

## 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

## 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

## SNACKS & DRINKS

Chips.....	\$1.00
Dirty Chips.....	\$1.50
Candy.....	\$1.25
Gum.....	\$1.75
Muffins.....	\$2.25
Scones.....	\$2.95
Chocolate Croissant.....	\$2.95
Cake Bar.....	\$2.95
Bottle Soda.....	\$1.99
Can Soda.....	\$1.00
Gatorade.....	\$2.50
Redbull.....	\$2.50
And much more.....	



## 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
Café Mocha.....	\$3.25	\$3.75	\$4.25
White 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
Chai Tea Latte.....	\$3.00	\$3.50	\$4.00
Hot Tea.....		\$2.00	

Extras \$ .50 each

Espresso Shot (\$.75)	Flavored Syrup	Whipped Cream
	Almond 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

**Hawaiian Vacation** (295 cal)  
Pineapple, Mango, Banana

**Acai Bowl** (300 cal) (\$6.25)  
Acai Scoop, Banana, Strawberry and Granola. Contains Nuts

**Blueberry Bonanza** (289 cal)  
Strawberry, Banana, Blueberry

**Serving BOARS  
HEAD meat, the  
finest meat  
around!**

**Different soup and  
special every day!!**

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

**SERVING ALL  
RANCHO BERNARDO**

**Tel: 858.924.8616**

**www.takeabreakdeli.com**



**Take-Out  
MENU**



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

## BREAKFAST

- 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 2 eggs and American cheese on a toasted bagel
- Breakfast Croissant** (526 cal)..... **\$3.75**  
Your choice of ham, turkey, bacon or sausage with 2 eggs 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.
- 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, green leaf and mustard

**Veggie Delight** (717 cal)  
Three kinds of cheese (6 pieces), avocado, tomatoes, cucumbers, green leaf and mayo



## SALADS

- Quinoa Salad** (536 cal)..... **\$7.25**  
Organic spring mix, Quinoa, feta cheese, garbanzo beans, avocado, tomatoes, cucumbers with ginger sesame vinaigrette dressing
- Chinese Chicken Salad** (585 cal)..... **\$6.49**  
Green leaf lettuce w/shredded carrots, grilled chicken breast, mandarin oranges, silvered almonds, crispy noodles, sesame seeds, with homemade Chinese dressing
- Tuna Salad** (610 cal)..... **\$6.99**  
Green leaf lettuce w/shredded carrots, Tuna scoop, shredded cheese, hardboiled egg, black olives, tomatoes, cucumbers, with balsamic 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**

## 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**      **Croissant** (287 cal).. **\$0.50**  
**Avocado** (50 cal)..... **\$1.00**      **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, lettuce and mayo
- Super Club** (867 cal)  
Smoked Turkey, honey ham, bacon, jack, tomato, lettuce, mayo and mustard
- 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 or spinach tortilla**

- Feta Chicken** (782 cal)  
Grilled chicken breast, feta cheese, romaine lettuce, tomatoes, cucumbers, olives, red onions, and vinaigrette dressing
- Thai Chicken** (713 cal)  
Grilled chicken breast, green mix lettuce, slivered almonds, sesame seeds, crunchy noodles and Thai peanut sauce
- Chicken Caesar** (752 cal)  
Grilled chicken breast, parmesan cheese, romaine lettuce, and a creamy Caesar 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 Roll** (728 cal)  
Honey ham, melted jack cheese, avocado, red onions, jalapenos, tomato and mayo on warm French roll
- 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

- Tuna Melt** (701 cal)  
Albacore tuna, melted Cheddar, Avocado, tomatoes with Italian dressing on herb 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 wheat 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 Sourdough bread.

## 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
- Chicken Supreme Burger** (993 cal)  
Grilled chicken breast, melted provolone cheese, avocado, tomatoes, lettuce and vinaigrette dressing
- Veggie Burger** (902 cal)  
Veggie patty, melted Swiss cheese, avocado, tomatoes, lettuce, mayo and mustard

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

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