

Sandwiches

SERVED ON ROLL, GRAIN, WHITE, WHOLE WHEAT OR RYE
WITH LETTUCE & TOMATO, COLE SLAW OR MACCARONI SALAD

Oven Gold Turkey	6.90
Roast Beef	7.00
Corned Beef	6.90
Honey Ham or Ham	6.90
Genoa Salami	6.80
Hot Capicola	6.85
Cracked Pepper or Honey Maple Turkey	6.90
Chicken Salad	6.75
White Tuna Salad	7.10
Bologna	6.50
Pastrami	6.90
Taylor Ham	7.00

CHOICES OF CHEESE:

White American, Muenster, Provolone,
Low Fat Alpine Lace, Swiss,
Vermont Cheddar, Pepper Jack

TOPPINGS .40 EXTRA:

Red Onions, Jalapeno Peppers,
Pickles, Spinach, Cucumber, Greek
Olives, Banana Peppers

ADDITIONS:

Bacon 1.65
Roasted Peppers .75
2 Slices Cheese .70
2 Slices Low Fat Alpine Lace Cheese .70

Pastries

BAKED FRESH DAILY

Fresh Fruit Salad 16 Oz	5.99
Homemade Rice Pudding 8 Oz	4.29
Fage 2% Greek Yogurt	2.65
Croissant with Blueberry & Cheese	2.65
Croissant with Strawberry & Cheese	2.65
Cinnamon Buns	2.99
Scones	2.75
Spanakopita	4.49
Danish	2.65

Party Subs

3-, 4-, and 6-foot American, and Italian
Combo Subs available. Pricing upon request.



Beverages

ALL DRINKS PRICES INCLUDE TAX

Bottled Water	1.25	Naked Juices (Smoothies)	4.00
Vitamin Waters	2.50	Tropicana Juice Bottle	2.50
Snapple or Seltzer	2.35	Tropicana Juice Carton	2.65
Organic Drinks	3.00	Tropicana Small Orange Carton	2.00
Big Water	2.50	V8 2.45 V8 Tropical Or Berry	2.45
High-end Water	2.35	Horizon Organic Kids Milk	2.00
20 Oz Bottle Soda	2.25	Nesquik Chocolate Milk	
Gatorade	2.50	Or Strawberry Milk	2.75
Red Bull	3.45		
Kombucha (Organic Drink)	4.99	Green Mountain Coffee	
Coconut Water	4.00	Small . . . 1.75 Med. . . 2.00 Lg. . . 2.25	
Protein Drink	5.00	Iced Coffee	
		Med. . . 2.65 Lg. . . 2.95	
		Tea Or Herbal Tea (10 Varieties)	
		Small . . . 1.75 Med. . . 2.00 Lg. . . 2.25	

The Management and Staff of Pauli's Deli and Bagels extend our sincere appreciation for your support and patronage. Thank you, for joining us!



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PLEASE NOTE: ALL PRICES DO NOT INCLUDE TAX EXCEPT FOR THE BEVERAGES. THAT CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. PLEASE LET US KNOW IF YOU HAVE ANY FOOD ALLERGIES AS NOT ALL INGREDIENTS ARE LISTED ON THE MENU. ALL THE PHOTOS IN THE MENU ARE FOR SUGGESTIONS ONLY. ACTUAL PLATTERS MAY APPEAR DIFFERENT. PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE. NO PERSONAL CHECKS. THANK YOU!

PAULI'S DELI & BAGELS

SINCE 2005



Serving Gluten Free

Bread, Pancakes, French Toast, Wraps, Sandwiches, Cookies!

Breakfast & Lunch Served • Catering Available
Hand-Made Spreads, Salads, Sandwich Specialties and More.

www.PaulisDeliandSandwiches.com

email: paulisdeli@gmail.com

Mon.-Fri. 6am-4pm • Sat. 6am-3pm • Sun. 6:30am-2:30pm

205 Main St. Norwalk, CT 06851 • (203) 840-0530 Fax

(203) 840-0550 Tel

BREAKFAST

Sandwiches

SERVED ON ROLL, PORTUGUESE ROLL, GRAIN, BAGEL, WRAP, WHOLE WHEAT, RYE, OR WHITE

1. Egg on Roll	2.70
2. Egg and Cheese	3.05
3. Bacon and Egg	3.49
4. Bacon, Egg, & Cheese	4.00
5. Ham, Egg, & Cheese	4.00
6. Sausage, Egg, & Cheese	4.00
7. Steak, Egg, & Cheese	5.50
8. Turkey, Egg, & Cheese	4.75
9. Pastrami, Egg, & Cheese	4.75
10. Genoa Salami, Egg, & Cheese	4.25
11. Pepperoni, Egg, & Cheese	4.15
12. Taylor Ham, Egg, & Cheese	5.00

