



FOODPLUS

 SUPERMARKET

— DELI MENU —

718-961-8304

PICK UP ONLY

  @foodplussupermarket

www.foodplussupermarket.com

HEARTY BREAKFAST

All Our Eggs & Omelette Platters are Served with Home Fries & Toast

Omelettes Made with your Choice of 3 Eggs or Egg Whites

Add Additional Egg or Cheese 50¢

Cheese Omelette American, Cheddar or Provolone	\$5.49
Bacon, Ham or Sausage Omelette	\$6.99
Mushroom, Swiss & Onion Omelette	\$6.99
Western Omelette Ham, Peppers & Onions	\$6.99
Greek Omelette Feta Cheese, Tomatoes & Onions	\$6.99
Turbo Omelette Baby Spinach, Fresh Mozzarella & Grilled Chicken	\$7.99
Simply Veggie Spinach, Peppers, Mushrooms, Tomatoes & Broccoli	\$6.99
Super Combo Mushrooms, Bacon, Tomatoes, Peppers, Onions & Mozzarella	\$7.99
Chef's Omelette Avocado, Spinach & Swiss	\$6.99

FROM THE GRIDDLE

2 Eggs Your Way	\$3.99
With Bacon, Ham or Sausage	\$4.99
With Turkey Bacon or Turkey Ham	\$5.99
With Virginia Ham or Corned Beef	\$5.99

BREAKFAST SANDWICHES FROM THE GRILL

Sandwiches Served on Bagel, Sliced Bread or Roll

Hero Roll 99¢ • Add Additional Egg or Cheese 50¢

One Egg	\$1.99
Cheese Omelette	\$3.49
Western Omelette	\$4.99
Greek Omelette	\$4.99
Veggie Omelette Spinach, Mushrooms, Tomatoes & Broccoli	\$4.99
Two Eggs	\$2.99
With Bacon, Ham or Sausage	\$3.99
Hungry Man Eggs with Bacon, Ham, Cheese & Home Fries on a Grilled Hero	\$6.99
The A.M. Hero 3 Egg Whites, Grilled Chicken, Baby Spinach, Fresh Mozzarella on a Whole Wheat Hero	\$6.99
The Meat Lover 3 Eggs, Bacon, Ham & Sausage on a Hero	\$6.99

BREAKFAST WRAPS

Turbo Eggs, Grilled Chicken, Fresh Spinach, Fresh Mozzarella	\$6.99
Burrito Eggs, Sausage, Refried Beans, Peppers, Onions, Cheddar Cheese & Salsa	\$5.99

SWEET BREAKFAST

Served with Maple Syrup & Butter

Buttermilk Pancakes or French Toast	\$4.99
With Bacon, Ham or Sausage	\$6.49
With Turkey Bacon or Turkey Pastrami	\$6.49
With 2 Eggs Your Way	\$6.49
Fresh Fruit Pancakes Strawberry, Blueberry or Banana	\$6.49

FROM THE BAKERY

Toasted Jumbo Bagel or Bialy	\$1.00
With Butter	\$1.49
With Cream Cheese	\$2.49
Toasted Bagel All The Way Smoked Salmon, Cream Cheese, Tomatoes & Onions	\$9.99

WRAPS OR CREATE YOUR OWN

All Wraps - \$7.99

- California Wrap** Grilled Chicken, Roasted Peppers, Avocado, Lettuce, Tomatoes with Ranch Dressing
- Sweet Wrap** Honey Maple Turkey, Muenster Cheese, Roasted Peppers, Lettuce with Honey Mustard
- Mexican Wrap** Spicy Grilled Chicken, Shredded Cheddar, Grilled Vegetables, Avocado with Salsa
- Vegetarian Wrap** Grilled Seasonal Vegetables, Avocado, Sun Dried Tomatoes
with Balsamic Vinaigrette
- Chicken Salad BLT Wrap** Fresh Chunky Chicken Salad, Crispy Bacon, Lettuce & Tomatoes
- Cajun Turkey Wrap** Cajun Turkey, Muenster Cheese, Grilled Peppers, Avocado, Lettuce
with Bleu Cheese Dressing
- Roast Beef Wrap** Thinly Sliced Top Round, Shredded Cheddar, Mixed Baby Greens, Tomatoes
with Low Fat Russian Dressing
- Portobello Wrap** Sliced & Roasted Portobello Mushrooms, Fresh Mozzarella, Roasted Peppers,
Baby Spinach with Balsamic Vinaigrette
- Dieter's Delight Wrap** Pepper Mill Turkey, Alpine Swiss, Lettuce, Tomatoes with Mustard
- Grilled Chicken Caesar Wrap** Grilled Chicken, Pecorino Romano Cheese, Romaine Lettuce,
Homemade Croutons with Creamy Caesar Dressing

