

Back Door Deli
Weekly Specials for October 13 – 17th

Breakfast from 8am- - 11am, M-F

Lunch from 11am – 2:00 pm, M-F

(805) 681-9968

Monday, October 13th

Hot Cereal: Oatmeal W/ Walnuts \$4.25

Breakfast special: Garden Omelet – 2 eggs, onions, red peppers, tomatoes, and cheddar cheese. \$5.75

Soup: Clam Chowder- Fresh Ocean Sea Clams, potatoes, onion, garlic: \$2.75 L: \$3.25

Healthy Choice: Turkey Salad W/ Soup- Sliced deli turkey, tomatoes, romaine lettuce, cheddar cheese, black olives. \$7.25

Special: Tuna Melt- House made tuna salad grilled to perfection w/ your choice of cheese and golden fries. \$6.50

Tuesday, October 14th

Hot Cereal: Arroz con Lech. \$4.25

Breakfast Special: Fili Special: (2) Corn Tortillas W/ (2) eggs & Pico de Gallo, bacon, & cheddar cheese. \$ 4.75

Soup: Veggies W/ Pasta – Onions, celery carrots, garlic, broccoli, and pasta . S: \$2.75 L: \$3.25

Healthy Choice: Veggie Wrap - Sundried flour tortillas, tomatoes, cucumbers, onion, romaine lettuce, cream cheese, with a side salad or small soup. \$7.25

Latin: Taco Tuesday!-3 crispy soft tacos- seasoned ground beef, lettuce, tomatoes, onion s, and cheddar jack cheese/ Spanish rice. \$6.95

Wednesday, October 15th

Hot Cereal: Cream of Wheat W/ Fruit. \$4.25

Breakfast special: Denver Omelet - 2 eggs, green & red bell peppers, onions, ham, and cheddar cheese \$5.75

Soup: Cream of Broccoli- Broccoli, onions garlic and made with a cream base. S: \$2.75 L: \$3.25

Healthy Choice: Hawaiian Chicken- Baked chicken breast w/ Teriyaki sauce and pineapples serves w/ brown rice on the side with a side salad. \$6.95

Latin Special: 2 Traditional Salvadorian Popusas –Tender pork, beans, and cheese folded into a Masa patty and grilled to perfection topped with a tangy cabbage relish - \$7.95/ \$ 8.95 with sides

Thursday, October 16th

Hot Cereal: Arroz con Leche. \$4.25

Breakfast special: French toast W/ side Fruit. \$4.75

Soup: Albondigas – Meatballs, onions, celery, carrots, rice, and potatoes S: \$2.75 L: \$3.25

Healthy Choice: Vegetarian Enchiladas – (2) Corn tortillas, tomatoes, beans, corn, onions, American cheese & enchilada sauce, With a side salad. \$7.25

Latin Special: Chicken Enchiladas – (2) Corn tortillas, chicken, tomatoes, beans, corn, onions, American cheese & enchilada sauce, Served with rice. \$7.95

Friday, October 17th

Hot Cereal: Oatmeal with fruit. \$ 4.25

Breakfast special: Pancakes W/ Eggs- 3 made to order pancakes with 2 eggs. \$5.25

Soup: Cream of Tomato-Roma tomatoes, garlic, onions, and cream. \$2.75 L: \$3.25

Healthy Choice: Egg Plant sandwich- Grilled Plant, whole wheat bread, bell peppers, onions, and tomatoes topped off W/ melted Provolone cheese, with a side salad. \$ 7.25

Special: Chicken Alfredo – Grilled seasoned chicken on top of a creamy white sauce & fettuccini noodles, steam vegetables & a slice of crispy garlic bread. \$7.99

Menu is subject to change depending upon availability