

GARF'S CLASSICS

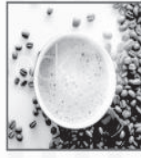
All sandwiches / wraps are served with a pickle and small bag of Wise chips

SANDWICH	WRAP	HALF SUB	WHOLE SUB
THE CLASSIC	9.99	9.99	11.99
<i>Choice of Corned Beef, Turkey or Roast Beef w/ Swiss Cheese, Coleslaw & Russian Dressing</i>			
HOT ROAST BEEF	8.99	8.99	10.99
<i>Grilled Roast Beef w/ Pepper Jack Cheese, Horseradish Mayo, Lettuce & Tomato</i>			
NEW OG ITALIAN	9.99	9.99	11.99
<i>Mortadella Italian Bologna, Prosciuttini Ham, Capicola Ham, Salami, Pepperoni, Provolone, Lettuce, Tomato, Mayo, Hot Peppers, & onion, italian dressing.</i>			
THE SMOKER	8.99	8.99	10.99
<i>Turkey w/ Lettuce, Tomato, Hot Peppers, Honey Mustard & Muenster Cheese</i>			
TURKEY TROT	8.99	8.99	10.99
<i>Turkey Piled High w/ Smoked Gouda Cheese, Lettuce, Tomato, Mayo & Honey Mustard</i>			
NEW YORKER	8.99	8.99	10.99
<i>Pastrami Piled High w/ Melted Swiss, Spicy Mustard on Homemade Marble Rye</i>			
TRIPLE DECKER BLT	9.99		
<i>Home Style Bacon Stacked High w/ Lettuce, Tomato, & Mayo</i>			
TRIPLE DECKER CLUB	10.99		
<i>Two Layers of Home Style Bacon, Lettuce, Tomato, Mayo, Choice of Ham, Turkey, or Roast Beef</i>			
REUBEN	9.29		
<i>Grilled Corned Beef w/ Sauerkraut, Swiss Cheese & Russian Dressing</i>			
THE RACHEL	9.29		
<i>Grilled Turkey w/ Sauerkraut, Swiss Cheese & Russian Dressing</i>			
NEW APPLE HAMMY	8.99		
<i>White bread topped w/ boiled ham, apple butter & gouda cheese finished panini style</i>			
NEW DILLY TURKEY MELT	8.99		
<i>Whole wheat bread w/ oven roast turkey topped w/ pepper jack cheese dill pickles bbq sauce & red onions finished on the grill</i>			
PHILLY CHEESE STEAK	9.29	9.29	10.99
<i>Grilled rib eye steak topped w/ Peppers, Onions, & Cheese</i>			
CHICKEN CHEESE STEAK	8.29	8.29	9.99
<i>Grilled marinated Chicken topped w/ Peppers, Onions, & Cheese</i>			
NEW YORK CHICKEN SPIEDIES	7.29	7.29	9.99
<i>Lupos Marinated Grilled Chicken breast, Lettuce, Tomatos, & Onions</i>			

GOURMET BURGERS

ALL AMERICAN	10.99	BARN YARD BURGER	10.99
<i>8 oz all steak patty topped w/ Lettuce, Tomato, Onion, Pickles, Ketchup, Mustard & Mayo served with an order of french fries</i>			
THE PLAIN JANE	8.99	THE RANCH HAND	10.99
<i>8 oz all steak patty topped w/ cheese of your choice NO TOPPINGS served with an order of french fries</i>			
SWISS & 'SHROOM BURGER	10.99		
<i>8 oz all steak patty topped w/ melted Swiss Cheese, fried onions, & Portabella Mushrooms served with an order of french fries</i>			

TRUE NORWICH TRADITION



Garf's DELI

Call: 336-DELI (3354)

Fax: 334-DELI (3354)

www.garfsdeli.com



Hours:
Monday - Friday 7 am - 6 pm
Saturday 8 am - 2 pm

BREAKFAST • LUNCH • CATERING

PURE VEGETARIAN SANDWICHES

All sandwiches are served with a pickle and small bag of Wise chips

NEW PORTABELLA FAT BOY	8.99	'SHROOM VEGGIE	8.99
<i>A soft roll w/ fresh tomato basil pesto, portbella mushrooms topped w/ mixed greens & italian five cheese blend finished w/ balsamic dressing</i>			
MUSH REUBEN	8.99	<i>Sauteed Portabella, Melted Muenster, Romaine, Tomato, Roasted Red Peppers, Cucumber w/ Balsamic Vinaigrette</i>	
<i>No Meat Reuben made w/ Portabella Mushroom</i>			

PURE VEGETARIAN WRAPS

All sandwiches are served with a pickle and small bag of Wise chips

HUMMUS VEGGIE	8.29	GREEK VEGGIE	8.29
<i>Lettuce Tomato, Cucumbers, Green Peppers, Onions & Hummus</i>			
<i>Romaine Lettuce, Tomato, Feta Cheese, Cucumbers, Hot Peppers w/ Herb Dressing</i>			
BLACK BEAN VEGGIE	8.29		
<i>Black Bean Hummus, Lettuce, Tomato, Onion, Hot Peppers, Salsa & Muenster Cheese</i>			

