



Full Belly Deli

1225 Jefferson Road

Rochester, NY 14623

585-292-0210

Fax: 585-292-0220

www.TheFullBellyDeli.com

❖❖❖ Breakfast ❖❖❖

Full Belly Breakfast Plate – Home fries, choice of sausage, ham or bacon with 2 eggs and american cheese smothered with sausage gravy. 7.99

Classic Breakfast – Home fries or hash browns, 2 eggs, choice of sausage, ham or bacon and toast. 5.99

Breakfast Pizza – American and Cheddar Cheese, Scrambled Eggs and your choice of Bacon, Sausage or Ham. Allow 30 minutes for pickup. 19.99

Freshly Cracked Egg Sandwiches (not a frozen egg product!), Served on your choice of roll, toast, croissant, or bagel.

- Egg & Cheese - 3.49
- Sausage, Ham or bacon – add .99

BREAKFAST POTATOES

- Home Fries – 1/2 Belly – 2.99; Full Belly – 4.99
- Hash Browns – 1/2 Belly – 3.49; Full Belly – 5.29

Various Omelets – full menu available

French Toast - 1/2 Belly (4) – 4.59 Full Belly (6) – 5.99

Pancakes -

- Original – 1/2 Belly (2) – 4.59; Full Belly (4) – 5.99
- M&M, peanut butter cup or chocolate chip
1/2 Belly (2) – 5.39; Full Belly (4) – 6.99

Bagels, Croissants and English muffins – made the way you like them

❖❖❖ Sides and Finger Foods ❖❖❖

	Half Belly	Full Belly
Waffle Fries	3.49	5.29
Potato Pancakes	3.49	6.29
Sweet Potato Fries	4.29	6.29
Onion Rings	4.29	6.29
Mozzarella Sticks	6.29	8.99
Chicken Fingers and Fries	7.99	9.99
Chicken Wings	7.99	11.49
Country Sweet, Buffalo, BBQ, Honey Cajun, or Sweet and Spicy sesame w/ blue cheese dressing on the side		
	<u>5oz</u>	<u>8oz</u>
Pasta Salad	1.69	2.79
Loaded Potato Salad	1.69	2.79
Macaroni Salad	1.69	2.79
BBQ Chicken Pasta Salad	1.69	2.79
Fruit Salad	1.69	2.79

❖❖❖ Salads ❖❖❖

All salads are made with romaine lettuce & served in garlic & parmesan tortilla bowls made here in house daily. 8.49

Julienne - Carrots, cucumbers, tomatoes & purple cabbage, topped with turkey, ham & cheddar cheese with homemade Ranch dressing on the side.

It's Greek to Me - Grilled Chicken, tomatoes, cucumber, red onion, black olives and feta cheese with Greek dressing on the side.

Asian Chicken - Grilled chicken, Chow Mein noodles, tomato, carrots, red cabbage & almonds with a homemade spicy peanut dressing on the side.

Caesar - Grilled chicken, homemade garlic croutons, & parmesan cheese with Caesar dressing on the side.

Buffalo Chicken - Grilled Chicken, tomatoes, celery, cheddar cheese, and homemade wing & creamy blue cheese dressings on the side.

BLT - Crisp bacon, tomatoes, cucumbers, carrots, cabbage, cheddar cheese. Served w/ ranch dressing on the side.

Buenos Tacos - Our famous chili (regular or vegetarian) topped w/ tomatoes & cheddar cheese. Served w/ sour cream & salsa on the side.

❖❖❖ Salad Bar ❖❖❖

Garden Harvest Salad - Make your own salad @ our fresh & hearty salad bar \$7.99/lb

Our garlic & parmesan tortilla bowls are always available, please ask us if you would like one .79 each

Extra sauce cups .99

❖❖❖ Soup and Chili ❖❖❖

Made from scratch daily in our kitchen - never frozen concentrates...

Soup - selections vary daily

- 8oz - 2.99
- 12oz - 3.99
- 16oz - 4.99
- Quart - 8.99

Beef Chili & Vegetarian Chili (Secret family recipe)

- 8oz - 3.49
- 12oz - 4.49
- 16oz - 5.49

❖❖❖ Specialty Sandwiches ❖❖❖

Reuben - Corned Beef or turkey, Swiss Cheese, sauerkraut, Thousand Island dressing on grilled rye bread. 7.99

James Bond - Roast beef, melted brie cheese & a creamy horseradish sauce on a toasted small sub. 7.99

Turkey, Bacon & Cheddar Melt – served w/ lettuce, tomato & mayo on a toasted small sub. 8.49

Cheese Steak - we recommend shaved steak topped w/ grilled mushrooms, onions & provolone on a toasted sub roll, but will make it any way you like it – everybody's is different! 8.49

Sicilian Style Eggplant Parmesan - Breaded eggplant lightly fried and topped w/ vine ripened tomatoes, pesto mayonnaise, mozzarella & parmesan cheeses on a toasted sub roll. 7.99

BLT - The Classic. Crisp bacon, lettuce, tomato and mayonnaise on a toasted sub roll. 7.99
Or your choice of toast – 6.99

Brooklyn Stacker - NY Style Pastrami w/ sautéed onions, swiss cheese, pickles and Dijon mayo on grilled rye bread. 7.99

Buffalo Chicken - We have proudly become famous for this one! Tender chicken fingers smothered in our own wing sauce, lettuce, tomato & creamy blue cheese dressing on a toasted sub roll. 8.49

