

SOUP & COMBO

| | |
|-------------------------------------|--------|
| Soup or Chili..... | \$3.75 |
| Half Build Your Own Sandwich..... | \$3.59 |
| with Soup or Salad..... | \$6.59 |
| Half Super Sandwich..... | \$4.15 |
| with Soup or Salad..... | \$7.15 |
| Soup & Salad (House or Caesar)..... | \$5.99 |

HEALTHY BOWLS \$6.50

SERVED WITH STEAMED VEGETABLES, TERYAKI SAUCE AND YOUR CHOICE OF RICE AND PROTEIN

| | |
|---------------------------------------|-----------------------------------------------|
| Rice: | Protein: |
| White Rice or Quinoa (205/185 cal) | Chicken, Steak or Salmon (231/388/180 cal) |

GRILLED CHOICES

| | |
|-------------------------------------------------|--------|
| Grilled Cheese (689 cal)..... | \$4.75 |
| With Ham, Turkey or Tuna (897/876/908 cal)..... | \$6.75 |
| Cheese Quesadilla (513 cal)..... | \$4.75 |
| With Grilled Chicken (651 cal)..... | \$6.75 |
| Veggie and Cheese Quesadilla (623)..... | \$6.50 |

MEDITERRANEAN

| | |
|---------------------------------------------------------------------------------------------------------------|--------|
| Falafel Wrap (646 cal)..... | \$7.69 |
| Falafel patties, Hummus, tomatoes, pickles, green leaf lettuce on a flour tortilla with a side of Greek salad | |
| Beef or Chicken Kabob (972/998 cal)..... | \$8.25 |
| Grilled pieces of beef or chicken served with rice, hummus and hot pita bread | |

VALUE MENU

| | |
|-------------------|--------|
| Hot Dog..... | \$2.75 |
| Chili Dog..... | \$3.99 |
| French Fries..... | \$2.99 |
| Nachos..... | \$3.50 |
| w/ Jalapenos..... | \$3.99 |

PIZZA \$5.50

| | |
|------------------|------------------------|
| Cheese (908 cal) | Pepperoni (1109 cal) |
| Veggie (968 cal) | BBQ Chicken (1055 cal) |

COFFEE & TEA

| | S | M | L |
|------------------------------|--------|--------|--------|
| Espresso..... | \$1.50 | \$1.75 | \$2.25 |
| Brewed Coffee..... | \$1.75 | \$2.00 | \$2.25 |
| Café Americano..... | \$2.25 | \$2.75 | \$3.25 |
| Hammerhead..... | \$2.25 | \$2.75 | \$3.25 |
| Cappuccino..... | \$2.75 | \$3.00 | \$3.25 |
| Café Latte..... | \$2.75 | \$3.00 | \$3.25 |
| Vanilla Latte..... | \$3.25 | \$3.75 | \$4.25 |
| Caramel Latte..... | \$3.25 | \$3.75 | \$4.25 |
| Caramel Macchiato Latte..... | \$3.25 | \$3.75 | \$4.25 |
| Hazelnut Latte..... | \$3.25 | \$3.75 | \$4.25 |
| Café Mocha..... | \$3.25 | \$3.75 | \$4.25 |
| White Mocha..... | \$3.25 | \$3.75 | \$4.25 |
| Mexican Mocha..... | \$3.25 | \$3.75 | \$4.25 |
| Tuxedo Mocha..... | \$3.25 | \$3.75 | \$4.25 |
| Hot Chocolate..... | \$2.00 | \$2.50 | \$3.00 |
| Hot White Chocolate..... | \$2.25 | \$2.75 | \$3.25 |
| Hot Mexican Chocolate..... | \$2.25 | \$2.75 | \$3.25 |
| Chai Tea Latte..... | \$3.00 | \$3.50 | \$4.00 |
| Hot Tea..... | \$2.00 | | |

| | | |
|-----------------------|----------------|---------------|
| Extras \$.50 each | | |
| Espresso Shot (\$.75) | Flavored Syrup | Whipped Cream |
| Soy Milk | Caramel Sauce | |