OVEN PRESSED PANINIS

On a European Flat Bread • All Paninis - \$8.99

- Cuban Panini** Roast Pork, Ham, Swiss Cheese, Pickles with Mustard
- Turkey Panini** Fresh Turkey, Jalapeño Cheese, Red Peppers, Spinach, with Ranch Dressing
- Tex Mex Panini** Spicy Grilled Chicken, Pepper Jack Cheese, Red Onions, Cilantro
with Chipotle Sauce
- Montecristo Panini** Layers of Ham, Smoked Turkey, Swiss & Cheddar Cheese, Lettuce, Tomatoes
with Honey Mustard
- Chicken Parmigiana Panini** Breaded Chicken Cutlets, Parmigiana Cheese, with Marinara Sauce
- Eggplant Parmigiana Panini** Oven Roasted Eggplant, Fresh Mozzarella, Parmigiana Cheese
with Marinara Sauce
- Meatless Panini** Fresh Mozzarella, Plum Tomatoes, Fresh Spinach, Basil
with Sun Dried Tomato Spread
- Tuna Panini** Fresh Tuna Salad, Cheddar Cheese, Lettuce & Plum Tomatoes
- Vegetarian Panini** Grilled Vegetables, Fresh Mozzarella with Balsamic Vinaigrette
- Chicken Fajita Panini** Grilled Chicken, Cheddar Cheese, Roasted Peppers, Caramelized Onions,
Cilantro with Homemade Salsa
- Romano Panini** Prosciutto, Ham, Fresh Mozzarella, Roasted Peppers, Mixed Greens
with Sun Dried Tomato Spread

GOURMET SALADS

Your Choice of Dressing: Honey Mustard, Oil & Vinegar, Caesar, Ranch, Bleu Cheese, Balsamic Vinaigrette or Russian

- Caesar Salad** Romaine Hearts, Baked Croutons, Cucumber, Cherry Tomatoes & Shaved Romano Cheese \$6.99
with Grilled Chicken \$9.99
- Garden Salad** Plum Tomatoes, Carrots, Cucumbers, Peppers, Red Onions over Mixed Greens \$6.99
- Grilled Chicken Deluxe Salad** Grilled Herb Chicken, Fresh Mozzarella, Shredded Carrots, Cherry Tomatoes, Cucumbers, Avocado, Roasted Peppers over Mixed Baby Greens \$9.99
- Greek Salad** Imported Feta Cheese, Calamata Olives, Cucumbers, Sliced Red Onion, Peperoncini, Tomatoes over Garden Greens \$7.99

BIRRIA

- 3 Birria Tacos** 6-inch Corn Tortilla, Chopped Birria, Muenster Cheese, Onions & Cilantro \$11.99
- Birria Consome** Birria Broth, w. Chopped Birria, Onions, Cilantro, Limes 8 oz. 16 oz.
& Soft Corn Tortillas on Side \$3.99 \$8.99

TACOS (3)

Soft Corn Tortillas • Cilantro, Onions & Guacamole
Grilled Chicken or Carnitas \$9.99 • Grilled Steak or Al Pastor \$10.99

BURRITO or BURRITO BOWL

Flour or Whole Wheat Tortilla, Mexican Rice, Beans, Lettuce, Pico de Gallo, Sour Cream, Cheese
Grilled Chicken or Carnitas \$10.99 • Grilled Steak or Al Pastor \$11.99

QUESADILLAS

Flour or Whole Wheat Tortilla, Served with Pico de Gallo, Sour Cream & Avocado Tomatillo Green Sauce
Grilled Chicken or Carnitas \$8.99 • Birria \$9.99
Grilled Steak or Chorizo \$9.99 • Grilled Vegetables \$7.99

- A Southwestern Blend of Cheddar, Jack Cheese, Caramelized Onions & Roasted Peppers**
Cheese \$6.99
Sliced Steak & Roasted Mushrooms \$8.99
Grilled Cajun Chicken & Crispy Bacon \$8.99

NACHOS

Corn Tortilla Chips, Beans, Melted Cheese, Sour Cream, Jalapenos & Avocado Tomatillo Green Sauce
Grilled Chicken or Carnitas \$9.99 • Grilled Steak or Al Pastor \$10.99

GOURMET SALADS

Continued

Classic Chef's Salad Roasted Turkey, Ham, American Cheese, Swiss Cheese, Sliced Egg & Garnish over Garden Greens	\$8.99
Tuna or Chicken Salad Plum Tomatoes, Carrots, Peppers, Red Onions over Field Greens	\$8.99
Fruit Salad Melon, Berries, Oranges, Kiwi, Pineapple	\$5.99 per lb.

