



Erik's Deli (Monterey)

SOUP'S ON

1. New England Clam Chowder

Bowl \$4.39, Cup \$3.39, Pot \$5.99, Quart \$8.99, Sourdough Bowl \$6.59. Bowl is served with Sliced Seeded Baguette & Butter. Cup served with crackers. cup 220 cal, bowl 280 cal, pot 500 cal.

2. Butternut Squash

Bowl \$4.39, Cup \$3.39, Pot \$5.99, Quart \$8.99, Sourdough Bowl \$6.59. cup 180 cal, bowl 240 cal, pot 420 cal

3. Vegetarian Vegetable

Bowl \$4.39, Cup \$3.39, Pot \$5.99, Quart \$8.99, Sourdough Bowl \$6.59. Bowl is served with Sliced Seeded Baguette & Butter. Cup served with crackers. cup 50 cal, bowl 70 cal, pot 120 cal.

4. Chicken Vegetable Rice

Bowl \$4.39, Cup \$3.39, Pot \$5.99, Quart \$8.99, Sourdough Bowl \$6.59. Bowl is served with Sliced Seeded Baguette & Butter. Cup served with crackers. cup 100 cal, bowl 120 cal, pot 220 cal.

5. Tomato Basil Bisque

Bowl \$4.39, Cup \$3.39, Pot \$5.99, Quart \$8.99, Sourdough Bowl \$6.59. Bowl is served with Sliced Seeded Baguette & Butter. Cup served with crackers. cup 160cal, bowl 200cal, pot 360cal.

6. "Texas Jailhouse Chili"

Bowl \$4.39, Cup \$3.39, Pot \$5.99, Quart \$8.99, Sourdough Bowl \$6.59. Bowl is served with Sliced Seeded Baguette & Butter. Cup served with crackers. cup 210xcal, bowl 270cal, pot 480cal.

7. Soup-sourdough bowl combo with salad **\$7.29**

570 cal.

7. "Texas Jailhouse" Chili-sourdough bowl **\$7.29**

570 cal.

99. sourdough bread bowl **\$6.59**

SALADS

8. Chicken Gorgonzola Salad **\$6.99**

Grilled Chicken Breast, Gorgonzola Cheese and Craisins served on a bed of Erik's® fresh Garden Salad mix, topped with Honey Maple Walnuts and our Fat-Free Raspberry Walnut Vinaigrette WITH SLICED SEEDED BAGUETTE AND BUTTER. 450 cal.

9. Chicken Caesar Salad **\$6.99**

Grilled Chicken Breast, Asiago Cheese and crisp Romaine Lettuce hand-tossed with Erik's® Famous Caesar Dressing and topped with Croutons WITH SLICED SEEDED BAGUETTE AND BUTTER. 600 cal.

10. Bay Shrimp Louie Salad **\$7.49**

Bay Shrimp served on fresh Garden Salad mix with avocado, Erik's Pasta Salad, Tomatoes, Sprouts and served with Erik's Thousand Island Dressing 230 cal.

11. Salsa Ranch Salad **\$6.99**

Grilled Chicken Breast, fresh Avocado, Cheddar Cheese, Tender Kernels of Corn, Black Beans and Tomatoes served on a bed of crisp Romaine Lettuce and topped with crispy Tortilla Strips and our Salsa Ranch Dressing WITH SLICED SEEDED BAGUETTE AND BUTTER. 370 cal.

12. Chinese Chicken Salad **\$6.99**

Grilled Chicken Breast, Sweet Mandarin Oranges, Roasted Almonds, shredded Carrots and crisp Romaine Lettuce hand-tossed with Erik's® Special Sesame Dressing and topped with Crispy Noodles. WITH SLICED SEEDED BAGUETTE AND BUTTER. 430 cal.

13. House Salad **\$5.49**

Erik's® fresh Garden Salad mix, Tomatoes and Sprouts topped with Erik's® Pasta Salad and Croutons. WITH SLICED SEEDED BAGUETTE AND BUTTER. 250 cal.

14. Side House Salad **\$3.49**

150 cal.

15. Side Caesar Salad **\$3.49**

250 cal.