The tradition has been passed on... Since 1992, Garf's has been proud of their specialty sandwiches as well as their classic sandwiches and wraps - and the vegetarian selection is enough to make a meat eater jealous. Warm breads and sub rolls come out of the ovens every day. Homemade specialties include hummus, pesto, salsas, salads, soups, and fresh fruit smoothies. Garf's is an inviting place to stop in for a steaming cappucino or specialty coffee or tea, or a sweet treat complete with free Wi-Fi. Garf's also caters lunch meetings, parties, picnics and graduations. Whether you take out, eat in or get it delivered, our staff is always happy to see you!

**While you are in the park on Saturdays for the Farmer's Market, be sure to stop by for your favorite hot coffee, breakfast or lunch!
*See you soon!***

COFFEE

	SINGLE	DOUBLE	GRANDE
ESPRESSO	1.49	1.99	2.49
<i>Shot(s) of Espresso</i>			
AMERICANO	2.99	3.49	3.99
<i>Espresso w/ Hot Water</i>			
CAPPUCCINO	3.99	4.49	4.99
<i>Espresso w/ more foam than milk</i>			
SEATTLE SPECIAL	2.99	3.49	3.99
<i>Espresso w/ your choice of Jim's Organic Coffee</i>			
LATTE	3.99	4.49	4.99
<i>Espresso w/ more milk than foam</i>			
CAFÉ MOCHA	3.99	4.49	4.99
<i>Latte w/ Chocolate</i>			
MOCHACCINO	3.99	4.49	4.99
<i>Iced Café Mocha</i>			
CHAI TEA LATTE	3.99	4.49	4.99
<i>Black tea, vanilla, spices & honey topped w/ cinnamon</i>			
STEAMER	2.99	3.49	3.99
<i>Your choice of vanilla, hazelnut, caramel, peppermint, coconut</i>			
HOT CHOCOLATE	2.99	3.49	3.99
<i>Creamy gourmet hot chocolate</i>			
		SMALL	LARGE
JIM'S ORGANIC COFFEE		2.29	2.95
<i>Sweet Love, Hazelnut, Blend X aka Witches Brew, Together Decaf</i>			

BAKED GOODS

CHOCOLATE CHIP COOKIES	0.90	BLUEBERRY MUFFINS	2.49
THE AMAZING COOKIE	0.90	BANANA NUT MUFFINS	2.49
<i>Cranberry, Blueberry & White Chocolate Cookies.</i>			
		FRENCH TOAST MUFFINS	2.49

SOUPS

	CUP	BOWL	QUART
CHILI	4.99	5.99	10.99
SOUPS	4.99	5.99	10.99
<i>Call for our daily fresh homemade soups.</i>			

FRIED FOOD

CHICKEN TENDERS & FRIES	9.29	SWEET POTATO FRIES	5.39
<i>Fresh Chicken Tenders w/ our Fresh Cut Skin-on Fries</i>			
FRESH CUT FRIES	4.79	ONION RINGS	5.79
<i>ONE POUND of Our Fresh Cut Skin-on Fries</i>			
<i>Beer Battered thick cut Onion Rings</i>			

BREAKFAST SPECIALS

THREE LITTLE PIGS	7.99	#1 HOME STYLE BACON, EGG & CHEESE	4.29
<i>Our fresh baked soft ciabatta roll topped wit 2 fried eggs, sausage patty, Home Style Bacon, ham, & american cheese.</i>			
BURRITO BOB BREAKFAST WRAP	6.99	#2 SAUSAGE, EGG & CHEESE	4.29
<i>3 scrambled eggs w/ american cheese & choice of breakfast meat</i>			
PATTY O'BRIEN POTATOES	8.29	#3 HAM, EGG & CHEESE	4.29
<i>Fresh homefries w/ sweet peppers & onions topped w/ 2 over easy eggs served w/ the choice of toast & breakfast meat</i>			
APPLE BUTTER BABY	6.59	#4 EGG & CHEESE	3.29
<i>Choice of bread or bagel, choice of breakfast meat, spinach 2 fried eggs cheddar cheese & home made apple butter served panini style</i>			
COLONEL MUSTARD	6.59	#5 STEAK, EGG, & CHEESE	4.99
<i>Your favorite breakfast mean served on top of a fresh bagel w/ 2 fried eggs cheddar cheese & GARF'S own brown sugar sauce</i>			
THE JOHN WAYNE	6.59	BUILD YOUR OWN PLATTER	7.99
<i>3 Scrambled eggs in your choice of wrap filled w/ sauteed sweet peppers, onions, shaved rib-eye steak & homemade salsa</i>			
THE PONCHO VILLA	6.59	<i>Your choice of 2 breakfast meats, choice of toast or bagel, 2 eggs your way & a side of homefries</i>	
<i>3 Scrambled eggs your choice of wrap filled w/ sauteed sweet peppers, onions & banana peppers</i>			
MUENSTER MASH	5.99	BAGEL	1.99
<i>Your favorite bagel, ham, fried egg, meunster cheese & avocado finished panini style</i>			
		Plain, Onion, Sesame, Cinnamon Raisin, & Everything	
		HOMEFRIES	3.29
		<i>Add a side of our fresh homefries to any breakfast order made w/ peppers & onions</i>	
		ADD ONS	
		BUTTER	0.49
		CREAM CHEESE	0.99
		JELLY	0.49
		PEANUT BUTTER	0.99
		FLAVORED CREAM CHEESE	1.29

