

Central Ave Gourmet Deli, Bagels & Bakery

514 Central Avenue Bethpage, NY 11714
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Friday May 26 2017

1. **Fish & Chips:** Fresh, not frozen right off the boat, Cod filet...fried golden brown served w/home made English style chips...8.99
2. **Beef Stew:** Chunks of beef w/potatoes, carrots, corn in a hearty gravy served over vegetable brown rice.....8.99
3. **Rigatoni & Spinach:** Rigatoni pasta, fresh spinach in a lite olive oil garlic sauce served w/garlic bread.....6.99
4. **Teriyaki Pork:** Oven roasted loin of pork in a teriyaki glaze served w/grilled vegetables & macaroni & cheese.....7.99
5. **Spinach & Mozzarella Quiche:** Slice of quiche.....2.49
6. **Veggie Burger:** topped w/smoked gouda, Lettuce Tomatoes & chipolte dressing on a roll w/mini salad.....8.29
7. **Sandwich & Soup:** Choice of a Small Soup & Egg Salad BLT on white toast.....8.99
8. **Bourbon Chicken Bites:** Chunks of battered dipped fried chicken in a bourbon sauce served over steamed broccoli.....7.99

HOME MADE SOUP

Tomato Basil* Beef Orzo *Chicken Vegetable, Florentine, Noodle or rice

LUNCH BOX SPECIAL: Protein Tuna w/egg whites, fresh spinach & low fat mayo on a whole wheat roll ¼ lb Kale Salad & 20oz Iced tea, Green Tea, Unsweetened Iced Tea, Fountain soda or Lemonade.....8.99

Healthy Choice: Kale Salad: Chopped baby kale, tomatoes, Bermuda onions & avocados in a lite olive oil dressing.....7.99

Low Cal: Raspberry Chicken Salad, red onions, walnuts, cranberry, celery, tomatoes in a raspberry dressing served over mixed greens.....7.99

PANINI SPECIALS

1. Fresh turkey, fresh spinach, Bermuda onions, tomatoes w/fresh mozzarella on a whole grain panini.....8.29
2. Baked Virginia Ham, Honey Maple turkey, Muenster cheese, lettuce & tomatoes drizzled w/honey almond dressing8.29
3. El Cubano: Grilled roast Pork, Grilled ham, sliced pickles, Swiss Cheese & Hot Cherry Peppers w/ Mustard.....8.29
4. Grilled chicken, guacamole, tomatoes, alpine lace, Bermuda onion, lettuce cucumber on a whole wheat panini8.29

SANDWICH SPECIALS

1. California Rueben: Grilled turkey, melted Alpine Lace Swiss, Cole Slaw & Russian on grilled rye7.29
2. J-Bird: Chicken cutlet, melted American, Lettuce, Bacon, BBQ Sauce, Chipolte dressing & fried onion rings on a toasted hero8.29
3. **Buffalo Bill:** Chicken Cutlet, Bacon, Melted mozz, Hot sauce, Ranch dressing, Lettuce & onions on a toasted garlic hero .8.29
4. The Italian Hippy: Cool turkey, warm fried eggplant, mesculan Greens & mayo on whole wheat toast.....7.29
5. El Mexicano: Grilled Chicken, Pepper Jack cheese, Bacon, Lettuce, Tomatoes & Guacamole on a roll.....7.99

GRILLED SPECIALS

1. **Rueben Quesadillas:** grilled corned beef, melted Swiss, Cole Slaw & Russian.....8.29
2. Buffalo chicken quesadilla's w/chopped celery and tomato topped with cheddar cheese and Bleu cheese dressing..8.29
3. **The Korean Devil:** choppd grilled chicken, Cheddar, chopped bacon, shredded cabbage& Korean Kimchi Aioli quesadilla8.99
4. **Mississippi Bull Frog:** 8 Oz burger topped w/cheddar & bacon & Macaroni & Cheese served w/onion rings.....9.29
5. **Sweet Virginia Ham,** melted smoked gouda & chopped grilled pineapples & honey almond dressing in a grilled wrap8.2

WRAP SPECIALS

1. Teriyaki Chicken, shredded cabbage, shredded carrots, water chestnuts & almonds chopped w/teriyaki ranch in a wrap8.2
2. **The Nutty Albanian:** Grilled Chicken, romaine, toasted almonds, pumpkin seeds, cashews & sunflower seeds Broccoli, Shredded mozz, sweet honey almond dressing in a wrap.....8.29
3. **TURKEY COBB WRAP:** turkey, chopped bacon, baby spinach, avocado, shredded cheddar, tomatoes, chopped hard boiled egg in a sundried tomato wrap w/French parmesan dressing8.29
4. **The Burger Burrito:** 8 oz cheese burger, melted Swiss, Central lettuce Delight (mayo & lettuce all mixed up), tomatoes, pickles & French fries all in a wrap w/ketchup & Russian served w/side of waffle fries.....8.29

SALAD SPECIALS

1. **Hawaiian Spinach Salad:** Fresh baby spinach, ham chunks, pineapple chunks, mushrooms, cucumbers, Tomato&Bermuda Onions8.2
2. **South Western Cobb Salad:** Romaine topped w/Grilled Chicken, Black Beans, Corn, Egg, Cheddar, Chopped Bacon, Tomatoes & topped w/habanera tortilla strips w/NEW South Western Salsa Ranch dressing on the side.....8.29
3. Chicken Gyro Salad: Marinated grilled chicken, over romaine lettuce w/tom, Bermuda onions & topped w/gyro sauce.....8.29
4. Rolled LIGHT Chef: Fresh Turkey, Alpine Swiss over romaine w/cucumbers, tomatoes & carrots.....8.29
5. Fresh mixed field greens topped with Sweet Virginia Ham Chunks, mandarin oranges, walnuts, cranberries, sliced apples, shredded cheddar cheese8.29
6. Power Protein: Avocados, Hard Boiled egg, Feta, Black olives, Garbanzo Beans, Grilled chicken chunks over romaine...8.29
7. Garlic parmesan Chicken Tenders over romaine w/shredded mozzarella, tomatoes, cucumbers, bacon.....8.29

BEFORE YOU KNOW IT, COMMUNIONS, GRADUATIONS BAPTISMS AND BACKYARD BBQ'S ARE HERE SO GET YOUR:

CATERING ORDERS IN EARLY AND DON'T FORGET WE HAVE TENTS, CHAIRS, TABLES, EVERYTHING YOU NEED. WE BRING IT, SET IT UP & TAKE IT DOWN