

Baguettes, Sandwiches and Wraps

All items are heated unless otherwise noted

Classic Turkey and Bacon

Our roasted turkey breast joined by smokehouse bacon and Tillamook cheddar cheese perfectly assembled with mayo, mustard, lettuce, tomato, onion and pickles **7.25**

BBQ Chicken

Our baked chicken breast smothered in tangy bbq sauce finished with smokehouse bacon and smoked cheddar cheese on a Hoagie **6.95**

Spicy Italian

Hot cappicola, pepperoni, hard salami, sharp provolone, mozzarella cheese, romaine, tomato, red onion, pepperoncini peppers and black olives drizzled with a snappy garlic parmesan peppercorn dressing, extra virgin olive oil & red wine vinegar atop a tasty baguette **7.50**

Mild Italian

Genoa salami, mortadella with pistachios, all beef bologna and provolone cheese, garnished with lettuce, tomato, red onion, olive oil, vinegar, mustard and mayo **6.95**

Meatball Hero

Hearty Italian meatballs simmered in savory basil Parmesan marinara topped with provolone and mozzarella cheese on an Italian baguette **6.95**

Friday after Thanksgiving (cold)

Oven roasted turkey breast, delicious stuffing, cranberry sauce and mayo gently placed on potato bread **6.95**

Salami Mommy

Genoa and hard salami layered on an Italian baguette topped with fresh basil, zesty marinara and sliced mozzarella cheese **6.75**

Greek Roast Beef (cold)

Open faced flat bread or garlic herb wrap smeared with cucumber yogurt dill sauce then stacked with lots of seasoned roast beef, feta cheese crumbles, sliced black olives, roasted red peppers, red onion, romaine lettuce, ripe tomatoes and feta vinaigrette **7.95**

Roast beef and Havarti (cold)

Rosemary Diamante bread spread with mayo and Dijon topped with lots of thinly sliced Italian roast beef, creamy havarti cheese, lettuce, tomato, red onion, cucumber slices and alfalfa sprouts **7.95**

Whidbey Club (cold)

Oven roasted turkey, black forest ham, Italian roast beef, crispy honey cured bacon and Tillamook cheddar cheese stacked mile high with all the appropriate accompaniments on our delicious rosemary diamante bread **7.95**

Raw Veggie Patch Pizza (cold)

Delicious veggies towering atop a grilled flat bread or rolled in a garlic herb tortilla that has been layered with roasted garlic hummus, cucumber dill tzatziki and feta cheese **7.25**

Texican Wrap

Tortilla stuffed with guacamole, salsa, pepper jack cheese, pepper turkey, lettuce, tomato, onion and jalapenos **7.50**

The Mary Jane

Soft garlic tortilla layered with hummus, tzatziki, oven roasted turkey, feta cheese, sun-dried tomatoes, artichoke hearts, roasted red pepper, pepperoncinis and mixed greens **7.50**

Silly Philly Steak

Thinly sliced top round roast beef grilled with button mushrooms, roasted red peppers & red onion thrown on a hot French roll that is covered in mayo and sharp Provolone cheese **7.95**

8.7% sales tax will be applied to all food and beverage.



Beer & Wine • Party Platters • Take Out • Catering

FREE WIRELESS INTERNET!

SR 525, Suite 122 (Ken's Korner)
Clinton, WA 98236

360-341-3940

picklesdeli@whidbey.com

Panini

Pă•nē•nē (n) A hot pressed or heated Italian sandwich made with vegetables, cheese and cured or grilled meat.

Tomato Basil Chicken

Italian herb roasted chicken breast crowned with ruby red sliced tomato, whole basil leaves, fresh mozzarella and balsamic vinaigrette on a Panino diamond **7.25**

Prosciutto Provolone Chicken

A wheat Panino drizzled with a zesty balsamic vinaigrette topped with tender chicken seasoned with provincial herbs embellished with thinly sliced prosciutto, roasted red pepper, mixed baby greens and provolone cheese **7.50**

Roast Beef and Cheddar

A French roll topped with creamy horseradish sauce, mayo, traditional Italian roast beef, lettuce, thinly sliced red onion, tomatoes, alfalfa sprouts and tender cucumbers **7.95**

Chicken Caesar Salad Wrap

Chunks of juicy roasted chicken tossed with crisp romaine lettuce, hand grated parmesan and traditional creamy Caesar dressing wrapped in an herbed flour tortilla **6.95**

Reuben

Savory shaved lean corned beef, Swiss cheese, sauerkraut and thousand island dressing grilled on onion rye **7.25**

Grilled Veggie Roast

Marinated artichoke hearts, button mushrooms, roasted red peppers, sun dried tomatoes, red onion and olives pressed on a whole wheat Panino **6.95**
Add feta cheese **.75**

Gwen's Favorite

Onion rye drizzled with deli mustard topped with grilled red onions & roasted red peppers, lean pastrami and Swiss cheese **7.25**

The Bluebird

Aroastica chicken placed on a panino topped with honey mustard, mayo, Gorgonzola crumbles, bacon, romaine and tomato slices **7.25**

Twisted Reuben

Grilled turkey pastrami and coleslaw placed on onion rye topped with thousand island and smoked Gyuere **7.25**

