



**Tuesday**  
1/16/2018

For delivery or pick up  
Call 631-293-7399 or Fax 293-8171  
(\$15 minimum )

Impress your  
guests with  
a catering from  
**Deli Zone**

290 Route 109, Farmingdale www.delizoneli.com

Muscle Wrap 5.99  
3 egg whites, Turkey,  
Mushroom, Spinach,  
and low fat Swiss

Energy Wrap 6.75  
3 egg whites, grilled  
chicken, spinach,  
tomato, and avocado

Power Wrap 6.75  
3 egg whites,  
Quinoa, spinach,  
turkey and  
avocado

Iron Man Wrap 5.75  
Two eggs, corned  
Beef Hash and  
cheese

**Hot Buffet Zone : pick 3**

Sm. 5.75 Med. 7.25 Large 8.25

**Pick 1: Baked Meat Loaf, Pulled Pork, Swedish Meatballs, Chili Con Carne, Chicken Cutlets, Grilled Chickens, BBQ boneless Ribs, Egg Plant Parmigiana, Sausage & Peppers, Italian Meat Balls**  
**Pick 1:** White rice, Brown Rice, Quinoa, Macaroni and Cheese, Mashed Potato  
**Pick 1:** Steamed Broccoli, Sautéed Vegetables

**Burrito Zone**

**\$ 7.49**

Served w/ Side Salsa & Sour Cream  
**Pick 1:** Grilled Chicken, Roast Pork, Turkey, Sliced Beef, Fried Shrimp  
**Pick 1:** Cheddar, Mozzarella, Pepper Jack  
**Pick 3:** Rice, Corn, Black Beans, Olives, Jalapeno, Tomato, Onions, Avocado

**Quesadillas Zone 7.75**

**Build your own: pick 5**

**Pick 1:** grilled chicken, roast beef, roast pork, pulled pork, fried shrimp  
**Pick 1:** Mozzarella, Cheddar, Pepper Jack, American, Swiss  
**Pick 3:** Rice, Corn, Olives, Tomato, Onions, Green Peppers, Roasted Peppers, Jalapeno, Spinach, Mushroom  
**Additional 1 dollar:** Turkey Bacon, regular Bacon, Avocado  
Served with Sour Cream Salsa and potato chips

**Belgian Waffle Breakfast sandwich 5.99**

Our crispy off the iron Waffle stuffed with two scrambled eggs, your choice of meat( bacon, Ham, or sausage) and melted cheese.  
Served with maple syrup for dipping  
Available all day

**Home made Soup Zone**

\*CHICKEN NOODLE  
\* Cream of Broccoli and Cheddar  
\*MOTZOH BALL  
\* Italian Wedding  
Small ( 12 OZ) \$ 3.25  
Medium( 16 OZ) \$ 3.75  
Large( 32 OZ) \$ 5.99

**200 Calorie Ever Roast Chicken Lettuce Wrap 5.99**

3 Oz Boars Head Ever Roast chicken, 1 Oz. Roasted Peppers, 1/2 Oz. Feta cheese all wrapped in Iceberg Lettuce leaves

**Waffle Cone Parfait 5.49**

Crispy Waffle Cone stuffed with layers of low fat Vanilla yogurt and our home made Granola with a tangy drizzle of Raspberry Melba syrup

**Smoothie Zone 4.49**

Green Tea, Honey, Grapes, Spinach and Avocado

**Fritos Chili Pie 5.99**

Fritos layered with Chili Con Carne, melted Cheddar and diced red Onions

**Quinoa Salad 7.49**

Quinoa, Diced Apples, sliced Almonds, Craisins, red Onions, and Feta cheese served w/ Olive oil and lemon Vinaigrette.  
Quinoa is King! Protein packed, Gluten free, and has all nine Amino acids

**Salad Zone 8.99**

**3 Salad Combo**  
A Large House Salad topped with a scoop each of Tuna, Chicken, and egg salad

**Hero Zone 8.99**

Chicken Classic  
Crispy Chicken Cutlets, Bacon, Lettuce, Tomato and melted American Cheese

**LUNCH BOX SPECIAL 7.49**

Turkey and Cheese (On White, Rye, Or Wheat), Poland Spring Water, Or Home Made Iced Tea, & Potato chips

**Sandwich of the Day 7.25**

**Egg Salad w/ Bacon**  
on White, Rye or Wheat  
Served w/ 20 Oz. Iced Tea

**Wrap Zone \$ 7.25**

Baja Chicken Wrap  
Grilled Chicken, Cheddar Cheese, Salsa, Lettuce and Jalapeno

**Value meal 7.49**

4 pieces of Crispy Chicken Fingers, French Fries, Slaw and small Iced Tea

**Classic Reuben 7.25**

Grilled shaved Corned Beef, melted Swiss, Sauerkraut and Russian dressing on grilled Rye  
Served with a pickle on the side

**Pita Zone \$ 6.99**

> Ham and Swiss Cheese melt Pita  
> Turkey and Cheese melt Pita  
> Tuna, tomato Cheese melt

Open 5:30 am to 5:00 pm Monday to Friday

6:00 am to 3:00 pm Saturday

7:00 am to 3:00 pm Sunday