

# WELCOME TO THE PALM DELI

## BREAKFAST

<p><b>PALM BURRITO*</b> \$7.95 Eggs, bacon, sausage, potatoes, black beans, onions, peppers and cheese wrapped in a warm flour tortilla.</p>	<p><b>EGG &amp; CHEESE BURRITO*</b> \$6.50 Eggs and cheese wrapped in a warm flour tortilla.</p>	<p><b>BREAKFAST SANDWICH</b> \$7.95 Egg, bacon and cheese; choice of bread, english muffin or bagel with a light spread of mayo and mustard.</p>	<p><b>MEX BREAKFAST SANDWICH</b> \$8.95 Egg, bacon, sausage, cheese and green chili; choice of bread with salsa mayo.</p>
<p><b>BASIC BURRITO*</b> \$6.95 + MEAT (bacon, sausage, or chorizo) \$7.50 Eggs, cheese and potato wrapped in a warm flour tortilla.</p>	<p><b>FIESTA BURRITO*</b> \$7.95 Chorizo, bacon, eggs, cheese and mexican rice wrapped in a warm flour tortilla.</p>	<p><b>GLAUMLETTES</b> \$6.95 2-egg omelette filled with bacon, onions, cheese and peppers; served with a scoop of potato hash.</p>	<p><b>PALM BREAKFAST</b> \$6.95 2 eggs any style, 3 strips of bacon, toast with butter.</p>
<p><b>NATURE'S BEST BURRITO*</b> (Vegetarian) \$6.95 Sautéed veggies, eggs and cheese wrapped in a warm flour tortilla.</p>	<p><b>SALSAS</b> Served on the side; your choice of chipotle, tomatillo, pico de gallo, or mango-peach.</p>	<p><b>FRUIT BOWL</b> \$9.50   \$12.50 Açaí, pitaya or cherry; topped with seasonal fresh fruit and hemp granola, honey and sprinkled coconut. Dairy-free. Gluten-free granola available.</p>	<p><b>GREAT START TO THE DAY</b> \$4.95 Toasted english muffin with peanut butter and thin-sliced apples or bananas.</p>

\* All of our burritos are served panini style unless requested otherwise.  
We only use **Glaum Egg Ranch** eggs from our local, cage-free ranch right here in Aptos.

<p><b>BAGELS</b> \$2.00 Plain, blueberry, onion, or everything. + cream cheese \$3.25 + sun-dried tomato spread \$3.50 + cc, tomato, onion and sprouts \$4.25</p>	<p><b>SMOOTHIES &amp; MILKSHAKES</b> 4.95 All fruit smoothies – yogurt on request.</p>
---	--

## COLD SANDWICHES

<p><b>THANKSGIVING EVERY DAY</b> \$10.95 Roast turkey and soft brie nestled on sliced sourdough with sweet cran-raspberry sauce, mayo and lettuce.</p>	<p><b>BIRD OF PARADISE</b> \$11.95 Roast turkey, bacon, provolone, tomato, avocado, mayo and lettuce on sliced sourdough.</p>	<p><b>CHICKEN OF THE SEA</b> \$8.95 Palm's tuna salad; a perfect blend of minced onion, celery and sweet pickles. Swiss or cheddar, tomato and lettuce on sliced sourdough. Try it as a panini!</p>	<p><b>PALM BLT</b> \$8.50 Bacon, lettuce and tomato on toasted sliced sourdough with a generous spreading of mayo. + avocado \$1.50</p>
<p><b>BUFFALO SOLDIER</b> \$8.95 Thinly sliced buffalo chicken breast layered on sliced sourdough with blue cheese, buffalo sauce and mayo, havarti, sliced celery and lettuce.</p>	<p><b>HAWAIIAN HEAVEN</b> \$8.95 Thinly sliced ham, pineapple chutney, honey mustard, swiss and mayo on sliced sourdough.</p>	<p><b>PACIFIC PASTRAMI</b> \$8.95 Pastrami, swiss and Palm sauce on sliced rye with lettuce, tomatoes and pickles.</p>	<p><b>LA FIESTA</b> \$10.50 Buffalo chicken breast, avocado, jalapeños, pepper jack, cilantro, mango salsa and mayo on sliced sourdough.</p>
<p><b>SUNSET ROAST</b> \$8.95 Roast beef and choice of cheese on sliced sourdough with mayo, lettuce, tomato and onion. Horseradish and BBQ sauce on request.</p>	<p><b>GLAUM'S EGG NEST</b> \$7.95 The Palm's egg salad on sliced whole wheat with mayo, lettuce and tomatoes.</p>	<p><b>THE ITALIAN JOB</b> \$8.75 Salami and cheddar served on sliced sourdough and covered with Palm sauce; pepperoncinis, pickles, tomatoes, onions and lettuce.</p>	<p><b>LIGHTER SIDE COMBO</b> \$10.95 Choose two: · 8 oz soup · Half-sandwich (except daily specials) · Side salad with choice of dressing</p>
<p><b>CHICKEN CEASAR WRAP</b> \$8.95 Chicken, romaine and house ceasar in a spinach wrap.</p>	<p><b>CHICKEN BACON RANCH WRAP</b> \$9.50 Smoked chicken, bacon, ranch and lettuce in a spinach wrap.</p>	<p><b>CLASSIC PB&amp;J</b> \$4.95 Peanut butter and jelly on white bread. I mean, come on.</p>	<p><b>HALF SANDWICH OPTION</b> \$5.50 Available for any sandwich on the menu except for Daily Specials.</p>

