

Cold Sandwiches

All sandwiches & Wraps \$6.49

*Your choice of meat, cheese and bread,
Vegenaise or mayo, tomato slices,
sprouts, leaf lettuce, sea salt and pepper.*

Meats (Free of hormones, antibiotics and nitrates)

Uncured Maple Ham
Virginia Ham
Natural Roast Beef
Oven Roasted Chicken
Herb Turkey
Oven Roasted Turkey
Vegan Option

Cheeses

Jarlsberg Swiss, Provolone

Wrap Sandwiches

Your choice of multi-grain, 7grain w/flax or gluten-free brown rice tortilla.

Italian Wrap

Sliced ham and turkey, soft mozzarella and Romano, lightly drizzled with our own balsamic dressing. Topped with crisp green leaf lettuce.

Turkey Wrap

Sliced turkey, our own blue cheese spread, cranberry chutney and clover sprouts. Topped with crisp green leaf lettuce.

Chicken Caesar Wrap

Sliced chicken, Romano, parmesan, lightly drizzled with our own Caesar dressing. Topped with crisp green leaf lettuce.

Veggie Wrap

Hummus covered tortilla, clover sprouts, curry seasoned tofu, cow feta and Kalamata olives.

Summer Tuna Wrap

Tuna salad, clover sprouts and crisp green leaf lettuce.

Fresh Specialty Salads

Chicken Caesar Salad

Seasoned chicken, crisp romaine, Romano, parmesan and our own Caesar dressing. \$5.39

Chef Salad

Green leaf lettuce, tomato, carrot, cucumber, egg, turkey, NY Cheddar and your choice of balsamic or creamy herb dressing. \$5.99

Mediterranean Salad

Crisp romaine lettuce, tomato, cucumber, red onion, artichoke, Kalamata olives and balsamic dressing \$6.49

In The Deli Case

Deli Salads

Fresh, homemade Potato, Pasta, Bean, Lentil, Rice Tabouleh, Couscous, Kale Slaw, coleslaw and other varieties of healthy options.

Hummus

Fresh, homemade Original, Chipotle, Basil, Cilantro, Garlic Lovers and other varieties.

Other

Fresh Musubi & Summer Rolls, pre-made sandwiches, garden salads and hard boiled eggs

Bakery and Dessert Items

We offer Sandpoint's largest selection of gluten-free, homemade, hand-baked goods with old-fashioned goodness.

Yeast Breads

French, hi-fiber, Kamut, spelt, and gluten free

Mini loaves and Artisan types like Kalamata & Rosemary, Tomato & Garlic

Quick Breads

Pumpkin and zucchini breads, muffins, cookies and scones

Gluten-free pumpkin and zucchini breads, muffins and cookies

Dessert Varieties (check for availability)

Pie, rice & bread pudding, tapioca, carrot cake and chocolate cake (gluten-free available in all our desserts)

In all our goods we use varieties of grain like Kamut, spelt, whole wheat and gluten free (brown and white Basmati rice).

Special Orders

Take 'n Bake Pizza & Entrees

*(Call For Pricing—Please Order
24 hours prior to pick-up.)*

Pizza

Choose crust type, toppings and organic red sauce or our own pesto.

Crusts Wheat, unbleached white, gluten-free, Kamut, or spelt

(We have our own handmade gluten-free crusts available in the frozen section in the store.)

Toppings Red, yellow or green onion, mushroom, bell pepper, black olives, spinach, zucchini, tomato, pineapple, fresh basil, artichoke, anchovies, preservative-free/ nitrate-free pepperoni, roasted, seasoned, free-range chicken and uncured Canadian bacon.

Pizzas are topped with mozzarella or soy cheese and lightly sprinkled with dried basil for a finish.

For quick Pick-Up:

**We stock whole, pre-made
Pizza, Quiche and other entrées
in our Bakery Cooler.**

Entrees

Lasagna Your choice of vegetarian, free-range turkey or grass-fed, free-range beef. Available in gluten-free.

