

# Sandwiches & Wraps

*Sandwich: choice of Croissant, Ezekial Bread, or Gluten-Free Bread*

*Wrap: choice of Sweet Potato, Low-Carb, or Gluten Free wrap*

**Chicken Salad** ..... \$7.95

**Egg Salad** ..... \$6.95

**Avocado Toast Sandwich** ..... \$8.95

**Tuna Salad** ..... \$7.95

*Tuna, Vegenaise, Eggs, Celery, and Onion*

**Tuna Melt** ..... \$8.95

*Tuna Salad grilled with Melted Swiss Cheese*

**Grilled Turkey Sandwich** ..... \$8.95

*Turkey, Swiss Cheese, Stoneground Mustard, and Sprouts*

**Turkey Reuben** ..... \$9.95

*Turkey Breast, Swiss Cheese, Sauerkraut, and Honey Mustard*

# Soups

**Cup** - \$3.95    **Bowl** - \$6.50    **Quart** (pre-ordered)

Red Pepper is served daily

*For the Soup of the Day, call or check our FaceBook page.*

**Daily Deal \$8.95** for your choice of two:

**Half Sandwich • Cup of Soup • Small Salad**

*For New Specials of the Day, call or check our Facebook Page.*



# Dover Healthy Alternatives



# Salads

**Italian Salad** ..... \$5.50 / \$7.95

*Pepperoni, Shredded Cheese, Green Olives, Mild Pepper Rings, and served with Parmesan and Garlic Vinaigrette Dressing*



**Cashew Chicken Salad** ..... \$6.75 / \$9.95

*Chicken, Cashews, Onions, Mandarin Oranges, Cajun Sticks, and served with Aisian Dressing*

**Wellness Salad** ..... \$6.25 / \$8.95

*"The Healthiest Salad!" Avocado, Broccoli, Green Olives, Flaxseed Meal, and served with Vinegar and Oil Dressing*

**Chef Salad** ..... \$7.25 / \$9.95

*Mixed Greens, Turkey, Eggs, Fresh Veggies, and Cheese*

Turn any Small Salad into a Wrap ..... add \$1.00

# Protein Box

A Lunch Box with High Protein,  
Low Carb Items

..... \$7.95



# Desserts

A variety of Keto Desserts available in our deli.