♥ High Protein / Low Carb

EGGWHITE SANDWICHES ARE SERVED ON GRAIN, WRAP OR WHOLE WHEAT

Egg Whites Sandwich	4.45
w/ Low Fat Alpine Lace	4.65
w/ Ham, Bacon, or Sausage and Cheese	5.75
w/ Steak (No Cheese)	6.50
w/ Turkey or Turkey Bacon (No Cheese)	6.00
w/ Tomato & Low Fat Alpine Lace	4.99
w/ Avocado	5.99
Western Egg White Sandwich (No Cheese)	5.65
Veggie Egg White Sandwich (No Cheese)	5.50

Power Up Oatmeal

w/ 1 Scoop of Vanilla Whey Protein & w/ Blueberry, Banana, or Strawberry 5.50

Bagels & More

Bagel (20 Varieties)	1.18
w/ 100% Pure Butter	2.12
w/ Hummus 3.75 w/ Jelly or Jam	2.12
w/ Peanut Butter and Jelly	3.75
w/ Nova Spread	4.25
w/ Cream Cheese 3.06 By LB	7.00
w/ Tofu (Non-Dairy Cream Cheese) 3.75 8 Oz	5.50
w/ Flavored Cream Cheese 3.43 By LB	8.00

Plain	Hummus	Sundried Tomato
Low Fat Plain	Hot and Spicy	Strawberry
Scallion	Vegetable	Apple Cinnamon
Low Fat Scallion	Olive & Pimento	Nova Lox
Veggie Low Fat	Walnut Raisin	

PAULI'S BAGEL	8.15
Cream Cheese, Sliced Nova, & Tomato	
1/2 Dozen Bagels	6.00
Bakers Dozen Bagels	11.00
Assorted Muffins	2.35
w/ 100% Pure Butter	2.65
Oatmeal	3.45

3 Egg Omelette Sandwiches

SERVED ON ROLL, PORTUGUESE ROLL, GRAIN, BAGEL, WRAP, WHOLE WHEAT, RYE, OR WHITE

Omel. Sandwich 4.00 w/ Cheese	4.30
w/ Ham, Bacon, or Sausage & Cheese	5.40
w/ Pastrami & Cheese Omelette	5.75
w/ Steak & Cheese Omelette	6.25
w/ Turkey & Cheese Omelette	5.75
Bacon Omelette Sandwich (No Cheese)	5.10
Meat Omelette Sandwich (No Cheese)	6.15
Western Omelette Sandwich (No Cheese)	5.50
Veggie Omelette Sandwich (No Cheese)	5.25

EXTRA: EGG .75 • SIDE OF HOMEFRIES 3.25
SIDE OF BACON, SAUSAGE, OR HAM: 2.75
TURKEY BACON: 3.95 • AVOCADO ON SANDWICH: 1.85
HOMEFRIES ON A SANDWICH .95 EXTRA
GLUTEN FREE TOAST .99 EXTRA

Egg White Omelette	
served with Grain Toast	5.95
w/ Low Fat Alpine Lace	6.45
w/ Ham, Bacon, or Sausage	7.15
Meat & Cheese Omelette	7.75
Steak & Cheese Omelette	8.15
Turkey or Turkey Bacon & Cheese Omelette	7.75
Veggie Omelette	7.35
Western & Cheese Omelette	7.35
Spinach, Feta, & Tomato Omelette	7.55
Avocado, Broccoli, & Roasted Peppers Omelette	7.75

3 Egg Omelette

SERVED WITH HOMEFRIES & WHITE TOAST

3 Egg Omelette Platter	5.50
w/ Cheese	5.90
w/ Ham, Bacon, or Sausage	6.85
w/ Spinach, Feta & Tomato	7.15
Meat Omelette (No Cheese)	7.75
Western Omelette (No Cheese)	6.95
Veggie Omelette (No Cheese)	6.65
Steak Omelette (No Cheese)	8.15
Turkey Omelette (No Cheese)	7.55