FRAPPE BLENDED COFFEE

| | | |
|--------------------------|--------|--------|
| Comes with whipped Cream | S | M |
| Mocha..... | \$3.75 | \$4.25 |
| Caramel..... | \$3.75 | \$4.25 |

SMOOTHIES \$4.25

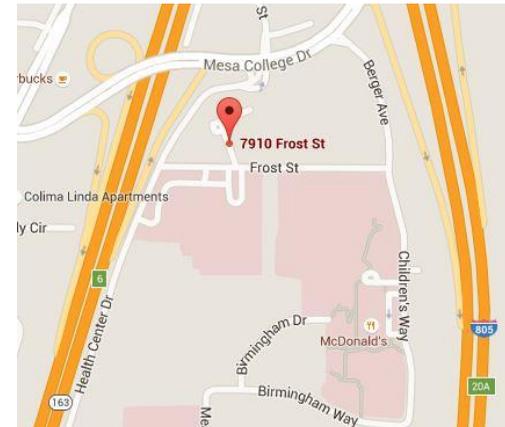
| | |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Razzle Dazzle (289 cal) Strawberry, Mango, Raspberry | Blueberry Bonanza (289 cal) Strawberry, Banana, Blueberry |
| Hawaiian Vacation (295 cal) Pineapple, Mango, Banana | Protein Shake (368 cal) Protein powder, Banana, Milk on Ice |
| Strawberry Fields (279 cal) Strawberry, Banana | Acai Bowl (300 cal) (\$6.25) Acai Scoop, Banana, Strawberry and Granola. Contains Nuts |
| Healthy Green (290 cal) Baby Kale, Spinach, Grapes, Banana, Pineapple | ADD Ginseng, B-Pollen or Protein for only \$0.70 |

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www.takeabreakdeli.com

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Call us for free *** delivery Daily Special**

**We CATER for all
events. Ask for our
catering menu**



**7910 Frost St., #170
San Diego, Ca 92123
Tel: 858.707.7082
Fax: 858.707.7083**



Take-Out
MENU



**We Offer Breakfast, Lunch,
Coffee Bar and Catering**

BREAKFAST

Traditional (760 cal)..... **\$5.89**

2 eggs with your choice of meat: bacon, ham, sausage or turkey served with hash browns and choice of toasted bread

Pancake Combo (788 cal).....**\$5.89**

Stack of pancakes, 2 eggs and choice of ham, turkey, bacon or sausage

Sunrise Sandwich (392 cal)..... **\$3.25**

Your choice of ham, turkey, bacon or sausage with egg and American Cheese on a toasted English Muffin

Bagel Sunrise (421 cal)..... **\$3.75**

Your choice of ham, turkey, bacon or sausage with egg and American cheese on a toasted bagel

Breakfast Croissant (526 cal)..... **\$3.75**

Your choice of ham, turkey, bacon or sausage with 2 egg and American cheese on a flaky croissant

Fresh Bagels (240/360 cal)..... **\$1.50**

Toasted bagel of your choice. **With cream cheese add \$1.00**

With cream cheese and ham or bacon add \$2.25

Toast (130/266 cal).....**\$1.50**

Toasted bread of your choice with butter

Breakfast Burritos (616 cal)..... **\$5.25**

Potato, eggs, cheese and salsa with your choice of ham, turkey, bacon or sausage on a flour tortilla. **No meat less \$1.00**

Veggie Burrito (565 cal)..... **\$5.25**

Potato, eggs, cheese and salsa with avocado, mushrooms & onions on a flour tortilla.

Spinach Swiss Wrap (389 cal)..... **\$4.50**

Fresh Spinach, scrambled eggs & Swiss cheese in a warm tortilla with side of salsa

Ham, Bacon or Sausage Wrap (417 cal)..... **\$4.50**

Honey ham, bacon or sausage, scrambled eggs & shredded jack & cheddar in a warm tortilla with side of salsa

Egg Omelet (735 cal)..... **\$5.49**

Eggs, onions, mushrooms, bell peppers, shredded Jack and cheddar cheese with your choice of Ham, Turkey or Bacon

VEGGIE SANDWICHES \$6.25

Down To Earth (Vegan)

(486 cal)
Fresh avocado, tomatoes, cucumbers, mushrooms, bell peppers, olives, sprouts, green leaf and mustard

