

The Deli at Kate's

Open Monday - Friday 9:00 - 4:00
451 University Blvd. Harrisonburg VA
540-432-6240

WRAPS

* *Turkey and Cheese*

Turkey Breast, Provolone Cheese, Cucumber,
Tomato, Romaine Lettuce

* *Chicken Salad with Grapes*

Chicken, Celery, Onions, Mayonnaise, Grapes,
Walnuts, Sea Salt, Pepper

* *Curried Chicken Salad*

Chicken Breast, Curry Powder, Organic Onion,
Celery, Mayonnaise

* *Dill Tuna*

Albacore Tuna, Dill, Organic Onion, Celery,
Parsley, Vegenaise, Pepper

* *Spicy Vegetable Wrap*

Spicy Hummus, Organic Spinach, Red Bell
Pepper, Organic Carrot, Cucumber, Tomato

* *Tex Mex Wrap*

Organic Black Beans with Garlic, Sliced
Avocado, Sour Cream, Salsa, Romaine Lettuce

* Available in Mini Size

Gluten Free Wraps Available Upon Request

SOUPS

Soups Change Daily

SALADS

Chicken Salad with Grapes

Chicken, Celery, Onions, Mayonnaise, Grapes,
Walnuts, Sea Salt, Pepper

Curried Chicken Salad

Chicken Breast, Curry Powder, Organic Onion,
Celery, Mayonnaise

Dill Tuna Salad

Albacore Tuna, Dill, Organic Onion, Celery,
Parsley, Vegenaise, Pepper

Chicken Taco Salad

Chicken Breast, Taco Seasoning, Avocado,
Romaine Lettuce, Tomato, Cheddar Cheese,
Sour Cream, Mild Salsa, Black Beans

Cranberry Walnut Salad

Spinach, Romaine, Dried Cranberries, Walnuts,
Feta Cheese, Light Raspberry, Walnut
Vinaigrette

Greek Salad

Spinach, Romaine, Red Pepper, Cucumber,
Tomato, Olives, Feta Cheese, Bragg's Vinaigrette

Hummus

Organic Garbanzos, Tahini, Lemon Juice, Garlic,
Toasted Sesame Oil, Cayenne, Sea Salt, Black
Pepper

PIZZA

Available on Tuesday

Three Cheese, Vegetable, and Alfredo

Quiche

Available on Wednesday

Chicken Pecan or Broccoli and Cheddar

Spring Rolls

Available on Thursday during
Spring and Summer months.

Pot Pie

Chicken or Veggie

Available on Thursday during
Fall and Winter months.

SMOOTHIES

No sugary syrups or mixes!

Strawberry Banana

Mixed Fruit

Blueberry Banana

Mixed Berry

Strawberry Cantaloupe

Celeberry

Cherry Berry

Acai

You can add:

Whey Protein

Perfect Food

Yogurt

Green Tea