FARM FRESH SALADS

		W/CHICKEN
CAESAR SALAD	8.99	10.98
<i>Romaine, Croutons, shaved italian blend cheese w/ Caesar Dressing</i>		
GREEK SALAD	8.99	10.98
<i>Our great tossed salad w/ tomatoes, green peppers, cucumbers, black olives, feta cheese and greek dressing.</i>		
GREEN SALAD	7.99	9.98
<i>Mixture of Spring Mix, red onion, cucumbers, & tomatoes w/ your choice of dressing</i>		
CHEF SALAD	9.99	
<i>Our Green Salad w/ Ham, Turkey, American & Swiss Cheese & cucumbers</i>		
SUPREME SALAD	9.99	
<i>Our Green Salad w/ your choice of Tuna, Chicken Salad, or Egg Salad</i>		

DELI SANDWICHES

All sandwiches are served with a pickle and small bag of Wise chips

SANDWICH	WRAP	HALF SUB	WHOLE SUB
CHEESE	7.99	7.99	9.29
<i>Your choice of cheese types of cheese</i>			
HAM	8.29	8.29	10.29
<i>Thumann's Ham, your choice of cheese & toppings.</i>			
TURKEY	8.29	8.29	10.29
<i>Thumann's Roasted Turkey Breast, your choice you cheese & toppings.</i>			
ROAST BEEF	8.29	8.29	10.29
<i>Thumann's Best Roasted Beef, your choice of cheese & toppings.</i>			
PASTRAMI	8.29	8.29	10.29
<i>Thumann's Pastrami, your choice of cheese & toppings.</i>			
CORNEB BEEF	8.29	8.29	10.29
<i>Corned Beef thinly sliced w/ your favorite cheese & toppings.</i>			
CAPICOLA HAM	8.29	8.29	10.29
<i>Italian Capicola Ham sliced w/ cheese & toppings.</i>			
SALAMI	8.29	8.29	10.29
<i>Salami sliced thinly, w/ cheese & toppings.</i>			
PEPPERONI	8.29	8.29	10.29
<i>Pepperoni sliced thinly, w/ your choice of cheese & toppings.</i>			
CHICKEN SALAD	7.99	7.99	9.29
<i>Our home made rosemary chicken salad, leave it plain or add your choice of toppings.</i>			
EGG SALAD	5.99	6.29	7.99
<i>Egg Salad like your mom used to make, have it plain or w/ toppings.</i>			
TUNA	7.99	7.99	9.29
<i>Made fresh to order, plain or w/ your favorite cheese & toppings.</i>			
BLT	7.99	7.99	9.29
<i>Home Style Bacon, lettuce, tomato & mayo</i>			
GRILLED CHEESE	4.99		
<i>Your Choice of Cheese grilled on our fresh bread</i>			

SPECIALTY WRAPS

All sandwiches are served with a pickle and small bag of Wise chips

GREEK CHICKEN WRAP	9.29	CHICKEN PESTO WRAP	9.29
<i>Marinated Grilled Chicken on a bed of romaine & tomato, topped w/ feta cheese, black olives, olive oil & vinegar dressing.</i>			
CHICKEN CAESAR WRAP	9.29	<i>Marinated Grilled Chicken smothered in Pesto w/ Swiss cheese, lettuce, tomato, & mayo.</i>	
<i>Marinated Grilled Chicken on a bed of romaine lettuce w/ tomato, grated Romano cheese & Caesar dressing.</i>			
CHICKEN HOME STYLE BACON RANCH WRAP	9.29	NEW BUFFALO CHICKEN WRAP	9.29
<i>Marinated Grilled Chicken & Home Style Bacon on a bed of lettuce & tomato, pepper jack cheese, topped w/ ranch dressing.</i>			
<i>Marinated grilled chicken smothered in buffalo sauce, lettuce, tomato w/ your choice of blue cheese or ranch.</i>			
		NEW SUMMER OF '69	9.29
		<i>Roast turkey, Home Style Bacon, fresh avocado, basil pesto, lettuce, tomato, onion & balsamic dressing.</i>	
		CHICKEN FLORENTINE WRAP	9.29
		<i>Marinated Grilled Chicken, spinach, tomato, roasted red pepper, Swiss & herb dressing</i>	