

WELCOME TO THE PALM DELI

BREAKFAST

PALM BURRITO \$8.95
Eggs, bacon, sausage, potatoes, black beans, onions, peppers and cheese wrapped in a warm flour tortilla.

EGG & CHEESE BURRITO \$7.50
Eggs and cheese wrapped in a warm flour tortilla.

NATURE'S BEST BURRITO (Vegetarian) \$8.50
Sautéed veggies, eggs and cheese wrapped in a warm flour tortilla.

SALSAS
Served on the side; your choice of
- chipotle - pico de gallo
- tomatillo - mango-peach.

BASIC BURRITO \$7.50
+ MEAT (bacon, sausage, chorizo) \$8.50
Eggs, cheese and potato wrapped in a warm flour tortilla.

FIESTA BURRITO \$8.95
Chorizo, bacon, eggs, cheese and mexican rice wrapped in a warm flour tortilla.

BREAKFAST SANDWICH \$8.95
Egg, bacon and cheese; choice of bread, english muffin or bagel with a light spread of mayo and mustard.

MEXICAN BREAKFAST SANDWICH \$10.95
Egg, bacon, sausage, cheese and green chili; choice of bread with salsa mayo.

We only use **Glaum Egg Ranch** eggs from our local, cage-free ranch right here in Aptos.

GREAT START TO THE DAY \$5.50
Toasted english muffin with peanut butter and thinly sliced apples or bananas.

SMOOTHIES & MILKSHAKES \$5.50
All fruit smoothies – yogurt on request.

GLAUMLETTE \$7.95
2-egg omelette filled with bacon, onions, cheese and peppers; served with a scoop of potato hash.

PALM BREAKFAST \$8.50
2 eggs any style, 4 strips of bacon, toast with butter.

AVOCADO TOAST \$6.50
Fresh avocado with salt & pepper on two slices of your choice of toasted whole wheat, sourdough or rye bread.
+ hard-boiled egg (each) +\$1.50 + 2 fried eggs +\$3.00
+ hummus +\$1.00 + sauerkraut +\$1.00
+ tomato, onion & sprouts +\$1.00

BAGELS
Plain, blueberry, onion, or everything. Served toasted with ...
... butter \$3.00
... cream cheese \$3.95
... sun-dried tomato spread \$4.50
... cc, tomato, onion & sprouts \$5.50

AÇAI BOWL \$9.50 | \$12.50
Optional flavors; pitaya or matcha
Topped with seasonal fresh fruit and hemp granola, honey and sprinkled coconut. Dairy-free. Gluten-free granola available.

Greek Yogurt Parfaits \$5.95
Vanilla bean Greek yogurt layered with hemp granola, mixed berries and drizzled with honey on top.

Palm's Paleo Protein Bowl \$9.50
Roasted sweet potatoes sautéed with caramelized onions, black beans, red bell peppers, spinach topped with a fried egg and avocado. Add one of our house-made salsas on the side.

COLD SANDWICHES

BIRD OF PARADISE \$12.95
Roast turkey, bacon, provolone, tomato, avocado, mayo and lettuce on sliced sourdough.

THANKSGIVING EVERY DAY \$11.50
Roast turkey and soft brie nestled on sliced sourdough with sweet cran-raspberry sauce, mayo and lettuce.

PACIFIC PASTRAMI \$9.50
Pastrami, swiss and Palm sauce on sliced rye with lettuce, tomatoes and pickles.

PALM BLT \$8.50
Bacon, lettuce and tomato on toasted sliced sourdough with a generous spreading of mayo.
+ avocado + \$2.00

BUFFALO SOLDIER \$9.50
Thinly sliced buffalo chicken breast layered on sliced sourdough with blue cheese, buffalo sauce and mayo, havarti, sliced celery and lettuce.

HAWAIIAN HEAVEN \$9.50
Thinly sliced ham, pineapple chutney, honey mustard, lettuce, swiss and mayo on sliced sourdough.