VEGGIE

<p><b>FIELD OF DREAMS</b> \$9.50 Garlic-grilled portobella mushrooms, sautéed onions, spinach and red peppers; served on toasted ciabatta roll, melted gouda and havarti, red pepper aioli.</p>	<p><b>PALM VEGGIE PANINI</b> \$8.50 Avocado, pepper jack, pepperoncinis, sprouts, pickles and tomatoes with Palm sauce, panini-pressed on ciabatta roll.</p>	<p><b>GARDEN BURGER</b> \$7.95 Made with brown rice, oats and veggies. Served on toasted english muffin with lettuce, sprouts, tomatoes and onions, with condiments or red pepper aioli.</p>	<p><b>CALIFORNIA DREAMIN'</b> \$8.50 Hummus, choice of cheese, sliced cucumber, avocado, tomato, sprouts, lettuce and onions, sliced whole wheat.</p>
---	--	--	---

## BUILD YOUR OWN SANDWICH \$7.95

• COLD or PANINI STYLE •

<p><b>BREADS</b> Sliced Sourdough Sliced Whole Wheat Sliced Rye Gluten-free Bread (+\$1.00) Sourdough Roll Ciabatta Roll Whole Grain Roll Herbed Flatbread Spinach Wrap</p>	<p><b>CONDIMENTS</b> Mayo Pesto Mayo Palm Sauce Mustard Dijon Mustard Honey Mustard BBQ Sauce</p>	<p><b>MEATS</b> Turkey Ham Smoked Chicken Buffalo Chicken Roast Beef Pastrami Salami Tuna Egg Salad</p>	<p><b>CHEESES</b> + .75¢ Cheddar Jack Pepper Jack Provolone Swiss Smoked Gouda Havarti Dill Havarti Brie (+\$2.00)</p>	<p><b>VEGGIES</b> Tomato Lettuce Onion Pickles Cucumber Sprouts Spinach Pepperoncini</p>	<p><b>EXTRAS</b> Bacon \$2.00 Avocado \$1.50 Jalapeño .25¢ Cranberry Sauce \$1.00 Hummus \$1.00 Pesto \$1.00 Cream Cheese   Sour Cream \$1.00 Artichoke Hearts \$1.00 Additional Meat Portion \$2.50</p>
---	---	---	--	--	--

## DAILY SPECIALS

### MON MEATBALL MADNESS

\$10.95

Succulent, moist meatballs, split and topped with homemade marinara, caramelized onions and provolone, cradled in a toasted roll.

### TUES PESTO CHICKEN HEAVEN

\$10.95

Thinly sliced smoked marinated chicken breast topped with marsala grilled onions, sliced tomato, pesto mayo and melted provolone on a toasted roll.

### WED PIGGY IN PARADISE

\$10.95

Slow-roasted smoked pulled pork smothered in Palm spicy BBQ sauce, stuffed in a toasted roll and topped with melted cheddar and tropical slaw.

### THURS PHILLY CHEESESTEAK

\$12.95

Grilled steak, sweet peppers and onions served on a toasted roll with melted provolone and mayo.

### FRI BBQ CHICKEN TPD STYLE

\$10.95

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

### EVERY DAY MEATLOAF LOVER'S

\$10.50

The Palm's meatloaf on a toasted roll with BBQ sauce, mayo, melted cheese and lettuce.

### EVERY DAY BBQ TRI-TIP

\$11.50

House Smoked tri-tip steak served on a toasted roll with BBQ sauce, mayo, sautéed onions, cheddar and lettuce.

### DAILY SOUP ADVENTURE

Flavors change daily; just ask your server what's available today!

