



Name:

Phone:

Email:

Desired Pick-Up Time:

Please clearly mark the quantity next to the items you wish to order, then call your local Erik's DeliCafé® to place your order.

SOUP'S ON!

NEW ENGLAND CLAM CHOWDER

Cup 220 cal Bowl 280 cal Pot 500 cal

BUTTERNUT SQUASH ^{GF}

Cup 180 cal Bowl 240 cal Pot 420 cal

VEGETARIAN VEGETABLE ^{GF}

Cup 50 cal Bowl 70 cal Pot 120 cal

CHICKEN VEGETABLE RICE

Cup 100 cal Bowl 120 cal Pot 220 cal

TOMATO BASIL BISQUE ^{GF}

Cup 160 cal Bowl 200 cal Pot 360 cal

"TEXAS JAILHOUSE" CHILI ^{GF}

Served with a side of Cheddar Cheese & Chopped Red Onions

Cup 210 cal Bowl 270 cal Pot 480 cal

SEASONAL SOUP

Check with an Erik's near you for the current Seasonal Soup

CUP 3.69 Served with Crackers

BOWL 4.69 **POT 6.19** **QUART 8.99**

Served with Rosemary Focaccia

SOUROUDOUGH SOUP BOWL 6.99 570 cal

Your favorite Erik's Soup served in a freshly baked crusty Sourdough Soup Bowl

SOUROUDOUGH SOUP BOWL COMBO 7.89

Freshly baked crusty Sourdough Soup Bowl filled with your favorite Erik's Soup & served with a Side House Salad

"SANDWICHES WITH CHARACTER"

PILGRIM'S PROGRESS 7.39 Turkey Breast

& fresh Avocado on 9-Grain Wheat Bread with Erik's "Secret Goo", Red Onions, Tomatoes & Sprouts 570 cal

TURKEY WALNUT PESTO 7.39 Roasted &

freshly sliced Turkey Breast, fresh Avocado, Monterey Jack Cheese & Walnut Pesto Aioli on 9-Grain Wheat Bread with Red Onions, Tomatoes & Sprouts 800 cal

SWEET LIBERTY 7.29 Turkey Breast &

Swiss Cheese with Red Bell Peppers & Erik's Sweet Hot Mustard on 9-Grain Wheat Bread with Red Onions, Tomatoes & Sprouts 650 cal

POT BELLY 7.39 Turkey Breast, Pastrami

& Monterey Jack Cheese, loaded on Sliced Sourdough with Erik's "Secret Goo", Red Onions, Tomatoes & Sprouts 670 cal

R.E.O. SPEEDWAGON 7.39 Smoked Ham,

Turkey Breast & Monterey Jack Cheese, loaded on Sliced Sourdough with Erik's "Secret Goo", Red Onions, Tomatoes & Sprouts 650 cal

RIO GRANDE CLUB 7.39 Thinly sliced

Turkey Breast, Hickory Smoked Bacon & Pepper Jack Cheese with Erik's Guacamole, Tomatoes, Lettuce & Erik's "Secret Goo", served on a toasted Ciabatta Roll 790 cal

ABBOTT'S HABIT 7.39 Roast Beef, Swiss

Cheese & fresh Mushrooms, heated on a Sweet French Roll with Erik's "Secret Goo", Red Onions, Tomatoes & Sprouts 670 cal

CHICKEN PESTO 7.39 Grilled Chicken Breast

& Pepper Jack Cheese with Erik's Pesto, heated on a Peppered Onion Roll with Red Onions, Tomatoes & Sprouts 740 cal

ERIK'S CLASSIC REUBEN 7.29 Pastrami,

Sauerkraut & Swiss Cheese heated on Swirl Rye Bread with Erik's Thousand Island Dressing 810 cal

SEA DOG 7.39 Erik's Tuna Salad & Cheddar

Cheese, heated on Sliced Sourdough with Fresh Avocado, Red Onions & Tomatoes 780 cal

ERIK "BERGER" 7.29 Lots of Smoked Ham

& Monterey Jack Cheese, heated on a Peppered Onion Roll with Erik's "Secret Goo", Red Onions, Tomatoes & Sprouts 710 cal

RAGING BULL 7.39 Roast Beef, Mild Green

Chili Peppers & Pepper Jack Cheese, heated on a Peppered Onion Roll with Erik's "Secret Goo", Red Onions, Tomatoes & Sprouts 650 cal

Veggie

NATURAL HIGH 7.29 Monterey Jack

& Cheddar Cheese, fresh Avocado, fresh Mushrooms & Sunflower Seeds, heated in our Wheat Pocket Bread with Erik's "Secret Goo", Red Onions, Tomatoes & Sprouts 880 cal

