



Back Door Deli Weekly Specials for January 26th – 30th

Breakfast from 8am- - 11am, M-F
Lunch from 11am – 2:00 pm, M-F
(805) 681-9968

Monday, January 26th

Hot Cereal: S: \$3.25 L: \$3.85

Breakfast special: Pancakes w/Bananas- 3 made to order pancakes with a whole banana sliced on top and maple syrup \$4.75

Soup: Lentil: S: \$3.25 L: \$3.85

Healthy Choice: Spinach Salad and Soup—Pears, walnuts, feta cheese, tomatoes, and onions. \$7.25

Latin Special: Chicken Nacho -Grilled & chopped chicken on a bed house made tortilla chips with melted cheddar jack cheese, topped with tomato, cilantro, sour cream and jalapenos-\$6.95

Tuesday, January 27th

Hot Cereal: S: \$3.25 L: \$3.85

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

Soup: Spilt Pea with ham- S: \$3.25 L: \$3.85

Healthy Choice: Grilled Chicken and Zucchini- Whole wheat bread, grilled chicken breast, grilled zucchini, tomatoes, red onion, iceberg lettuce, and light mayo served with a side salad. \$7.25

Latin Special: Taco Tuesday!!-2 Chicken crispy or soft tacos- seasoned chicken, lettuce, tomatoes, onions and cheddar jack cheese W/Spanish rice - \$6.95

Wednesday, January 28th

Hot Cereal: S: \$3.25 L: \$3.85

Breakfast special: Chilaquiles - 2 eggs, crispy tortilla, salsa and cheddar cheese \$4.95

Soup: Chicken and Rice – Chicken, rice, carrots, celery, onions, and garlic: S: \$3.25 L: \$3.85

Healthy Choice: Turkey Burger- Turkey burger with mayo, mustard, pickles, tomatoes, red onion, and American cheese wrapped in Romaine lettuce served with a side salad. \$6.95

Latin Special: Chicken Tostada- Shredded chicken, crisp chopped romaine lettuce, cheddar cheese, beans, tomatoes/Spanish rice. \$6.95

Thursday, January 29th

Hot Cereal: S: \$3.25 L: \$3.85

Breakfast special: Spinach and Mushroom Omelet- 2 eggs, onions, spinach, mushroom, and Swiss cheese \$5.75

Soup: Sausage, Sage & Onion: S: \$3.25 L: \$3.85

Healthy Choice: Chicken Veggie Wrap – Sundried flour tortilla, grilled chicken breast, tomatoes, cucumbers, onion lettuce and cream cheese served with a side salad. \$7.25

Latin Special: Chile Rellenos W/ Rice & Tortillas: Roasted Pepper stuffed with cheese served with white rice and tortillas. \$6.95

Friday, January 30th

Hot Cereal: S: \$3.25 L: \$3.85

Breakfast special: French toast w/fruit- 2 pieces of Texas toast light egg battered French toast w/ a side of fruit. \$4.75

Soup: Potato leek: S: \$3.25 L: \$3.85

Healthy Choice: Grilled Chicken Pita- Pita bread, grilled chicken breast, tomatoes, cucumbers, onion, lettuce, and cream cheese served with a side salad. \$7.25

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

Menu is subject to change depending upon availability