

Deli and Freezer Menu

Our standard selection from the deli case and freezer -- we usually have these items daily. See the Pre-order Guide for ordering details.

Symbols: (d) = dairy. (g) = gluten. Let us know if you have any allergies.

DELI CASE							
	Price	Specify qty.	Unit type		Price	Specify qty.	Unit type
Cold Cuts				Deli Salads			
Corned Beef (house-cured, gray)	16.99/lb	___	lb	Tuna Salad	8.99/lb	___	lb
Pastrami (house-cured, gray)	17.99/lb	___	lb	Chicken Salad	9.99/lb	___	lb
Rib-Eye Roast Beef	18.99/lb	___	lb	Egg Salad	6.99/lb	___	lb
Roast Turkey Breast	13.99/lb	___	lb	Potato Salad	5.99/lb	___	lb
<i>All cold cuts made in-house without nitrates.</i>				Cole Slaw	4.99/lb	___	lb
Meat & Poultry				Chopped and Specialty Salads			
Stuffed Cabbage	8.99/lb	___	ea	Israeli Salad	7.99/lb	___	lb
Sweet & Sour Brisket	17.99/lb	___	lb	Quinoa Tabbouleh	8.99/lb	___	lb
Turkey Meatballs	7.99/lb	___	lb	Beet Salad	7.99/lb	___	lb
Turkey Meatloaf (~2lb whole)	7.99/lb	___	LB or WHOLE	Chickpea Salad	5.99/lb	___	lb
Grilled Chicken Breast	11.99/lb	___	LB or PIECES	Kale Slaw	7.99/lb	___	lb
Chopped Liver	9.99/lb	___	lb	Hummus	5.99/lb	___	lb
Vegetable Sides & Grains				Eggplant Caviar	7.99/lb	___	lb
Roasted Vegetables	7.99/lb	___	lb	Knishes (g)			
Roasted Sweet Potatoes	7.99/lb	___	lb	Meat	2.50/ea	___	ea
Potato Latkes	1.50/ea	___	ea	Potato		___	ea
Kasha (with veg, no noodles)	7.99/lb	___	lb	Cabbage		___	ea
Noodle Kugel (d) (g)	6.99/lb	___	lb	Spinach & Feta (d)		___	ea
Vegetarian & Fish Entrees Vary - Call for availability or pre-order.							

FREEZER					
Soups \$5/pint unless otherwise noted. All are vegan except those with meat. Some can be packaged in quarts as well.					
Tomato Lentil	___ ea	Spicy Butternut	___ ea	Kale & Sweet Potato	___ ea
Egyptian Red Lentil	___ ea	Winter Squash & Pumpkin	___ ea	Mushroom Barley (g)	___ ea
Fasolada (Bean & Veg)	___ ea	Wild Mushroom & Potato	___ ea	Mushroom 'Barley' Sorghum \$5	___ ea
Minestrone	___ ea	Chickpea Cilantro (aka Falafel Soup)	___ ea	Winter Veg & Sorghum \$5	___ ea
Split Pea	___ ea	Hot Russian Borscht	___ ea	Veggie Chili \$5	___ ea
Sweet & Sour Cabbage	___ ea	Russian Wedding w/Meatballs \$5	___ ea	Beef Stew \$7	___ ea
Chicken Soup & Matzo Balls (also available cold, not frozen)				Cold Borscht (just beet broth) ___ ea	
<i>Specify with or without matzo ball and/or noodles, no additional charge when in the soup</i>					
Pint \$5.50 (Matzo ball? Y / N), (Noodles? Y / N) # ___ Pints		Bake at home Knishes (g) \$2.50/ea			
Quart \$11 (Two matzo balls? Y / N), (Noodles? Y / N) # ___ Quarts		Meat ___ ea		Cabbage ___ ea	
Matzo Balls (g) \$1/ea # ___ Just matzo balls ; Just chicken broth # ___ Quarts @ \$12		Potato ___ ea		Spinach & Feta (d) ___ ea	
GF Knishes Listed on Bakery Menu					
Pot Pies Ready to bake, ~1 hour from frozen			Cheese Blintzes (g) (d) ___ 7.95 pkg of 6		
Chicken Pot Pie 14.99/large or 8.50/small			Buckwheat Cheese Blintzes (d) ___ 9.95 pkg of 6		
# ___ large # ___ small			Syrniki - Russian Cheese Pancakes ___ 7.50 pkg of 5		
Vegetarian Pot Pie 13.99/large or 8.50/small			Other Entrees - In microwaveable containers.		
with lentils, chickpeas, veggies and curry spicing			Turkey Stuffed Cabbage ~\$6.50/pkg of 2 ___		
# ___ large # ___ small			Veggie & Tofu Stuffed Collard Greens ~\$6/pkg of 2 ___		
Ready to bake entrees, small trays serve 2-3.			Lentil Stuffed Peppers ~\$5.50/ea ___		
Eggplant Parmesan (d) \$15 ___ tray		Russian Beef Patties w/ Mushroom Gravy \$5.99/2 ___			
Vegetarian Lasagna (d) \$15 ___ tray					

NOTES: