

## Soup *Available Seasonally*

- Soup of the Day** ..... \$4.49 \$7.29  
8oz or 16oz with Crackerbread on the side
- Family Size Soup** ..... \$13.49  
32oz of soup in a take out container

## Salads

Includes crackerbread (excludes side salad).

- **Side Salad**..... \$3.99  
spring greens, tomato, cucumber, carrots with choice of garlic aoli, thousand island or balsamic vinaigrette
- **Turkey Bacon Avocado Salad** .... \$9.99  
turkey, bacon bits, avocado, tomato, cucumber, roasted red pepper, baby carrots, spring greens with choice of garlic aoli, thousand island or balsamic vinaigrette dressing
- **Chicken Salad Salad** ..... \$8.99  
chicken salad, carrots, cucumber, roasted red pepper, springs greens drizzled with balsamic vinegarett
- **Hummus Salad**..... \$8.99  
hummus, carrots, cucumber, roasted red pepper, onion, spring greens

- Egg Free
- Dairy Free
- Vegetarian

## Sandwiches

Includes carrots or chips. Substitute chips with 8oz soup or side salad add \$1.99. Substitute bread with Everyone's Bread add \$0.75, Grain Free Bread (when available) add \$2.00. Pickle upon request.

### Specialty Sandwiches

- Dempsey Club** ..... \$9.99  
turkey, ham, bacon, cheddar, swiss, tomato, spring greens, garlic aoli on a toasted Classic deli bun
- Turkey Reuben** ..... \$9.99  
turkey, swiss, sauerkraut, thousand island on a Wrye-Not deli bun
- **Avocado Veggie**..... \$7.99 \$9.99  
avocado, cheddar, roasted red pepper, tomato, spring greens, garlic aoli, season salt on toasted Everyone's Bread
- **Hummus Veggie**..... \$8.99  
hummus, cucumber, roasted red pepper, onion, spring greens, tomato on a Classic deli bun

### Sandwich Favorites

- |   | Half   | Whole  |
|---|--------|--------|
| <b>Deli</b> .....   | \$7.99 | \$9.99 |
| choose turkey or ham, cheddar or swiss, garlic aoli or mustard with tomato, spring greens on toasted Everyone's Bread |        |        |
| <b>Melt</b> .....   | \$7.99 | \$9.99 |
| choose turkey, ham, bacon or pepperoni, cheddar or swiss with tomato, garlic aoli, melted on Everyones's Bread        |        |        |

- **Chicken Salad** ..... \$8.99  
chicken salad, tomato, spring greens on a Classic deli bun
- **Fancy Grilled Cheese**..... \$5.99 \$7.99  
cheddar cheese, tomato, garlic aoli on Everyone's Bread
- **BLT** ..... \$8.99  
brown sugar glazed bacon, tomato, spring greens, garlic aoli, spicy mustard on Classic deli bun.

## Pizza

Please allow additional time for baking.

- **Cheese Pizza**..... \$9.49  
pizza crust, pizza sauce, mozzarella cheese
- **Dairy Free Cheese Pizza**..... \$11.49  
pizza crust, pizza sauce, dairy free mozzarella cheese
- **Pizza Toppings** ..... \$0.49 \$0.99  
pepperoni, onion, black olives, roasted red peppers, extra cheese

## Extras

- **Potato Chips**..... \$1.25  
sea salt, bbq, salt & pepper
- **Meat** ..... \$1.49
- **Dressing**..... \$0.99
- **Dairy Free Mozz Cheese**..... \$1.49
- **Avocada**..... \$0.99
- **Cheese**..... \$0.99

## Kids Menu

For children 12 and under. Includes carrots or chips. Pickle upon request.

- Kids Grilled Cheese..... \$5.99  
cheddar cheese on Everyone's Bread
- Kids Deli Sandwich ..... \$5.99  
turkey or ham, cheddar on a Classic deli bun

## Drinks

- Iced Tea ..... \$2.25  
sweetened, unsweetened
- Virgil's Soda ..... \$2.25  
cola, rootbeer, cream, zero rootbeer, zero cream
- Sweet Leaf Tea ..... \$2.25  
original, mint honey, peach, raspberry
- Lemonint ..... \$3.00  
orig, black tea, strawberry, rasp, peach
- Blue Sky Soda ..... \$1.25  
cola, orange, lemon lime, cherry vanilla
- Zevia Soda ..... \$1.50  
cola, orange, grape
- Live Soda Kombucha ..... \$4.00  
limon, cola, rootbeer, doctor, ginger
- Dasani Water ..... \$1.00
- Mountain Valley Water ..... \$2.00  
spring, sparkling, blackberry, lemon lime
- Horizon Chocolate Milk ..... \$1.75
- Knudsen Apple Juice ..... \$1.50
- Coffee ..... \$1.50

## Ingredient List

- Chicken Salad  
chicken, mayonnaise, celery, mustard, salt, black pepper
- Humus  
chick peas, sunflower seeds, olive oil, garlic, lemon juice, black pepper, salt, cumin, paprika
- Garlic Aoili  
mayonnaise, garlic, salt, pepper, cayenne pepper, lemon juice
- Thousand Island  
mayonnaise, ketchup, dill pickle, lemon juice
- Balsamic Vinegarette  
balsamic vinegar, maple syrup, olive oil, spicy mustard
- Season Salt  
salt, pepper, cumin, paprika, cayenne, garlic
- Pizza Sauce  
yellow onion, celery, carrots, crushed tomato, tomato paste, salt, black pepper, oregano, thyme, basil, garlic powder, paprika, ground sage, italian seasoning
- Classic Deli Bun/Pizza Crust  
tapioca flour, white rice flour, millet, sugar, olive oil, flaxseed meal, yeast, xanthan gum, salt, cider vinegar
- Everyone's Bread  
sorghum flour, potato starch, arrowroot starch, millet flour, maple syrup, yeast, flaxseed meal, canola oil, cider vinegar, xanthan gum, salt



# Week Day Lunch Menu

*Tuesday - Friday, 11am to 2pm*

*Call ahead and we will have your order ready to go!*

323 S. Cross Street  
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501-375-2257  
dempseybakery.com

*100% Gluten, Soy and Nut Free*