Milan (703 cal)

Mozzarella cheese, tomatoes, fresh basil, fresh spinach, pesto sauce, Italian dressing on ciabatta bread

Veggie Delight (717 cal)

Three kinds of cheese (6 pieces), avocado, tomatoes, cucumbers, sprouts, green leaf and mayo

Hummus (689 cal)

Hummus dip, feta cheese, fresh avocado, black olives, tomatoes, cucumbers and green leaf on squaw bread

SALADS

Earthy Delight Salad (307 cal)..... **\$6.49**

Organic green mix, black beans, tomatoes, cucumbers, sprouts, mushrooms, avocado, sunflower seeds with your choice of dressing

Quinoa Salad (536 cal)..... **\$7.25**

Organic spring mix, Quinoa, feta cheese, garbanzo beans, avocado, tomatoes, cucumbers with ginger sesame vinaigrette dressing

Kale Salad (482 cal)..... **\$7.25**

Organic baby Kale mix, feta cheese, green apples, dried cranberries, crispy walnuts, sunflower seeds with honey mustard dressing

Chinese Chicken Salad (585 cal)..... **\$6.49**

Green leaf lettuce, shredded red cabbage, grilled chicken breast, mandarin oranges, silvered almonds, crispy noodles, sesame seeds, with homemade Chinese dressing

Spinach Feta Salad (443 cal)..... **\$6.49**

Organic Spinach, feta cheese, Strawberries, walnuts, raisins with balsamic vinaigrette.

Salmon Salad (589 cal)..... **\$7.50**

Organic green mix, grilled salmon, goat cheese, walnuts, capers, with honey sesame vinaigrette dressing

Tuna Salad (610 cal)..... **\$6.99**

Mixed greens, Tuna scoop, shredded cheese, hardboiled egg, black olives, tomatoes, cucumbers, with light Italian dressing

Caesar Salad (426 cal)..... **\$6.49**

Crisp romaine, shredded parmesan cheese, seasoned croutons with a creamy Caesar dressing

Greek Salad (482 cal)..... **\$6.49**

Crispy Romaine, feta cheese, black olives, tomatoes, cucumbers, red onions, pepperoncinis with herb vinaigrette dressing

Santa Fe Chicken Salad (763 cal)..... **\$6.99**

Crispy romaine, grilled chicken, shredded cheese, avocado, onions, corn, black beans, with ranch chipotle dressing

Chicken Artichoke Salad (660 cal)..... **\$6.99**

Crispy romaine, grilled chicken, feta cheese, marinated artichokes, avocado, tomatoes, cucumbers, with herb vinaigrette dressing

Chef Salad (736 cal)..... **\$6.99**

Mixed greens, Honey Ham, Smoked Turkey, shredded cheese, hardboiled egg, tomatoes, cucumbers with your choice of dressing

Cobb Salad (889 cal)..... **\$7.25**

Mixed greens, grilled chicken, crispy bacon, blue cheese, fresh avocado, hardboiled egg, tomatoes, cucumbers, with your choice of dressing

Buffalo Chicken Salad (902 cal).....**\$7.25**

Mixed greens, grilled chicken with buffalo sauce, bleu cheese, tomato, corn, avocado, hardboiled egg, with buffalo ranch dressing

House Salad (204 cal).....**\$4.99**

Mixed greens, shredded cheese, tomatoes, cucumbers with your choice of dressing

Add grilled chicken to any salad for \$2.00

We CATER for all events. Ask for our catering menu

www.takeabreakdeli.com

BUILD YOUR OWN \$6.50

Includes Mayo, Mustard, Lettuce, Tomatoes

Meats:

Smoked Turkey, Honey Ham, Lean Roast Beef or Pastrami (636-821 cal)

Cheese:

Swiss, Provolone, Cheddar, Jack, Pepper Jack or American (100-160 cal)

Bread:

White, Wheat, Rye, Sourdough, Squaw, French Roll (125-170 cal)

EXTRAS

Bacon (100 cal)..... **\$1.25**

Avocado (50 cal)..... **\$1.00**

Croissant (287 cal).....**\$0.50**

Sprouts (10 cal)..... **\$0.75**

Cheese (100 cal)..... **\$0.75**

Tuna Salad (671 cal)