Chili Rellenos Green chilies stuffed with our seasoned, cheese 'n chicken mix. Topped with cheese.

Southwest Casserole Your choice grass-fed, free-range ground turkey or beef, veggies and rice. Topped with cheese and spices.

Manicotti Cheese Mix and spinach or basil pesto, pasta and our own marinara sauce. Topped with cheese.

Eggplant Parmesan Eggplant tossed in a bread crumb mixture. Topped with our own marinara sauce and smothered in cheese.

Enchiladas Your choice of vegetarian or chicken and red or green sauce. Made with corn tortillas.

Organic Smoothies (16oz only)

McKenzie Loop Blueberries, banana, apple juice and soy milk.	\$6.99
Brickley Road Strawberries, banana, orange juice, pineapple-coconut juice and soy milk.	\$5.99
Adelle's Delight Banana, soy milk, vanilla and your choice of five supplements from our list.	\$5.99
Julie's Jumpstart Blueberries, strawberries, apple and lemon juice (optional)	\$6.99
Raspberry Mango Blast Raspberries, mango, apple juice and lemon	\$5.99
Pina Colada Smoothie Frozen pineapple, banana, soymilk and pineapple-coconut juice	\$5.99
Chocolate Coconut Banana Protein Smoothie Soy milk, cocoa powder, protein powder (your choice), agave sweetener, vanilla, shredded Coconut and frozen banana.	\$5.99
<i>(orange, apple and lemon juices blended in are always freshly juiced)</i>	
Smoothie and juice punch cards are available!	
<i>Rice milk can be substituted for soy milk upon request.</i>	
Fresh Organic Juices (16oz only)	
Apple or Orange Juice	\$4.99
Fruit Combo Apple, orange and lemon.	\$4.99
Carrot Juice	\$3.99
Carrot, plus three of the following: cabbage, parsley, celery, beet, spinach, garlic, lemon, orange, apple or ginger	\$4.99
Add more than three.....	\$.50ea
Hawaiian Sunset	\$4.99
Apple, orange, beet, carrots	
Potassium Boost	\$4.99
Celery, apple, parsley, carrots	
Green Goddess	\$4.99
Green apples, celery, parsley, cabbage	

Supplements

(Add to any juice or smoothie)

1 tbsp. Spirulina.....	\$.75
1 tbsp. flax oil.....	\$.75
1 tbsp. whey protein.....	\$.50
1 tbsp. rice protein.....	\$.50
1 tbsp. bee pollen.....	\$.50
1 oz colloidal minerals.....	\$.50
1 dropper Echinacea extract.....	\$.50
1 tbsp. soy protein.....	\$.50
1 tbsp. nutritional yeast.....	\$.50
1 tbsp. soy lecithin.....	\$.50
1 tsp. kelp powder.....	\$.50
1/2 tsp. Vitamin C complex	\$.50

For your convenience we are proud to offer:

- Fresh, hot, organic coffees and teas
- Two hot soups (one vegan or vegetarian, the other made with chicken or meat stock) made fresh daily; served with a roll *(summer months we offer one soup daily)*
- Fresh made-to-order, pre-made and wrap sandwiches and salads
 - All of our salad dressings are
 - made in-house.
- Pre-sliced deli meats (free of antibiotics, hormones and nitrates) and cheeses
- Many tofu entrees and we accommodate substitutions wherever possible.
- Special orders and requests that are always welcomed.

We accept cash, local checks, debit cards, Visa, MasterCard, Discovery and EBT cards.

Menu subject to change without notice.



Organic Deli & Bakery

Take-Out Menu

Taste the Difference

We are committed to providing quality, wholesome deli fare that exceeds traditional expectations. All of our items are made daily with 100% organic ingredients. (Except when organic is not available.)

Open Monday-Friday
Deli & Juice Bar 8:00am-4pm
Hot Bar 10am-2pm

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(located behind Dub's Drive-In)
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