

# SANDWICHES ON A FRESH ROLL \$5.81

CHOOSE YOUR FRESH BAKED ROLL :: COUNTRY WHITE OR HONEY WHEAT

WHOLE WHEAT TORTILLA WRAPS ALSO AVAILABLE FOR ALL SANDWICHES



## italian chicken sandwich

grilled and sliced chicken breast, provolone, lettuce, tomato, red onion, italian dressing, hellman's mayo

## buffalo chicken sandwich

grilled and sliced chicken breast, cheddar, spicy buffalo sauce, lettuce, bleu cheese dressing

## chipotle chicken sandwich

grilled and sliced chicken breast, pepper jack, jalapeno peppers, red onion, lettuce, tomato, ancho chipotle dressing

## chicken ranch club sandwich

grilled and sliced chicken breast, chopped bacon, swiss, lettuce, tomato, ranch dressing

## greek chicken sandwich

grilled & sliced chicken breast, feta cheese, greek olives, red onion, lettuce, tomato, greek vinaigrette, fresh tzatziki

## lemon basil sirloin sandwich

house recipe roast sirloin, lettuce, tomato, red onion, lemon basil aioli

## bacon bleu sirloin sandwich

house recipe roast sirloin, chopped bacon, red onion, lettuce, tomato, bleu cheese dressing

## spicy dijon sirloin sandwich

house recipe roast sirloin, swiss, red onion, lettuce, tomato, extra strong dijon mustard

## honey dijon sirloin sandwich

house recipe roast sirloin, provolone, red onion, lettuce, tomato, honey dijon aioli

## cranberry goat turkey sandwich

sliced deli turkey, lettuce, red onion, goat cheese, cranberry apricot compote

## honey dijon ham sandwich

smoked deli ham, lettuce, tomato, red onion, honey dijon aioli

## Fresh veggie sandwich

roasted red pepper hummus, feta, greek olives, lettuce, red onion, tomato, fresh tzatziki

## albacore tuna salad sandwich

100% wild caught white albacore tuna with diced celery & hellman's mayo, lettuce, tomato

## spicy southwestern veggie sandwich

sweet corn & black bean pico de gallo, pepper jack, jalapeno's, red onion, lettuce, tomato, ancho chipotle sauce

## italian club sandwich

sliced deli ham & turkey, provolone, lettuce, tomato, red onion, hellman's, italian dressing

## josie's club sandwich

sliced deli turkey & ham, swiss, chopped bacon, hellman's mayo, lettuce, tomato

## eddie's club sandwich

sliced house recipe roast sirloin, smoked deli ham, provolone, spicy dijon, hellman's, lettuce, tomato

## turkey club sandwich

sliced deli turkey, chopped bacon, swiss, lettuce, tomato, hellman's mayo

## ham 'n cheese sandwich

sliced deli ham, american cheese, lettuce, tomato, hellman's mayo

# SALADS large \$6.50 small \$4.88


SERVED WITH BREAD :: ADD GRILLED CHICKEN FOR \$1.86

 = suggested dressing


## catalina cobb salad

diced tomato, crumbled bleu, red onion, shredded cheddar, chopped bacon  catalina & blue cheese


## kaanapali pineapple salad

Fresh pineapple, red pepper, green onion, wontons  mango passion

## palermo pecan salad

candied pecans, crumble bleu cheese, green onion  balsamic vinaigrette


## baltimore B.L.T. salad

chopped bacon, diced tomato, red onion, croutons  honey dijon


## amarillo ranch salad

diced tomato, cheddar cheese, green onion, croutons  buttermilk ranch

## Fresno Fruity 'n Fat Free salad

mango, strawberry, pineapple, green onion  Fat Free raspberry vinaigrette


## sedona strawberry salad

Fresh strawberry, red onion, goat cheese  ripe raspberry


## el paso pico salad

sweet corn & black bean pico de gallo, cheddar cheese  ancho chipotle


## sicilian caesar salad

parmesan cheese, garlic croutons  creamy caesar

## caribbean mango salad

diced mango, green onion, goat cheese  mango passion

## thai sesame salad

green onion, diced red pepper, wontons  thai sesame

## athenian greek salad

red onion, tomato, feta cheese, greek olives  greek vinaigrette

# SACK LUNCH

IT'S IN THE BAG



## sandwich sack \$8.59

deli sandwich, bag of chips, choice of beverage, giant chocolate chunk cookie

## salad sack \$8.59

large signature salad, choice of beverage, giant chocolate chunk cookie

## soup & salad sack \$9.52

large signature salad, cup of homemade soup, fresh bread, choice of beverage, giant chocolate chunk cookie

