid Corner Sandwiches

**The Little Monkey**  OG peanut butter, OG banana slices, local honey, and OG strawberry jelly on OG wheat bread. **\$3.49**

**Grilled Cheese**  Cheddar on OG whole wheat bread. **\$2.99**

**Turkey Trot** Roasted turkey, cheddar cheese with OG mayo on OG whole wheat bread. **\$3.49**

**Cheese & Cucumber**  Cheddar, OG cucumber and OG Vegenaise on Alvarado Street Bakery sprouted grain bread. **\$2.99**

**Half Tuna Salad or Egg Salad** With OG mayo or OG mustard on whole wheat bread. **\$2.99**

Vegetarian or vegan option

*OG means Organically Grown year-round. We use other organic ingredients seasonally. All the ingredients we use are natural: no artificial colors, flavors, preservatives, nitrates, antibiotics, added growth hormones, and other additives.*

## Juices

100% ORGANIC **9 oz. \$3<sup>49</sup> • 16 oz. \$5<sup>99</sup>**  
Build your own **9 oz. \$3<sup>99</sup> • 16 oz. \$5<sup>99</sup>**

**Crimson Earth** tomato, beet, spinach, celery, jalapeño, carrot

**Grass Valley Summertime** carrots, apples, ginger, lemon

**The Gold Rush** carrots, celery, parsley

**Beet Farmer** carrots, beets, garlic

**The Green Machine** celery, cucumber, spinach, parsley

**Spring Fling** carrots, beets, celery, cucumber

**Patch Juice** wheatgrass, carrot, celery

**Wheatgrass** 1 oz. \$2.25 • 2 oz. \$3.99 • flat \$14.99+\$2 refundable flat deposit

## Smoothies

99% ORGANIC **16 oz. \$4<sup>75</sup> • 24 oz. \$5<sup>99</sup>**  
Build your own **16 oz. \$4<sup>75</sup> • 24 oz. \$5<sup>99</sup>**

**Shake, Chocolate or Vanilla** ice cream, chocolate sauce or vanilla syrup, milk

**Cailah's Tropical Cooler** mango, strawberry, banana, orange juice, pineapple coconut juice

**Orange Dreamsicle** frozen orange juice conc., vanilla extract, agave, milk, ice

**Classic Smoothie** strawberry, banana, yogurt, apple juice, honey

**Very Berry** strawberry, raspberry, blueberry, apple juice

**Mango Lassi** mango, yogurt, milk, cardamom, honey, rosewater

**Hawaiian Tropic** mango, pineapple, coconut milk, a splash of pomegranate

**Roadrunner** blueberry, peach, mango, orange juice, honey

**Citrus Slush** orange juice, lemon juice, lime juice, ice

**Goji Smoothie** orange juice, goji berries, bananas, ice

**Peanut Butter Cup** peanut butter, chocolate ice cream, milk

**Bean Tree Shake** coffee, chocolate ice cream