DELI SALADS

16. Potato Salad

Large \$3.59, Regular \$2.39. regular 310 cal. large 640 cal.

17. Macaroni Salad

Large \$3.59, Regular \$2.39. regular 240 cal., large 360 cal.

18. Pasta Salad

Large \$3.59, Regular \$2.39. regular 640 cal., large 960 cal.

Classics

19. Pilgrim's Progress **\$6.79**

Turkey Breast and fresh Avocado on 9-Grain Wheat Bread with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts 630 cal.

20. Turkey Walnut Pesto **\$6.79**

Roasted and freshly sliced turkey breast, fresh avocado, jack cheese and walnut pesto aioli on 9-grain wheat bread, with red onions, tomatoes, and sprouts. 870 cal.

21. Sweet Liberty **\$6.49**

Turkey Breast and Swiss Cheese with Red Bell Peppers and Erik's Sweet Hot Mustard on 9-Grain Wheat Bread with Red Onions, Tomatoes and Sprouts. 660 cal.

22. Pot Belly **\$6.99**

Turkey Breast, Pastrami and Monterey Jack Cheese, loaded on Sliced Sourdough with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts. 730 cal

23. R.E.O. Speedwagon **\$6.99**

Smoked Ham, Turkey Breast and Monterey Jack Cheese, loaded on Sliced Sourdough with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts. 710 cal.

24. Rio Grande Club **\$6.99**

Thinly sliced turkey breast hickory smoked bacon and pepper jack cheese with Erik's secret goo served on a toasted ciabatta roll. 900 Cal.

Heated Sandwiches

- 25. Abbott's Habit** **\$6.79**
Roast Beef, Swiss Cheese and fresh Mushrooms, heated on a Sweet French Roll with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts. 720 cal.
- 26. Chicken Pesto** **\$6.79**
Grilled Breast of Chicken and Pepper Jack Cheese with Erik's Pesto, heated on a Peppered Onion Roll with Red Onions, Tomatoes and Sprouts. 720 cal.
- 27. Erik's Reubin** **\$6.49**
Pastrami, Sauerkraut and Swiss Cheese, heated on Corn Rye Bread with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts. 820 cal.
- 28. Sea Dog** **\$6.99**
Erik's Tuna Salad and Cheddar Cheese, heated on a Sweet French Roll with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts. 810 cal.
- 29. Erik "Berger"** **\$6.49**
Lots of Smoked Ham and Monterey Jack Cheese, heated on a Peppered Onion Roll with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts. 770 cal.
- 30. Marrakech Express** **\$6.79**
Lots of lean Pastrami and Monterey Jack Cheese, heated in our White Pocket Bread with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts 870 cal.
- 31. Raging Bull** **\$6.79**
Roast Beef, Mild Green Chili Peppers and Pepper Jack Cheese, heated on a Peppered Onion Roll with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts. 710 cal.

Veggie Sandwiches

- 32. Natural High** **\$6.49**
Monterey Jack and Cheddar Cheese, fresh Avocado, fresh Mushrooms and Sunflower Seeds, heated in our Wheat Pocket Bread with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts 860 cal.
- 33. Del Monte Special** **\$5.99**
Plenty of fresh Avocado and Monterey Jack Cheese on 9-Grain Wheat Bread with Erik's "Secret Goo®", Red Onions, Tomatoes and Sprouts. 680 cal.
- 34. Farmer's Market** **\$6.49**
Fresh avocado, sunflower seeds, mushrooms, carrots, red bell peppers, red onions, sprouts and lettuce with mustard on molasses wheat bread. 640 cal.
- 35. Any Half Sandwich** **\$4.25**
Extra portions: Meat 1.49 • Breast of Chicken 2.39 • Choice of Monterey Jack, Pepper Jack, Swiss or Cheddar Cheese .99 • Fresh Avocado .99 • Dijon Mustard and Horseradish on request.

