

## 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.SpitalDeli.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)

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