

## **COLD SANDWICHES** 🌴

### **THANKSGIVING EVERY DAY**

Roast turkey and soft Brie nestled on Sliced Sourdough with sweet Cran-raspberry sauce, mayo, and lettuce

### **BIRD OF PARADISE**

Roast turkey, Bacon, Provolone, Tomato, Avocado, Mayo and Lettuce on sliced sourdough

### **CHICKEN OF THE SEA**

Palm's tuna salad; a perfect blend of minced onion, celery, sweet pickles, Swiss or cheddar cheese, Tomato, lettuce on sliced sourdough \*try as Melt

### **PALM BLT**

Bacon, Lettuce, Tomato on toasted Sliced Sourdough with a spreading of mayo

### **HAWAIIAN HEAVEN**

Thinly sliced Ham, pineapple chutney, sweet hot mustard, Swiss cheese and mayo on sliced SD

### **BUFFALO SOLDIER**

Thinly sliced Buffalo chicken breast layered on Sliced SD with Blue cheese, Buffalo sauce and mayo with Havarti, sliced celery and lettuce

### **SUNSET ROAST**

Roast Beef, Choice of cheese on sliced Sourdough with mayo, lettuce, tomato and onion

\*Horseradish/BBQ Sauce on request

### **THE ITALIAN JOB**

Salami and Cheddar served on Sliced Sourdough covered with Palm Sauce, Pepperocinis, Pickles, Tomatoes, Onions and Lettuce

### **LA FIESTA**

Buffalo Chicken Breast, Avocado, Jalapeños, Pepper Jack cheese, Cilantro, Mango Salsa and mayo on Sliced Sourdough

### **GLAUM'S EGG NEST**

The Palm's Egg salad on Sliced Whole Wheat with mayo, lettuce and tomatoes

### **PACIFIC PASTRAMI**

Pastrami, Swiss, Palm Sauce on Sliced Rye with Lettuce, Tomatoes and Pickles

### **CHICKEN BACON RANCH WRAP**

Grilled chicken, Bacon, Ranch and lettuce on a spinach wrap

### **PEANUT BUTTER AND JELLY**



## Panini Style Favorites

### ISLAND REUBEN

Pastrami, sauerkraut, caramelized onions, Swiss cheese, served with Palm's thousand island on grilled rye bread.

### VILLAGE PANINI

Garlic grilled Portabella Mushrooms, Sautéed Onions, Smoked Gouda and Mayo on Sliced Sourdough

### JACK'S SPECIAL

Roast Turkey, Pesto Mayo and Provolone Cheese on Sliced Sourdough

### MARLI'S CHICKEN PARM PANINI

Sliced Parmesan Chicken breast, Provolone with Marinara Sauce and Mayo grilled on Sliced SD

### ERICKA'S FAVORITE

Roast Turkey, Pesto Mayo, Dill Havarti served on Herbed Flatbread with Pepperocinis, Spinach, Red Onions and Sliced Tomato

### FUEGO JOE (Spicy)

Buffalo Chicken breast, Avocado, Tomatoes, Dijon, Tapatio sauce Pepper jack Cheese, Jalapeños, Pickles and Onions on Sliced SD

### PALM MUFFALETTA

Ham, Salami, Pastrami blended together topped with Olive Tapenade, with Mayo and Provolone cheese grilled on a Ciabatta roll

### POLY DOLLY

Roast Turkey, Brie Cheese, Green Apple with Mayo on Sliced Sourdough

### SOUTHWEST GRILLED CHEESE

Chipotle pesto, Cheddar Cheese, Sliced Red Onion, Tomato and Cilantro grilled to perfection on Sliced SD

### GRILLED CHEESE

Choice of Cheese grilled on choice of bread



## **Vegetarian Options**

### **CALIFORNIA DREAMIN'**

Hummus, Choice of Cheese, Sliced Cucumber, Avocado, Tomato, Sprouts, Lettuce and Onions served on Sliced Whole Wheat

### **PALM VEGGIE PANINI**

Avocado, Pepper Jack, Pepperocinis, Sprouts, Pickles and Tomatoes w/ Palm Sauce- Panini pressed on Ciabatta roll.

### **FIELD OF DREAMS**

Garlic grilled Portabella Mushrooms, Sautéed Onions, Spinach and Red Peppers served on a toasted Ciabatta Roll with Red Pepper Aioli and melted Gouda and Havarti Cheeses

### **GARDEN BURGER**

Made with Brown rice, Oats and Veggies.  
Served on a toasted English Muffin with lettuce, sprouts, tomatoes and onions - choice of condiments or Red Pepper Aioli

## **Gluten Free Options**

In the Deli Case;

- Chicken Enchiladas - Tacos
- Crustless Quiche - Most Deli Salads- Stuffed Baked Potatoes
- Stuffed Peppers

-Any of our Sandwiches as a Lettuce Wrap

\*\*\*Not all items available all of the time

\*Gluten Free bread available on ANY of our Sandwiches\*



**\*\*\*Lighter Side Combo\*\*\***

Choose 2;

1. Half of any sandwich besides HOT ones
2. Side Salad with choice of dressing
3. 8 oz Soup

**SOUP**

*Daily soups listed on board at order counter*

8oz - 16 oz. - 32 oz.