French Toast / Pancakes

SERVED WITH BUTTER & SYRUP

French Toast or Pancakes	5.95
w/ Ham, Bacon, or Sausage	7.95
Short Stack of F. Toast or Pancakes	4.95
w/ Ham, Bacon, or Sausage	6.95
Gluten Free F. Toast or Pancakes	7.75
w/ Ham, Bacon, or Sausage	9.75
Short Stack of Gluten Free French Toast or Pancakes	6.50
w/ Ham, Bacon, or Sausage	8.50

LUNCH

Salads

Garden Or Caesar Salad	5.99
w/ Grilled Chicken	8.99
Garden w/ White Tuna Salad	8.45
Greek Salad	8.45
w/ Grilled Chicken	11.45
Greek Village Salad	8.45
w/ Grilled Chicken	11.45
Avocado Salad w/ Cranberries, Walnuts, and Gorgonzola Cheese	8.65
w/ Grilled Chicken	11.65



Off the Grill & More

SERVED WITH POTATO CHIPS

Chicken Souvlaki	8.25
Gyro	8.25
Reuben	8.25
Corned Beef, Pastrami, or Turkey Grilled Cheese	5.50
Grilled Cheese w/ Ham & Tomato	6.85
Veggie Burger w/ Lettuce & Tomato Veggie Sandwich	7.65
Hummus, Roasted Peppers, Lettuce, Tomato, Cucumber, Spinach, & Kalamata Olives	7.65
BLT	6.90
Tuna Melt	8.50
Turkey Club	8.50
Lettuce, Tomato, Mayo, & Bacon	

♥ Diet Dishes

Grilled Chicken with	9.99
1 Broccoli, & Wild Rice	
2 Mixed Vegetables, & Wild Rice	
3 Feta Cheese, Tomato, Spinach, & Wild Rice	
4 Fresh Basil, Broccoli, & Tomato (no rice)	
5 Avocado, & Broccoli (no rice)	
Grilled Chopped Steak with	10.99
1 Avocado, Feta Cheese, & Wild Rice	
No Substitutions	

Specialties

ALL SPECIALTIES SANDWICHES COME WITH POTATO CHIPS
 SERVED ON A GRINDER 9.75, ON A ROLL OR WRAP 8.75

- 1 Philly Cheese with **Steak or Chicken**
- 2 **Steak & Cheese**
- 3 **American Combo**
- 4 **Italian Combo**
- 5 **Chicken Parmigiana**
- 6 **Hot Roast Beef On Grilled Rye**
w/ Cheddar, Tomato, Grilled Onions, & Russian Dressing
- 7 **Hot Pastrami or Corned Beef On Rye**
w/ Swiss & Mustard

Baked Chicken Outlet with:

- 8 Swiss, Ranch Dressing, Lettuce, & Tomato
- 9 American, Sun Dried Tomatoes, Ham, & Russian Dressing
- 10 Bacon, Cheddar, & BBQ Sauce
- 11 Lettuce, Tomato, Mayo, & Cheese

Grilled Chicken with

- 12 Sun Dried Tomatoes, Spinach, & Cheddar
- 13 Feta, Tomato, Onions, & Olive Oil
- 14 Lettuce, Tomato, Grilled Onions, & Roasted Peppers
- 15 Baked Chicken Outlet with Bacon, Lettuce, Tomato, & Mayo
- 16 Bacon, Swiss, Spinach, & Tomato
- 17 Fresh Mozzarella, Fresh Basil, & Tomato
- 18 Sun Dried Tomatoes, Gorgonzola Cheese, & Pesto Sauce
- 19 Grilled Onions & Swiss Cheese

Grilled Chicken with

- 20 Avocado, Lettuce, Tomato, & Roasted Peppers
- 21 Avocado, Spinach, & Tomato
- 22 Pesto Sauce, Avocado, Fresh Basil, & Tomato

Steak with

- 23 Avocado, Rice, Lettuce, & Tomato
- ON A GRINDER 10.25, ON A ROLL OR WRAP 9.25

GLUTEN FREE WRAPS AVAILABLE