O'Malley Melt - Grilled shaved ham, melted mozzarella & Swiss cheeses, tomatoes & horseradish mayo on a toasted small sub. 7.99

Grilled Veggie - Eggplant, onions, mushrooms, sweet peppers & tomatoes topped w/ parmesan & muenster cheese on a toasted small sub. 7.99

Tuna Melt – all white tuna & creamy American cheese on whole wheat bread. 7.99

OUR FANTASTIC COLD SANDWICHES

Naples – Turkey breast, muenster cheese, lettuce, tomato, cucumbers, sprouts & dill cream cheese on 12 grain bread. 7.99

Fireworks – Roast beef, pepper jack cheese, lettuce, tomato, red onion, hot peppers & horseradish mayo on rye bread. 7.99

The Dagwood – Roast beef, turkey & ham piled high with Swiss cheese, lettuce, tomato, onion, hot & sweet peppers, pickles, black olives, mayonnaise, mustard & dressing on a small sub. 8.99

❖❖❖ Burgers ❖❖❖

Served with a side of your choice. 9.49

Sides - Waffle Fries, Pasta, Potato, Macaroni, BBQ Chicken Pasta or Fruit Salad.

Jumpin' Jahosaphat - Cajun style topped with jalapenos, pepper jack cheese, lettuce, tomato, onion & salsa.

Bacon Blues Brothers – topped w/ crispy bacon, crumbled blue cheese, lettuce, tomato & onion.

Shuffle off to Buffalo - topped w/ our famous wing sauce, creamy blue cheese dressing, lettuce & tomato.

Santa Fe - topped w/ melted cheddar cheese, lettuce, tomato, salsa and ranch dressing.

California Dreamin' - topped w/ muenster cheese, lettuce, tomato, cucumber & guacamole.

Vive La France - topped w/ brie cheese, lettuce, tomato, onion & horseradish mayonnaise.

The Jerk - Jerk seasoned w/ cheddar cheese, lettuce, tomato, onion & ranch dressing.

- With Bacon add .99
- Add our Homemade Meat Hot Sauce for .99
- Choice of Angus Beef Burger, Grilled Chicken Breast, Veggie Burger

❖❖❖ Wraps ❖❖❖

Bulls Eye - Chicken tenders topped with BBQ sauce, crisp bacon, cheddar cheese, lettuce, tomato, red onion & sour cream in a tomato basil wrap. 8.49

Grilled Chicken Club - grilled chicken strips, swiss cheese, crisp bacon, lettuce, tomato, and dijon mayonnaise in a grilled honey wheat wrap. 8.49

Sesame Chicken - Chicken tenders & stir fried veggies topped with a sweet & spicy sesame ginger sauce in a tomato basil wrap. 8.49

Thai Chicken - Grilled chicken & stir fried veggies on a bed of lettuce with our own spicy peanut sauce in a garlic pesto wrap. 8.49

Chicken Caesar - Grilled chicken strips, romaine lettuce, tomato, red onion, parmesan cheese & Caesar dressing in a garlic pesto wrap. 8.49

Ali Baba - Grilled chicken, lettuce, tomato, red onion, cucumbers, feta cheese & Greek dressing in a garlic pesto wrap. 8.49

Chicken Fajita - Chicken strips grilled w/ onions, hot & sweet peppers, lettuce, tomato, cheddar cheese, guacamole & sour cream in a tomato basil wrap. 8.49

Steak Fajita – shaved steak grilled w/ onions, hot & sweet peppers, lettuce, tomato, cheddar cheese, guacamole & sour cream in a garlic pesto wrap. 8.49

BLT - A great twist on the classic, lots of crisp bacon, lettuce, tomato & mayonnaise in a tomato basil wrap. 8.49

Jamaican Me Crazy - Caribbean jerk style chicken, lettuce, tomato, cheddar cheese, salsa & ranch dressing in a garlic pesto wrap. 8.49

Buffalo Chicken - Chicken tenders topped with our famous wing sauce, lettuce, tomato & creamy blue cheese dressing in a tomato basil wrap. 8.49

Shaved Chicken - Shaved Chicken with sweet peppers, mushrooms and mozzarella cheese wrapped in a garlic herb wrap. 8.49

Flour City Plate Wrap - Cheeseburger, macaroni salad, waffle fries, onion and our homemade hot sauce in a roasted red pepper wrap and grilled to perfection. 8.49

INCREDIBLE COLD SELECTIONS

Californian - Turkey, Swiss, guacamole, lettuce, tomato, sprouts & ranch dressing in a tomato basil wrap. 8.49

Omaha - Roast Beef, Pepper Jack cheese, lettuce, tomato, onion & creamy horseradish mayonnaise in a garlic pesto wrap. 8.49

Sweet Classic - Shaved ham, Swiss cheese, lettuce, tomato & honey mustard in a tomato basil wrap. 8.49

Veggie Head - Crisp lettuce, tomato, onion, cucumber, carrots, green pepper, mushrooms, sprouts & Italian dressing in a garlic pesto wrap. 7.49

❖❖❖ Deli Sandwiches & Subs ❖❖❖

Design your own sandwich with your choice of popular deli meats, cheeses, vegetables and condiments.

Breads - white, wheat, marble rye, multigrain, sour dough, & roll - 6.99

Sub - small 8" sub - 7.79; large 12" sub - 10.49

Wraps - Tomato, Garlic & herb, Wheat, Roasted red pepper, Jalapeno, Spinach & Plain 7.99

Croissant - 7.79