Served w/ Crackers

**OTHER BITES**

-CHEESE QUESADILLA \*Grilled chicken may be added for additional price

-GRILLED HOT DOG

**The Palm Deli**

## **HOT SANDWICHES**

*\*\*\*Not available as Half Sandwiches\*\*\**

### **Monday MEATBALL MADNESS**

The succulent, moist meatballs are split in half, topped with homemade marinara, sweet onion marmalade, provolone, cradled in a toasted roll.

### **Tuesday PESTO CHICKEN HEAVEN**

Grilled marinated chicken breast, thinly sliced, topped with Marsala grilled onions, sliced tomato, pesto mayo and melted provolone on a toasted roll

### **Wednesday PIGGY IN PARADISE**

Slow roasted, smoked pulled pork smothered in the Palm's spicy BBQ sauce, stuffed in a toasted roll topped with melted Cheddar cheese and Tropical slaw

### **Thursday PHILLY CHEESESTEAK**

Grilled Steak, Sweet Peppers and Onions served on a toasted roll with melted provolone and mayo

### **Friday BBQ CHICKEN - TPD STYLE**

Grilled Chicken, thinly sliced and drenched in the Palm's BBQ sauce, topped with our spicy pineapple relish and melted cheddar on a toasted roll.

## **AVAILABLE EVERY DAY:**

### **PRIMETIME AT THE PALM**

Roast Beef, Cheddar, sautéed sweet onion stuffed in a toasted roll with mayo and Smokey BBQ sauce \*\*\*Horseradish on request

### **MEATLOAF LOVER'S**

The Palm's Meatloaf on A toasted roll with BBQ sauce, mayo and melted cheese and lettuce

### **BBQ TRI-TIP**

House Smoked Tri-Tip Steak served on a toasted roll with BBQ Sauce, Mayo, Sautéed Onions, Cheddar Cheese and Lettuce



## **PALM SALADS**

### **THE MEXICAN FAN**

Crispy lettuce, corn, spicy grilled chicken topped with red bell peppers, feta cheese, black beans, and cilantro and served with a Southwest Caesar.

### **GREEK ISLE**

Spinach, sweet baby tomatoes, red onion, kalamata olives, cucumber and feta served with Balsamic vinaigrette

### **TIGER**

Shredded cabbage, carrots, bell peppers, green onions, cilantro, crunchy noodles, chopped peanuts and an Oriental dressing

### **SUNSET**

Spinach, red onions, crumbled blue cheese, dried cranberries and sunflower seeds served with Raspberry Vinaigrette

### **MAJESTY**

Chopped romaine lettuce, house made croutons, shredded parmesan served with creamy Caesar

### **WILD BUFFALO**

Chopped romaine lettuce, grilled chicken flavored with Buffalo Sauce, tortilla strips, shredded carrots, celery, Green Onions, blue cheese crumbles served w/ Ranch dressing

### **DOUG'S HEALTHY CHOICE**

Spinach, Grilled Chicken, Hard Boiled Egg, Garbonzo beans, Black beans, Feta, red peppers and Tomatoes served with a Balsamic Vinaigrette

### **SIDE SALAD w/choice of dressing**

Lettuce, tomatoes, onions, garbanzos, cucumbers

**\*Grilled Chicken or a Portion of Tuna or Egg Salad may be added to any salad for an additional price**



# BREAKFAST

We only use Glaum Eggs from our local, *CAGE FREE* Ranch right here in Aptos!

## FRUIT BOWLS -ACAI, PITAYA OR CHERRY

Topped w/ Seasonal fresh fruit, Hemp Granola, Drizzled w/ Honey and Sprinkled coconut

\*Gluten Free Granola available too - **DAIRY FREE**

## GREAT START TO THE DAY

A toasted English muffin with Peanut Butter and thinly sliced Apples or Bananas

## BREAKFAST SANDWICH

Fried egg, bacon and cheese served on choice of bread, English muffin or Bagel with a light spread of mayo/mustard

## MEXICAN BREAKFAST SANDWICH

Egg, Bacon, Sausage, Cheese and a Green chili served on choice of bread spread with salsa mayo

## PALM BREAKFAST

2 Eggs; 3 strips of bacon and Toast w/butter

# **BREAKFAST BURRITOS**

## **EGGS AND CHEESE**

**BASIC** Eggs, Cheese, Potato

**BASIC PLUS** w/Bacon, Sausage or Chorizo

**PALM BURRITO** Eggs, Bacon, Sausage, Potatoes, Black Beans,  
Onions, Peppers and Cheese

**FIESTA BURRITO** Chorizo, Bacon, Eggs, Cheese, and Mexican rice

**NATURE'S BEST (VEG)** Sautéed veggies, eggs and cheese

**\*\*\*Choice of Salsa Served on the side\*\*\***

Chipotle, Tomatillo, Pico de Gallo & Mango Peach

## **BAGELS**

Plain, Blueberry, Onion, Everything

With Cream Cheese

With Sun-Dried Tomato Spread

With CC, Tomato, Onion and Sprouts

## **SMOOTHIES/MILKSHAKES**

**Flavors;** Mango, Banana, Strawberry, Pina Colada, Lemonade, Chocolate, Vanilla,  
Raspberry, Caramel Latte, Peppermint, Peanut Butter and Coffee