DEL MONTE SPECIAL 6.79 Plenty of fresh

Avocado & Monterey Jack Cheese on 9-Grain Wheat Bread with Erik's "Secret Goo", Red Onions, Tomatoes & Sprouts 630 cal

FARMER'S MARKET 7.29 Fresh Avocado,

Sunflower Seeds, fresh Mushrooms, grated Carrots, sliced Pickles, Red Bell Peppers, Red Onions, Tomatoes, Sprouts & Lettuce with Erik's Sweet Hot Mustard piled high on our 9-Grain Wheat Bread 610 cal

Any Half Sandwich 4.59

^{GF} **Gluten-Free**

Any Sandwich can be made with Gluten-Free Whole Grain Bread. In consuming Erik's Gluten-Free products, please be aware that there may be a chance of cross contamination. Please see our nutritional brochure for complete nutritional information.

"COMBOS WITH CHARACTER"

HALF SANDWICH COMBO 7.89 Any half Erik's

Sandwich with Character served with a Bowl of Soup or a House Salad, or a Large Deli Salad

THE SQUARE MEAL ADD 1.99 Add a Cup of

Soup or a Side House Salad or a Regular Deli Salad to any Erik's Sandwich with Character purchase

CHIPS & DRINK DEAL ADD 2.39 Add a

Regular Fountain Drink & a Bag of Chips to any Erik's Sandwich with Character purchase

FOUNTAIN DRINK DEAL REGULAR ADD 1.59

LARGE ADD 1.99 Add a Fountain Drink to any Erik's Combo

LIGHT & TASTY COMBO 6.49 Any Cup of

your favorite Erik's Soup served with a Side House Salad

Build Your Own Sandwich

Includes: Erik's "Secret Goo", Red Onions, Tomatoes & Sprouts

CHICKEN BREAST 6.69 220 cal ^{GF}

TURKEY BREAST 6.69 230 cal ^{GF}

ROAST BEEF 6.69 210 cal ^{GF}

PASTRAMI 6.69 320 cal ^{GF}

SMOKED HAM 6.69 290 cal ^{GF}

ERIK'S TUNA SALAD 6.69 320 cal ^{GF}

FRESH AVOCADO 6.59 260 cal ^{GF}

CHEESE 5.39 choose one ^{GF}

Monterey Jack 340 cal

Pepper Jack 350 cal

Swiss 340 cal

Cheddar 360 cal

Extra Portions Available upon request

MEAT 1.79 Turkey Breast 90 cal, ^{GF}

Smoked Ham 120 cal, Roast Beef 80 cal,

Pastrami 140 cal, Chicken Breast 150 cal

TUNA SALAD 2.69 120 cal ^{GF}

HICKORY SMOKED BACON 1.89 90 cal ^{GF}

CHEESE 1.29 ^{GF}

Monterey Jack 130 cal, Pepper Jack 140 cal,

Swiss 135 cal, Cheddar 140 cal

FRESH AVOCADO 1.49 90 cal ^{GF}

ERIK'S WHOLE CRANBERRY SAUCE .49 70 cal ^{GF}

DIJON MUSTARD 70 cal ^{GF}

HORSERADISH 40 cal ^{GF}

And Your Choice of Bread:

9-Grain Wheat 240 cal

Swirl Rye 280 cal

Peppered Onion Roll 290 cal

Sweet French Roll 310 cal

Sliced Sourdough 260 cal

Wheat Pocket Bread 340 cal

Ciabatta Roll 240 cal

Gluten-Free Whole Grain Bread 180 cal ^{GF}

WRAPS

THAI CHICKEN WRAP 7.39

Sliced Chicken Breast in a Lemon Grass Tortilla stuffed with Mango, Red Bell Pepper, Mint, Cilantro, Peanuts, Green Onion, Lettuce & spicy Peanut Sauce 580 cal Served with a side of spicy Peanut Sauce 150 cal

SHRIMP VERA CRUZ WRAP 7.39

Bay Shrimp with Erik's Guacamole, Pico de Gallo Salsa, shredded Lettuce & Erik's spicy Baja Sauce stuffed in a Chipotle Wrap 480 cal

SALADS

Made With Locally Grown Fresh Greens & Served With Rosemary Focaccia

CHICKEN GORGONZOLA SALAD 7.79

Grilled Chicken Breast, Gorgonzola Cheese & Craisins, served on a fresh Garden Salad mix, topped w/ Honey Maple Walnuts & served with Fat-Free Raspberry Walnut Vinaigrette 470 cal*

CHICKEN CAESAR SALAD 7.79

Grilled Chicken Breast & Asiago Cheese served on crisp Romaine Lettuce, topped with Croutons & hand-tossed with Erik's Famous Caesar Dressing 600 cal