## soup & sandwich sack \$9.52

deli sandwich, cup of homemade soup, bag of chips, choice of beverage, giant chocolate chunk cookie

## salad & sandwich sack \$9.52

deli sandwich, small signature salad, choice of beverage, giant chocolate chunk cookie

## small sack \$6.97

**pick two items:**

1/2 deli sandwich • small salad • cup of soup

# SOUPS

MADE FROM SCRATCH USING ALL NATURAL INGREDIENTS

Cup \$3.72 Bowl \$4.65

DAILY SOUP SELECTIONS CAN BE VIEWED AT [www.realmealdeli.com](http://www.realmealdeli.com)

# SIDES & EXTRAS

deli pickle spear \$ .68

extra cheese \$ .68

extra dressing \$ .68

bag of chips \$1.13

double meat \$1.86

all beverages \$1.58

Fresh giant chocolate chip cookie \$1.86



# REAL MEAL DELI CATERING



## BUFFET-STYLE LUNCHES, PLATTERS, & SERVICES

**sandwich & salad buffet lunch** \$9.52/person  
wrapped & labeled half sandwiches (two halves per person), large "family style" salad, & two extras

**sandwich buffet lunch** \$8.59/person  
wrapped & labeled half sandwiches (two halves per person) & three extras

**salad w/chicken buffet lunch** \$8.59/person  
Family style salad with grilled chicken, bread & butter, & one extra

**salad buffet lunch** \$8.59/person  
Family style salad, bread & butter, & two extras

**small buffet lunch** \$6.97/person  
wrapped and labeled half sandwiches (one half per person) & Family style salad (no extras)

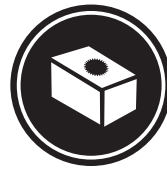
**sandwich platter** \$5.81/person  
wrapped and labeled half sandwiches (two halves per person)

**Family style salad w/chicken** \$8.36/person  
Family style salad with grilled chicken, bread & butter

**Family style salad** \$6.50/person  
Family style salad with bread & butter

**home-made soup service** \$4.30/person  
stainless steel electric soup satellite  
Filled with your favorite piping hot soup  
(check realmealdeli.com for current  
soup choices)

**Fresh tropical fruit platter** \$4.30/person  
perfectly cleaned and cut strawberries,  
mango, & pineapple



# REAL BOX LUNCH

## BOXED LUNCHES

**sandwich & salad box** \$9.52/person  
any Full-size sandwich, any half-size salad, & two extras

**sandwich box** \$8.59/person  
any Full-size sandwich & three extras

**salad w/chicken box** \$8.59/person  
any Full-size salad with grilled chicken, bread & butter, & one extra

**salad box** \$8.59/person  
any Full-size salad, bread & butter, & two extras

**small box** \$6.97/person  
any half-size sandwich & any half-size salad  
(no extras)

## EXTRAS

giant chocolate chunk cookie • assorted chips •  
assorted beverages • premium deli pickle spears  
Fresh Fruit ramekin

**chip choices**  
rachel's kettle chips (gourmet, salt & vinegar,  
bbq, jalapeno) • classic lays • baked lays • harvest  
cheddar sun chips • nacho cheese doritos •  
cool ranch doritos



## CATERING HOTLINES

**651-493-9704**

saint paul

**612-436-0114**

minneapolis (BOTH LOCATIONS)

\*catering orders must be received at  
least one day in advance.

## MINNEAPOLIS

Baker Center Skyway

733 marquette avenue

minneapolis, MN 55402



## MINNEAPOLIS

TriTech Office Center Skyway

331 2nd avenue south

minneapolis, MN 55401



## SAINT PAUL

1st National Bank Bldg Skyway

332 minnesota street

st. paul, MN 55101



# FRESH

made to order

# AFFORDABLE

good food for all

# DELICIOUS

real food real cooking



[www.realmealdeli.com](http://www.realmealdeli.com)