Build Your Own Sandwich

- 36. Chicken Breast Sandwich** **\$6.29**
Includes Erik's "Secret Goo", red onions, tomatoes, and sprouts on your choice of bread. 260 cal.
- 37. Turkey Breast Sandwich** **\$6.29**
Includes Erik's "Secret Goo", red onions, tomatoes, and sprouts on your choice of bread. 300 cal.

- 38. Roast Beef Sandwich** **\$6.29**
Includes Erik's "Secret Goo", red onions, tomatoes, and sprouts on your choice of bread. 270 cal.
- 39. Pastrami Sandwich** **\$6.29**
Includes Erik's "Secret Goo", red onions, tomatoes, and sprouts on your choice of bread. 400 cal.
- 40. Smoked Ham Sandwich** **\$6.29**
Includes Erik's "Secret Goo", red onions, tomatoes, and sprouts on your choice of bread. 360 cal.
- 41. Erik's Tuna Salad Sandwich** **\$6.29**
Includes Erik's "Secret Goo", red onions, tomatoes, and sprouts on your choice of bread. 360 cal.
- 42. Avocado Sandwich** **\$5.99**
Includes Erik's "Secret Goo", red onions, tomatoes, and sprouts on your choice of bread. 310 cal.
- 43. Cheese Sandwich** **\$4.99**
Includes Erik's "Secret Goo", red onions, tomatoes, and sprouts on your choice of bread. Monterey Jack, Pepper Jack, Swiss, or cheddar
- 44. Breast of Chicken** **\$2.39**
150 cal.
- 45. Cheese** **\$0.99**
- 46. Fresh Avocado** **\$0.99**
90 cal.
- 47. Erik's Whole Cranberry Sauce** **\$0.49**
70 cal.
- 48. Whole Kosher Dill Pickle** **\$0.99**
5 cal.
- 99. Chicken Salad Sandwich *NEW*** **\$6.99**

ERIK'S COMBOS WITH CHARACTER

- 49. Half Sandwich Combo** **\$7.29**
Any half "Sandwich with Character®", served with a Bowl of Soup or a House Salad
- 50. Light & Tasty** **\$5.99**
Any Cup of your Favorite Erik's Soup with a Side House Salad.
- 51. The Square Meal** **\$1.75**
For a \$1.75 more you can add any Erik's "Sandwich with Character®", served with a Cup of Soup, Side House Salad or Regular Deli Salad.

FROM OUR BAKERY

- 52. Carrott Cake** **\$3.29**
350 cal.
- 53. Double Fudge Brownie** **\$1.99**
420 cal.
- 54. Seasonal Bread** **\$1.99**
390-400 cal.
- 55. Chocolate Chip Cookie** **\$1.49**
200 cal.
- 56. Bag of Chips** **\$1.19**
see bag for calorie info.
- 99. Chippies (small cookies)** **\$2.29**

KIDS MEALS

- 57. Annie Ankle Biter** **\$3.99**
Half of a Creamy Peanut Butter and Strawberry Preserves sandwich on 9-Grain Wheat Bread 490 cal.
- 58. Charlie Cheese Pocket** **\$3.99**
Jack & Cheddar Cheese heated and served in a half of a White Pocket Bread 310 cal.
- 59. Tommy Turkey** **\$3.99**
Half of a Turkey Breast sandwich with Lettuce and Erik's "Secret Goo®" on 9-Grain Wheat Bread 260 cal.

WRAPS

- 60. Thai Chicken Wrap** **\$6.99**
Sliced chicken breast in a Lemon Grass tortilla stuffed with mango, red bell pepper, mint, cilantro, peanuts, green onion. lettuce and spicy peanut sauce. 580 Cal served with a side of spicy peanuts sauce 150 Cal.
- 61. Shrimp Vera Cruz Wrap** **\$6.99**
Bay shrimp with Erik's guacamole, pico de gallo salsa, shredded lettuce and Erik's spicy Baja sauce stuffed in a chipotle wrap. 490 Cal.
- 62. Mediterranean Veggie Wrap** **\$6.79**
Roasted eggplant, roasted red peppers, basil, feta cheese, cucumber and arugula topped with Erik's fat free Italian dressing stuffed in a tomato basil wrap. 520 cal.
- 99. Special Request Misc**