BAY SHRIMP LOUIE SALAD 7.99

Bay Shrimp served on a fresh Garden Salad mix with Avocado, Erik's Pasta Salad, Tomatoes, Sprouts & served with Erik's Thousand Island Dressing 250 cal*

SALSA RANCH SALAD 7.79

Grilled Chicken Breast, fresh Avocado, Cheddar Cheese, Corn, Black Beans & Tomatoes served on crisp Romaine Lettuce, topped with crispy Tortilla Strips & served with Erik's Salsa Ranch Dressing 400 cal*

CHINESE CHICKEN SALAD 7.79

Grilled Chicken Breast, Sweet Mandarin Oranges, Roasted Almonds & shredded Carrots served on crisp Romaine Lettuce, topped with Crispy Noodles & served with Erik's Special Sesame Dressing 430 cal*

HOUSE SALAD 5.89

Fresh Garden Salad mix, Tomatoes & Sprouts, topped with Erik's Pasta Salad & Croutons 200 cal*

ADD BAY SHRIMP 1.89 35 cal

SIDE HOUSE SALAD 3.89 120 cal*

ADD BAY SHRIMP 1.89 35 cal

SIDE CAESAR SALAD 3.89 250 cal

ADD BAY SHRIMP 1.89 35 cal

* Dressing not included in calorie count

DRESSINGS (2 OZ.)

BLEU CHEESE 150 cal

ERIK'S FAMOUS CAESAR 170 cal

ERIK'S NATURAL HOUSE 190 cal

ERIK'S SALSA RANCH 230 cal

ERIK'S SPECIAL SESAME 180 cal

ERIK'S THOUSAND ISLAND 110 cal

FAT-FREE RASPBERRY WALNUT VINAIGRETTE 70 cal

FAT-FREE ITALIAN 25 cal

RANCH 270 cal

DELI SALADS

POTATO SALAD [Ⓞ]

REGULAR 2.69 280 cal

LARGE 3.89 570 cal

MACARONI SALAD

REGULAR 2.69 670 cal

LARGE 3.89 1330 cal

PASTA SALAD

REGULAR 2.69 510 cal

LARGE 3.89 1020 cal

KIDS' MENU

For Kids 12 & Under, Served With Your Choice of Milk or Apple Juice

ANNIE ANKLE BITER 2.99

Half of a Creamy Peanut Butter & Strawberry Preserves sandwich on 9-Grain Wheat Bread 360 cal

CHARLIE CHEESEPOCKET 2.99

Monterey Jack & Cheddar Cheese heated & served in a half of a Wheat Pocket Bread 310 cal

TOMMY TURKEY 2.99

Half of a Turkey Breast sandwich with Lettuce & Erik's "Secret Goo," on 9-Grain Wheat Bread 190 cal

FROM OUR BAKERY

Made With Only the Finest Ingredients From Erik's® Family Recipes

CARROT CAKE 3.69 350 cal

SEASONAL BREADS 2.19 390-400 cal

CHOCOLATE MARBLE BREAD 2.19 400 cal

DOUBLE FUDGE BROWNIE 2.19 420 cal

CHOCOLATE CHIP COOKIE 1.69 200 cal

SEASONAL COOKIES 1.69 200-220 cal

DELI DELIGHTS

WHOLE KOSHER DILL PICKLE .99 5 cal [Ⓞ]

JAR OF KOSHER DILL SPEARS 4.79 [Ⓞ]

See jar for calorie content

CHIPS 1.39

See bag for calorie content

BEVERAGES

BOTTLED WATER 1.69

MILK OR CHOCOLATE MILK 1.29

SAN PELLEGRINO ARANCIATA 1.79

SAN PELLEGRINO LIMONATA 1.79

PERRIER-MINERAL SPARKLING 1.79

SARSAPARILLA 2.19

MARTINELLI'S APPLE JUICE 2.19

CREAM SODA 2.19

ARIZONA ICED TEA 2.29

NANTUCKET ORANGE JUICE 2.59

NANTUCKET LEMONADE 2.59

ERIK'S PREMIUM COFFEE 1.69 (regular or decaf)

NUMI, ORGANIC HOT TEA 1.69

FOUNTAIN DRINKS

REG. 1.89

LARGE 2.29

Coke, Diet Coke, Coke Zero, Sprite, Root Beer, Mr. Pibb, Hi C & Lemonade

Fountain drink refills are FREE when dining at Erik's. See individual beverage container for calorie content.

fast, fresh & delicious.

Erik's DeliCafé

EST. 1973



EriksDeliCafe.com