Served with tomatoes, lettuce, mayo and your choice of cheese

Chicken Salad (642 cal)

Served with tomatoes, lettuce, mayo and your choice of cheese

Egg Salad (421 cal)

Served with tomatoes, lettuce, mayo and your choice of cheese

BLT (887 cal)

Bacon, lettuce, tomatoes and mayo on toasted bread

SUPER SANDWICHES \$7.25

Super California (875 cal)

Smoked Turkey, bacon, cheddar, avocado, tomato, sprouts and mayo

Super Club (867 cal)

Smoked Turkey, honey ham, bacon, jack, tomato, lettuce, mayo and mustard

Super Turkey Gouda (729 cal)

Smoked Turkey, smoked gouda cheese, tomato, lettuce with pepperhouse gourmet sauce on torta bread

Super Delicious (849 cal)

Lean roast beef, smoked Turkey, provolone, tomato, lettuce, mayo and mustard

Super BLT (1018 cal)

Crispy bacon, cream cheese, avocado, tomatoes, lettuce and mayo

WRAPS \$7.25

Your choice of flour, wheat, spinach or sun dried tomato tortilla

Feta Chicken (782 cal)

Grilled chicken breast, feta cheese, romaine lettuce, tomatoes, cucumbers, olives, red onions, pepperoncinis and vinaigrette dressing

Chicken Caesar (752 cal)

Tuna salad, chicken breast, parmesan cheese, romaine lettuce, and a creamy Caesar dressing

Thai Chicken (713 cal)

Grilled chicken breast, green mix lettuce, shredded cabbages, silvered almonds, sesame seeds, crunchy noodles and Thai peanut sauce

Ginger Salmon (807 cal)

Grilled salmon, organic spring mix, goat cheese, walnuts with ginger sesame vinaigrette dressing

MJ's Wrap (790 cal)

Tuna salad, pepper jack cheese, avocado, tomatoes, pickles and lettuce

PANINIS \$7.49

Chicken Artichoke (875 cal)

Hot chicken breast, Swiss cheese, marinated artichoke hearts, tomatoes, mayo and mustard on herb focaccia bread

Ham Torta (728 cal)

Honey ham, melted jack cheese, avocado, red onions, jalapenos, tomato and mayo on warm torta bread

Tuna Melt (701 cal)

Albacore tuna, melted Cheddar, Avocado, tomatoes with Italian dressing on herb focaccia bread

Tuscany Turkey (661 cal)

Smoked turkey, melted jack cheese, sun-dried tomatoes, mayo and mustard on sourdough bread

Veggie Lovers (689 cal)

Grilled onions, provolone cheese, spinach, avocado, bell peppers, mushrooms, olives, tomatoes on focaccia bread

HOT SANDWICHES \$7.49

Reuben (768 cal)

Pastrami, melted Swiss cheese, sauerkraut and thousand island dressing on Rye bread

French Dip (731 cal)

Hot lean roast beef, with melted jack cheese in a warm French roll with Au jus dip

Hot Delicious (698 cal)

Hot smoked turkey, melted jack cheese, avocado, lettuce, tomatoes and mayo on pita bread

Ranch Chipotle Chicken

(708 cal)

Grilled chicken, melted jack cheese, tomatoes, lettuce with ranch chipotle sauce on a toasted French Roll

Spin Wheel Chicken (743 cal)

Grilled chicken, melted pepper jack cheese, avocado, tomatoes, lettuce and buffalo sauce on ciabatta

Philly Cheese Steak (798 cal)

Thinly sliced steak with grilled onions, bell peppers, melted provolone cheese and mayo on a French Roll

BURGERS \$6.99

Served with side of salad and Brioche bun

Cheese Burger (1188 cal)

Beef Patty with melted American cheese, tomatoes, red onions, lettuce, ketchup, mayo and mustard

Veggie Burger (902 cal)

Veggie patty, melted Swiss cheese, avocado, tomatoes, sprouts, mayo and mustard

Chicken Supreme Burger

(993 cal)

Grilled chicken breast, melted provolone cheese, avocado, tomatoes, lettuce and Italian dressing

