

Heart Healthy Menu

"Eat Light Today"

- ♥ **Honey Mustard Turkey - \$6.95**
Fresh sliced turkey breast dressed with spinach, tomatoes, red onions and low fat honey mustard served on a wheat bun.
- ♥ **Healthy Tuna Salad - \$6.95**
Spitale's homemade Tuna Salad dressed with spinach, tomatoes and red onions (no extra mayo) served on a wheat bun.
- ♥ **Healthy Grilled Tuna - \$6.95**
Grilled Tuna Steak dressed with spinach, tomatoes, red onions and creole mustard served on a wheat bun.
- ♥ **Healthy Grilled Shrimp - \$6.95**
Grilled Gulf Shrimp dressed with spinach, tomatoes, red onions and low fat honey mustard served on a wheat bun.
- ♥ **Healthy Grilled Chicken - \$6.95**
Grilled chicken dressed with spinach, tomatoes, red onions, and creole mustard served on a wheat bun.
- ♥ **Stuffed Tomato - \$8.95**
Vine ripe tomato stuffed with your choice of Tuna or Chicken Salad, served on a bed of lettuce with olives, pickles and red onions.

*All sandwiches available on wheat french
Add \$2 for 9" • Add \$3 for 12"*

Let

SPITALE'S
Deli
& Catering

Cater your...

- *Office Luncheon*
- *Office Party*
- *House Party*
- *Business Meeting*

Call for our Business & Catering Menu

Ask about Delivery -
Prices subject to change

(504) 837-9912



SPITALE'S
Deli
& Catering

(504) 837-9912

Fax (504) 837-5462

www.SpitalesDeli.com

2408 N. Arnoult Rd.
Metairie, LA 70001

Open Monday - Friday 10:00 a.m. - 2:00 p.m.
Saturday 10:00 a.m. - 1:00 p.m.

Sandwiches

	Bun/Slice or Half Poboy (5")	Regular 9" Poboy	Large 12" Poboy
Steak & Cheese	\$6.95	\$7.95	\$8.95
Roast Beef (au jus)	\$5.95	\$6.95	\$7.95
Roast Beef (Cold/Grilled)	\$5.95	\$6.95	\$7.95
Italian Sausage	\$5.95	\$6.95	\$7.95
Hot Sausage	\$5.95	\$6.95	\$7.95
Veal Cutlet	\$5.95	\$6.95	\$7.95
Veal Parmesan	\$6.95	\$7.95	\$8.95
Fried Chicken Breast	\$5.95	\$6.95	\$7.95
Fried Chicken Parmesan	\$6.95	\$7.95	\$8.95
Grilled Chicken Breast	\$5.95	\$6.95	\$7.95
Grilled Chicken Parmesan	\$6.95	\$7.95	\$8.95
Eggplant Parmesan	\$5.95	\$7.95	\$8.95
Meatball	\$5.95	\$6.95	\$7.95
BBQ Beef	\$5.95	\$6.95	\$7.95
Pulled Pork	\$5.95	\$7.95	\$8.95
Ham (Cold/Grilled)	\$4.45	\$5.95	\$6.95
Ham & Cheese (Cold/Grilled)	\$4.95	\$6.95	\$7.95
Turkey (Cold/Grilled)	\$5.95	\$6.95	\$7.95
Dirty Turkey	\$6.95	\$7.95	\$8.95
Pastrami (Cold/Grilled)	\$5.95	\$7.95	\$8.95
Ham, Roast & Cheese	\$5.95	\$7.95	\$8.95
Turkey, Pastrami & Cheese	\$5.95	\$7.95	\$8.95
Hamburger	\$3.95	\$5.95	\$6.95
Cheeseburger	\$4.95	\$6.95	\$7.95
Bacon Cheeseburger	\$5.95	\$7.95	\$8.95
Fried Shrimp	\$5.95	\$7.95	\$8.95
Grilled Shrimp	\$5.95	\$7.95	\$8.95
Fried Catfish	\$5.95	\$6.95	\$7.95
Grilled Catfish	\$5.95	\$6.95	\$7.95
Fried Oyster	\$6.95	\$8.95	\$9.95
Grilled Tuna	\$5.95	\$7.95	\$8.95
Chicken Salad	\$5.95	\$6.95	\$7.95
Tuna Salad	\$5.95	\$6.95	\$7.95
Chicken Salad Club	\$7.49		
Tuna Salad Club	\$7.49		
Turkey Club	\$7.49		
Turkey & Ham Club	\$7.49		
B.L.T.	\$4.95		
Grilled Cheese	\$3.95		

- Dressed 25¢ extra
- Lettuce, Tomato, Mayo & Pickle
- Cheese 50¢ extra
- Wheat French 50¢ extra
- Wheat Buns Available Add 25¢

Hot Lunches

SPECIALS OF THE DAY (Includes Salad & Bread)

Monday - Red Beans & Rice with Smoked Sausage, Veal, Grilled Chicken, Hot Sausage	\$8.99
Tuesday - Meatloaf with Baked Macaroni	\$8.99
Wednesday - Baked Chicken with Baked Macaroni	\$8.99
Thursday - Lasagna	\$8.99
Friday - Seafood Plates	

Daily Seafood Specials

Fried Catfish Plate	\$10.99
Fried Shrimp Plate	\$11.99
Fried Oyster Plate	\$12.99
Combination Platter (Shrimp & Catfish)	\$12.99
Seafood Platter	\$14.99
<i>Seafood specials served with Fries and your choice of Green Salad or Potato Salad (Jambalaya Fridays Only)</i>	

Salads

Dressings: Lite Italian, Blue Cheese, 1000 Island,
Spitale's House Ranch Dressing, Honey Mustard

Chef Salad	\$8.99
Grilled Chicken Salad	\$7.99
Caesar Salad	\$6.99
Grilled Chicken Caesar	\$7.99
Grilled Tuna Salad	\$8.99
Grilled Shrimp Salad	\$8.99
Tuna Salad Plate	\$7.99
Chicken Salad Plate	\$7.99
Side Salad	\$2.99
Fried Shrimp Salad	\$8.99
Fried Oyster Salad	\$11.99

Daily Specials - \$9.95

- Meatballs & Spaghetti
- Italian Sausage & Spaghetti
- Veal Parmesan & Spaghetti
- Fried Chicken Parmesan & Spaghetti
- Grilled Chicken Parmesan & Spaghetti
- Eggplant Parmesan & Spaghetti
- Hamburger Steak & Mashed Potatoes
- Veal Cutlet & Mashed Potatoes
- Fried Chicken Breast & Mashed Potatoes
- Grilled Chicken Breast & Mashed Potatoes

**Call for Chef's
Special, Soup and/or
Gumbo of the Day**

**Heart Healthy
Menu
on Back**

Potato Salad		
1/2 pt. \$1.99	Pint \$3.99	
Tuna Salad		
1/2 pt. \$3.99	Pint \$6.99	
Chicken Salad		
1/2 pt. \$3.99	Pint \$6.99	

* Prices are subject to change

Homemade Muffalettas

1/4 - \$4.95 • 1/2 - \$7.95 • Whole - \$12.99
French Fries \$1.99 Cheese Fries \$4.95

Spitale's Deli & Catering

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Try Spitale's Homemade Garlic Ranch Dressing

Also sold by the pint - \$5.95