THE ITALIAN JOB \$9.50
Salami and cheddar served on sliced sourdough and covered with Palm sauce; pepperoncinis, pickles, tomatoes, onions and lettuce.

LA FIESTA \$10.95
Buffalo chicken breast, avocado, jalapeños, pepper jack, cilantro, mango salsa and mayo on sliced sourdough.

CHICKEN CAESAR WRAP \$10.50
Chicken, romaine, parmesan, house-made croutons and creamy house caesar in a spinach wrap.

CHICKEN BACON RANCH WRAP \$10.95
Smoked chicken, bacon, ranch and lettuce in a spinach wrap.

GLAUM'S EGG NEST \$7.95
The Palm's egg salad on sliced whole wheat with mayo, lettuce and tomatoes.

HALF SANDWICH OPTION \$5.50
Available for any sandwich on the menu except for Daily Specials.

SUNSET ROAST \$9.50
Roast beef and cheddar on sliced sourdough with mayo, lettuce, tomato and onion. Horseradish and BBQ sauce on request.

CHICKEN OF THE SEA \$9.50
Palm's tuna salad; a perfect blend of mayo, onion, celery and sweet pickles. Swiss or cheddar with tomato, lettuce and mayo on sliced sourdough. Try it as a panini!

CLASSIC PB&J \$4.95
Peanut butter and jelly on sourdough bread. I mean, come on.

VEGGIE

FIELD OF DREAMS \$9.50
Garlic-grilled portobella mushrooms, sautéed onions, spinach and red peppers; served on toasted ciabatta roll, melted gouda and havarti, red pepper aioli.

PALM VEGGIE PANINI \$8.50
Avocado, pepper jack, pepperoncinis, sprouts, pickles and tomatoes with Palm sauce, panini-pressed on ciabatta roll.

GARDEN BURGER \$7.95
Black bean veggie patty served on toasted english muffin with lettuce, sprouts, tomatoes, onions, and red pepper aioli.

CALIFORNIA DREAMIN' \$8.50
Hummus, choice of cheese, sliced cucumber, avocado, tomato, sprouts, lettuce and onions, sliced whole wheat.

DAILY SPECIALS

MON MEATBALL MADNESS \$12.50

Succulent, moist meatballs, split and topped with homemade marinara, caramelized onions and provolone, cradled in a toasted roll.

FRI BBQ CHICKEN TPD STYLE \$12.50

Thinly sliced smoked chicken drenched in the Palm's BBQ sauce, topped with our spicy pineapple relish and melted cheddar on a toasted roll.

TUES PESTO CHICKEN HEAVEN \$12.50

Thinly sliced smoked marinated chicken breast topped with marsala grilled onions, sliced tomato, pesto mayo and melted provolone on a toasted roll.

EVERY DAY MEATLOAF LOVER'S \$11.95

The Palm's meatloaf on a toasted roll with BBQ sauce, mayo, melted cheese and lettuce.

WED PIGGY IN PARADISE \$12.50

Slow-roasted smoked pulled pork smothered in Palm BBQ sauce, stuffed in a toasted roll and topped with melted cheddar and tropical slaw.

EVERY DAY BBQ TRI-TIP \$14.50

House Smoked tri-tip steak served on a toasted roll with BBQ sauce, mayo, sautéed onions, cheddar and lettuce.

THURS PHILLY CHEESESTEAK \$14.50

Grilled steak, sweet peppers and onions served on a toasted roll with melted provolone and mayo.

DAILY SOUP ADVENTURE

Flavors change daily; just ask your server what's available today!
8 oz. \$5.50
16 oz. \$10.50

PANINI & GRILLED

ISLAND REUBEN \$9.50

Pastrami, sauerkraut, swiss and caramelized onions. Served with Palm's thousand-island on grilled rye.

ERICKA'S FAVORITE \$9.50

Roast turkey, pesto mayo, dill havarti; served on herbed flatbread with pepperocinis, spinach, red onions and sliced tomato.

PRIMETIME AT THE PALM \$13.50

Roast beef, cheddar and sautéed sweet onion stuffed in a toasted roll with mayo and smokey BBQ sauce. Horseradish on request.