FIRE KISSED 1/2 POUND BURGERS

Deluxe Burgers Served with Steak Fries or Onion Rings, Lettuce, Tomatoes, Pickles - Add \$2.49

100% Beef Burger	\$4.99
Cheeseburger (5 Choices of Cheese)	\$5.99
Turkey Burger (Low Fat)	\$6.99
Western Burger Bacon, Cheddar Cheese and BBQ Sauce	\$6.99
Santa Fe Burger Roasted Mushrooms, Salted Onions, Jack Cheese	\$6.99
British Burger Bacon, Swiss Cheese, Caramelized Onions	\$6.99
Philly Burger Peppers, Onions, Mushrooms, Mozzarella Cheese	\$6.99
Soprano Burger Fresh Mozzarella & Roasted Peppers	\$6.99

SIGNATURE HOT & COLD SANDWICHES

Grilled Cheese	\$2.99
With Tomato	\$3.49
With Bacon, Ham or Sausage	\$3.99
Hot Turkey Supreme Oven Roasted Turkey, Bacon, Fried Onions, Melted Mozzarella & Brown Gravy on a Garlic Hero	\$7.99
The Meltdown Hot Roast Beef, Caramelized Onions, Melted Mozzarella & Russian Dressing on a Toasted Hero	\$7.99
The Europa Black Forest Ham, Swiss Cheese, Leaf Lettuce, Roma Tomatoes & Honey Mustard on a Whole Wheat Hero	\$7.99
The North Side Smoked Turkey, Swiss Cheese, Leaf Lettuce, Tomatoes & Honey Mustard on Seven Grain Bread	\$7.99
Volcano Fried Chicken Cutlets, Crispy Bacon, Onion Rings, Melted Cheddar Cheese & Homemade BBQ Sauce on a Toasted Garlic Hero	\$8.99
Godfather Genoa Salami, Pepperoni, Capy Ham, Mortadella, Provolone Cheese, Roasted Peppers, Italian Dressing, Lettuce on an Italian Hero	\$8.99
The Italiano Grilled Chicken, Fresh Mozzarella, Roasted Peppers, Romaine Lettuce & Pesto Sauce on an Italian Hero	\$8.99



SIGNATURE HOT & COLD SANDWICHES

All Sandwiches - \$8.99

- The Soprano** Fried Chicken Cutlet, Fresh Mozzarella, Roasted Peppers & Homemade Balsamic Vinaigrette on an Italian Hero
- Pavarotti** Fried Eggplant, Prosciutto, Fresh Mozzarella, Sun Dried Tomatoes, Fresh Basil & Homemade Balsamic Vinaigrette on an Italian Hero
- The Super Cubano** Grilled Roast Pork, Ham, Swiss Cheese, Pickles & Mustard on a Grilled Hero
- Fiddler's Green Hero** Grilled Steak with Fried Onions, American Cheese, Lettuce, Tomatoes & Mayonnaise on a Toasted Hero
- Honey Hog Hero** Grilled Honey Turkey, Roast Pork, Swiss Cheese, Bacon & Brown Gravy on a Toasted Garlic Hero
- The Beast** Fried Chicken Cutlet, Crispy Bacon, Fried Onions, Melted Swiss Cheese & Brown Gravy on a Toasted Garlic Hero
- The Reuben** Hot Pastrami or Corned Beef, Sour Kraut, Melted Swiss Cheese on Rye Bread with Mustard or Russian Dressing
- Gobbler** Oven Roasted Turkey, Crispy Bacon, Lettuce, Tomatoes on Rye Bread with Russian Dressing
- Flushing** Roast Beef, Cheddar Cheese, Lettuce, Tomatoes, Red Onions on a Whole Wheat Hero
- Philly Cheese Steak** Real Steak with Sautéed Onions, Peppers, Melted American Cheese on a Garlic Hero
- The New Yorker** Grilled Pastrami, Corned Beef, Coleslaw, Melted Swiss Cheese & Russian Dressing on a Toasted Hero
- The Chipotle** Chipotle Chicken Breast, 3 Cold Pepper Jack Cheese, Lettuce, Tomato, Avocado Chipotle & Mayonnaise on a Hero
- The Parmigiana** Your Choice - Meatball or Chicken, Sauce, Mozzarella on a Hero

SIDE ORDERS

Buffalo Wings	\$6.99
Chicken Fingers	\$6.99
Steak Fries	\$2.99
Onion Rings	\$2.99

HOT & COLD BEVERAGES

Coffee	Lipton Tea	Hot Chocolate	Snapple
Sodas	Water	Herbal Tea	Gatorade
Iced Coffee 20oz.			\$3.25