8 oz.  
16 oz.

\$5.95  
\$11.95

**GLUTEN-FREE:** Every Palm Deli sandwich can also be prepared as a lettuce wrap.

## PANINI & GRILLED

### ISLAND REUBEN

\$9.50

Pastrami, sauerkraut, swiss and caramelized onions. Served with Palm's thousand-island on grilled rye.

### ERICKA'S FAVORITE

\$8.95

Roast turkey, pesto mayo, dill havarti; served on herbed flatbread with pepperocinis, spinach, red onions and sliced tomato.

### PRIMETIME AT THE PALM

\$9.50

Roast beef, cheddar and sautéed sweet onion stuffed in a toasted roll with mayo and smokey BBQ sauce. Horseradish on request.

### VILLAGE PANINI

\$8.50

Garlic-grilled portobella mushrooms, sautéed onions, smoked gouda and mayo on sliced sourdough.

### POLY DOLLY

\$9.50

Roast turkey, brie, green apple with mayo on sliced sourdough.

### GRILLED CHEESE

\$4.95

Your choice of cheese, grilled on your choice of bread.

### MARLI'S CHICKEN PARM PANINI

\$7.95

Sliced buffalo chicken breast, provolone with marinara sauce and mayo; grilled on sliced sourdough.

### FUEGO JOE

\$10.50

Spicy! Buffalo chicken breast, avocado, tomatoes, dijon, cholula sauce, pepper jack, jalapeños, pickles and onions on sliced sourdough.

### SOUTHWEST GRILLED CHEESE

\$6.95

Chipotle pesto, cheddar, sliced red onion, tomato and cilantro; grilled to perfection on sliced sourdough.

### JACK'S SPECIAL

\$7.95

Roast turkey, pesto mayo and provolone on sliced sourdough.

### PALM MUFFALETTA

\$9.95

Ham, salami and pastrami blended together and topped with olive tapenade; grilled with mayo and provolone on a Ciabatta roll.

### OTHER BITES

Grilled hot dog \$4.95  
Cheese quesadilla (with salsa) \$4.95  
+ CHICKEN \$7.50

## SALADS

### TIGER

\$7.50

+ CHICKEN \$10.00  
Shredded cabbage, carrots, bell peppers, green onions, cilantro, crunchy noodles and chopped peanuts with an oriental dressing.

### GREEK ISLE

\$7.50

+ CHICKEN \$10.00  
Spinach, sweet baby tomatoes, red onion, kalamata olives, cucumber and feta; balsamic vinaigrette.

### MAJESTY

\$6.50

+ CHICKEN \$9.00  
Chopped romaine, house-made croutons, shredded parmesan; creamy caesar dressing.

### SUNSET

\$7.50

+ CHICKEN \$10.00  
Spinach, red onions, crumbled blue cheese, dried cranberries and sunflower seeds; raspberry vinaigrette.

### WILD BUFFALO CHICKEN

\$10.00

Chopped romaine and buffalo smoked chicken, tortilla strips, shredded carrots, celery, green onions and blue cheese crumbles; ranch dressing.

### MEXICAN FAN

\$7.50

+ CHICKEN \$10.00  
Crispy lettuce, corn, spicy smoked chicken topped with red bell peppers, feta cheese, black beans and cilantro; southwest caesar dressing.

### DOUG'S HEALTHY

\$8.00

+ CHICKEN \$10.50  
Spinach, smoked chicken, hard-boiled egg, garbanzo and black beans, feta, red peppers and tomatoes; balsamic vinaigrette.

### SIMPLE SALAD

\$4.95

Lettuce, tomatoes, onions, garbanzos and cucumbers, choice of dressing.

Extra dressing cup \$1.00

**ADD TRI-TIP to any salad** + \$7.00

### WINE & BEER

**Enjoy a glass with your lunch:** check out our beautiful wine selection with many local offerings and some great bargains.

### GRAB & GO

**Available in our front deli case:** prepared sandwiches, salads, burritos, deviled eggs and picnic items, as well as dinner items to take home or heat and enjoy here.



### HERE AT THE PALM DELI, WE ARE DEDICATED TO:

- preparing great-tasting high-quality food with a focus on local and sustainable ingredients.
- creating a positive, honest, supportive and fun environment for our team members and customers alike.
- providing *amazing* customer service.
- offering a range of food and beverages at a fair price while remaining competitive.
- enriching our community through donations of time, money, goods and services.

*"We are a distinct deli, driven by a team committed to a passion for food, a passion for people and a passion for business success"* — Ericka Glaum, proprietor

**We look forward to serving you!**