FUEGO JOE \$11.75

Spicy! Buffalo chicken breast, avocado, tomatoes, dijon, cholula sauce, pepper jack, jalapeños, pickles and onions on sliced sourdough.

POLY DOLLY \$10.50

Roast turkey, brie, green apple with mayo on sliced sourdough.

GRILLED CHEESE \$6.50

Your choice of cheese, grilled on your choice of bread.

CHICKEN PARM PANINI \$8.95

Sliced buffalo chicken breast, provolone with marinara sauce and mayo; grilled on sliced sourdough.

VILLAGE PANINI \$8.95

Garlic-grilled portobella mushrooms, sautéed onions, smoked gouda and mayo on sliced sourdough.

SOUTHWEST GRILLED CHEESE \$7.50

Chipotle pesto, cheddar, sliced red onion, tomato and cilantro; grilled to perfection on sliced sourdough.

JACK'S SPECIAL \$8.95

Roast turkey, pesto mayo and provolone on sliced sourdough.

PALM MUFFALETTA \$10.50

Ham, salami and pastrami blended together and topped with olive tapenade; grilled with mayo and provolone on a Ciabatta roll.

Cheese quesadilla (with salsa) \$6.50
+ CHICKEN \$2.95

BUILD YOUR OWN SANDWICH \$8.50

• COLD or PANINI STYLE •

BREADS

Sliced Sourdough
Sliced Whole Wheat
Sliced Rye
Gluten-free Bread (+\$1.00)
Sourdough Roll
Ciabatta Roll
Garlic Rosemary
Spinach Wrap
Herbed flatbread

CONDIMENTS

Mayo
Pesto Mayo
Palm Sauce
Mustard
Dijon Mustard
Honey Mustard
BBQ Sauce

MEATS

Turkey
Ham
Smoked Chicken
Buffalo Chicken
Roast Beef
Pastrami
Salami
Tuna
Egg Salad

CHEESES (+\$1.00)

Cheddar
Pepper Jack
Provolone
Swiss
Smoked Gouda
Havarti
Dill Havarti
Brie (+\$2.00)

VEGGIES

Tomato
Lettuce
Onion
Pickles
Cucumber
Sprouts
Spinach
Pepperoncini

EXTRAS

Bacon (4 slices) \$2.50
Avocado \$2.00
Jalapeño .25¢
Cranberry Sauce \$1.00
Hummus \$1.00
Pesto \$1.00
Cream Cheese \$1.00
Artichoke Hearts \$1.00
Additional Meat Portion \$2.95

GLUTEN-FREE: Every Palm Deli sandwich can also be prepared as a lettuce wrap.

SALADS

TIGER \$8.95

Shredded cabbage, carrots, bell peppers, green onions, cilantro, crunchy noodles and chopped peanuts with an oriental dressing.

WILD BUFFALO \$8.95

Chopped romaine and, tortilla strips, shredded carrots, celery, green onions and blue cheese crumbles; ranch dressing.

GREEK ISLE \$8.95

Spinach, sweet baby tomatoes, red onion, kalamata olives, cucumber and feta; balsamic vinaigrette.

MEXICAN FAN \$8.95

Crispy lettuce, corn, spicy smoked chicken topped with red bell peppers, feta cheese, black beans and cilantro; southwest caesar dressing.

MAJESTY \$7.50

Chopped romaine, house-made croutons, shredded parmesan; creamy caesar dressing.

DOUG'S HEALTHY \$9.95

Spinach, hard-boiled egg, garbanzo and black beans, feta, red peppers and tomatoes; balsamic vinaigrette.

SUNSET \$8.95

Spinach, red onions, crumbled blue cheese, dried cranberries and sunflower seeds; raspberry vinaigrette.

SIMPLE SIDE SALAD \$6.50

Lettuce, tomatoes, onions, garbanzos and cucumbers, choice of dressing.

Extra dressing cup + \$1.00

ADD TRI-TIP to any salad + \$7.00
ADD CHICKEN to any salad + \$2.95