

Friday April 3, 2020

John Moores Delicatessen and Caterers 678 Motor Parkway
Hauppauge Phone 631-234-7144/ Fax 631-234-3866
Johnmooresdeli.com

Hot Food

All platters are served with your choice of white rice, vegetable rice, brown rice, corn nibs, black beans, vegetables, or homemade mashed potatoes Served on a roll \$6.99 or a hero \$7.99 Served on a small platter \$7.49 and large platter \$8.99 without a side sm \$7.99 lg \$12.99 add a small tossed salad for \$3.49 with choice of dressing

Chipotle Braeded Chicken Cutlets
Spicy Braeded chicken cutlets in homemade Spicy Gravy

Flounder Fillet
Fresh flounder Breaded

Eggplant Parmesan
Eggplant in a homemade red tomato sauce with mozzarella cheese

Boneless Buffalo Chicken
Boneless white meat chicken in a spicy wing sauce

Meatball Parmesan
Homemade meatballs in a tomato sauce with melted mozzarella cheese

Chicken Parmesan
Chicken cutlets in a homemade red tomato sauce with mozzarella cheese

Grilled Herb Chicken
Grilled chicken in our own homemade balsamic herb sauce

Soups of the Day

Lentil
Beef Barley Or Beef Barley With Noodles
Chicken Noodle, Rice or Vegetable
\$2.99 \$3.99
Cream of Broccoli
Split Pea W/Ham
\$3.59 4.59
Homemade Beef or Chicken Chili
\$4.49 \$5.49
Flounder fillet
Homeade Fresh Fried Flounder on a roll with lettuce, tomato, tarter sauce
\$8.49

On Menu Everyday

Chicken or steak Quesadillas
Grilled chicken or Steak (choice of blackened, jerk or herb) with peppers, onions, Monterey jack cheese and cheddar cheese salsa and sour cream on side
\$9.99

GYRO'S
Grilled Chicken Breast or beef with lettuce, tomatoes, red onions with yogurt sauce on a pita
\$9.49

Veggie burger or Chicken Burger
burger served on a whole wheat roll with lettuce, tomato, onions
\$7.99

SHRIMP PARMESAN HERO
Homemade Fried shrimp topped with melted mozzarella cheese, tomato sauce
\$13.99

We specialize in catering for all occassions

Wraps of the Day

MY BROTHER REUBEN

Chickrn cutlet,swiss cheese,cole slaw,russian dressing
\$8.99

I LEFT YOU A TICKET!!

honey maple turkey,alpine lace swiss cheese,lettuce,tomato and spicy ranch
\$8.49

MY FAVORITE

Eggplant breaded ,fresh mozzarella,Roasted Red Peppers,Romaine Lettuce And Balsalmic Vinaigrette Dressing
\$7.99

THE FELIX

Bonless buffalo chicken breast in our wing sauce ,montery jack cheese,red onions,lettuce,tomato,avocado with our ranch dressing
\$9.49

YOUR STILL HERE

Chicken salad melted cheddar cheese,lettuce,tomato
\$7.99

THE GUADALUPE

Grilled Chicken Fresh Mozzarella And Sautéed Spinach,Peppers And Onions With A Balsalmic Vinaigrette Dressing
\$8.99

THE GRANT

Grilled roast beef,saute'ed onions,melted mozzaella cheese,lettuce,tomato,garlic with spicy ranch
\$8.49

THE FOXY FOX

Smoked Turkey Lettuce,Tomato,Bacon,Avocado and spicy ranch
\$8.99

THE CHRIS PAIN

Our Homemade Chicken burger melted monterey jack cheese,romaine lettuce,avocado (dont forget the avocado) with spicy mayo
\$8.49

Caesar Wrap

Grilled chicken breast,crispy romaine lettuce and shredded parmigiano cheese with our own caesar dressing
\$8.49

THE ALPPS

virginia ham,alpine lace swiss,lettuce,tomato,and spicy brown mustard
\$7.99

THE SHAPIRO

bread eggplant,turkey,lettuce,cole slaw with honey mustard
\$7.99

THE TUOZZO

Turkey american cheese,avocado,roasted peppers,lettuce and ranch
\$8.99

WHERE'S TOM

breaded chicken cutlets,sour cream,salsa,lettuce,peppers,onions with spicy ranch dressing
\$8.99

GREEK WRAP

Grilled chicken breast,feta cheese,romaine lettuce, peppers and onions and black olives with our greek dressing
\$8.99

SHE'S OUTSIDE

Honey maple turkey,cheddar cheese,lettuce,tomato,bacon,avocado with spicy ranch dressing
\$9.49

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New Specialty Items

SPINACH SALAD

***Baby spinach leaves, bacon, red onion, hard boiled
eggs, fresh mushrooms***

\$9.99

FRESH BAKED

**COOKIES(CHOCOLATE
CHIP, OATMEAL**

**RAISAN, PEANUT BUTTER)\$.50
CENTS EACH**

HOMEMADE RICE PUDDING

\$3.99

***SPINACH WITH PEPPERS RED
ONIONS DRIED CRANBERRIES
AND GRILLED CHICKEN IN A
BALSALMIC AND ITALIAN
DRESSING***

\$8.50lb

***20 pc fried calamari rings with tomato
sauce***

\$5.99