The Smokey Beast

Rosemary diamante smeared with blue cheese-horseradish sauce crowned with caramelized onions, Italian Roast beef, smoked Gouda, romaine and sliced tomato **7.95**

Create Your Own Sandwich

Choose one meat, one cheese, and three fixings

Each additional meat:..... 1.75

Each additional cheese:..... .75

Each additional fixing:..... .25

Bread - choose one

- Rosemary Diamante - 7" Italian Baguette - Country White
- Greek Flatbread (not organic) - Multi Grain Wheat - Fluffy Panino
- Garlic Herb Wrap (not organic) - Onion Rye
- Gluten Free Bread - Lettuce Wrap

Meat - Choose One

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|-------------------------------------|------|
| Black Forest Ham | 7.25 |
| Honey Maple Ham | 7.25 |
| Rosemary Sun-Dried Tomato Ham | 7.25 |
| Seasoned Roast Beef | 7.95 |
| Italian Style Roast Beef | 7.95 |
| Lean Corned Beef | 7.25 |
| Pastrami | 7.25 |
| House Oven Roasted Turkey | 7.25 |
| Pepper Smoked Turkey..... | 7.25 |
| House Baked Chicken Breast | 7.25 |
| Aroastica Chicken | 7.25 |
| Liverwurst..... | 6.75 |
| All Beef Bologna | 6.95 |
| Lebanon Bologna..... | 6.75 |
| Turkey Pastrami..... | 7.25 |
| Prosciutto | 7.95 |
| Hot Coppa..... | 7.95 |
| Genoa Salami..... | 6.75 |
| Hard Salami | 6.75 |
| Pepperoni | 6.75 |
| Mortadella..... | 6.75 |
| Smoke House Bacon..... | 7.25 |

Cheese

- Tillamook Cheddar
- Smoked Cheddar
- Sharp Provolone
- Mild Provolone
- Gold Label Swiss
- Smoked Gruyere
- Creamy Havarti
- Dill Havarti
- Muenster
- Monterey Jack
- Pepper Jack
- Sliced Mozzarella
- Fresh Mozzarella
- Smoked Gouda
- Feta
- Gorgonzola
- American
- Parmesan

Fixings

- Romaine Lettuce
- Mixed Greens
- Sliced Tomato
- Sundried Tomato
- Thinly Sliced Red Onion
- Dill Pickles
- Jalapeno Rings
- Alfalfa Sprouts
- Cucumber Slices
- Black Olives
- Pepperoncini Peppers
- Carrot Matchsticks
- Artichoke Hearts
- Roasted Red Pepper
- Sliced Mushrooms
- Stove Top Stuffing
- Guacamole (.50 extra)
- Salsa (.50 extra)

Salads & Soup

Add grilled chicken breast to any salad **2.50**

The Regal Toss

Honey maple walnuts, Gorgonzola, dried cranberries and a smooth raspberry vinaigrette lounging on a bed of mixed field greens **7.75**

Field and Farm

Garden greens capped with honey cured bacon, cucumber, tomato, olives, onion, carrots, peppers, sprouts, Gorgonzola crumbles, sunflower seeds and balsamic vinaigrette **7.95**

Hail Caesar

Crisp hand cut romaine lettuce crowned with homemade croutons, hand grated Parmesan cheese and traditional creamy Caesar **7.25**

Its All Greek to Me

Romaine lettuce sprinkled with feta cheese, roasted red peppers, cucumbers, tomato, red onion, black olives, pepperoncini, tzatziki sauce and feta vinaigrette **7.75**

Tuscan Antipasto

Baby greens and basil leaves strewn with hot coppa, spicy pepperoni, smoked salami, fresh mozzarella, sun-dried tomato, red peppers, artichoke hearts, pepperoncini, black olives and velvety balsamic Caesar **8.95**

Soup, Salad and Starch

A cup of the soup of the day, a thick slice of organic bread and either a small mixed green or Caesar salad **7.25**
If you want a bowl of soup instead.... **7.95**

Turn any of our Sandwiches into a low carb Salad for \$1.00

Soups of the Day

Cup (12 oz.) / 4.50 Bowl (16 oz.) / 5.75

Add a few slices of Organic Bread for **.75**

We offer vegetarian soup EVERYDAY!

Note: Consuming un-pasteurized fruits and vegetables may increase your risk of food-borne illness.

Extras & Drinks

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| Pickle: Kosher Dill, Jalapeno, Garlic..... | .99 |
| Bag of Chips | 1.50 |
| Small Pasta Salad | 1.99 |
| Small Green or Caesar Salad | 2.95 |
| Fountain Drink free refills..... sm | 1.25 / med 1.50 |
| Flavored Vitamin Water | 1.89 |
| Aquafina Bottled Water..... | 1.49 |
| Lipton Ice Tea | 1.79 |
| Bottled Juice..... | 1.79 |
| Coffee, Tea Hot Chocolate | 1.50 |
| Double Fudge Brownie | 2.25 |
| Chocolate Chip Cookie | .99 |
| Domestic Beer..... | 3.00 |
| Micro-Brew | 3.67 |
| House Wine | 5.50 |