



Shelter Island IGA
75 N Ferry Rd, Shelter Island, NY 11964
Phone 631-749-0382

Diane I Deli Manager: Amadeo

DELI SANDWICHES

Turkey	\$9.99
Roast Beef	\$10.99
Ham	\$9.99
Corned Beef	\$10.99
Pastrami	\$10.99
Salami	\$8.99
Bologna	\$8.99
Liverwurst	\$8.99
Chicken Breast	\$9.99
Proscuitto	\$12.99
Italian Combo (ham cappi, pepperoni, Genoa salami, provolone on 8" hero) ..	\$10.99
American Combo (turkey, ham, roast beef, Swiss on 8" hero)	\$10.99
Chicken Cutlet	\$9.99
Tuna Salad	\$10.99
Chicken Salad	\$10.99
Seafood Salad	\$10.99
Egg Salad	\$8.99
BLT	\$9.99
PB&J	\$4.99
Wraps - Tuna or Chicken Salad	\$10.99
Green Salad with Grilled Chicken	\$10.99
Chicken Al Fresco (lettuce, tomato, cucumber, mayo on a roll)	\$10.99
Flounder Reuben (swiss cheese, coleslaw, Russian dressing on a roll)	\$11.99
Crab Cake (lettuce, tomato, tartar sauce on a Roll)	\$9.99

Note: Lettuce, tomatoes, cheese & onions included at no charge.

Extras: Cheese 1.00 / Cole Slaw 1.00 / Bacon 2.00 / Tomato 75¢ / 8" Hero 50¢

Standard breads: White, Rye, Pumpernickel, Wheat, etc.

Bagel	with Butter:	\$2.99	with Creamed Cheese:	\$3.99
Roll	with Butter:	\$1.99	with Creamed Cheese:	\$2.99

Special: **The Jeff Munk Vegetarian Wrap** (they named this one after me)

Vegi Wrap: Shredded Carrots, Onions, Feta, Sliced Apples, Cranberries, Walnuts, Bell Peppers, Cucumbers, Salad, Simply Mayo \$9.99

Soda, Ice Cold Gatorade, Powerade, Water, Protein Bars, Fresh Fruit Cups also available.