



— DELICATESSEN —

- MARITIME SEAFOOD CHOWDER** \$9.95  
Traditional chowder with lobster, haddock, shrimp & scallops
- CHOWDER & LOBSTER SANDWICH** 1/2 sandwich \$17.95  
Full \$24.95
- 4 CHEESE MEAT LASAGNA** \$7.25  
Asiago, parm, mozza & cheddar with ground beef
- MUMMMITA'S MAC & CHEESE** \$6.95  
Just like mom used to make
- SALT FISH CAKES** \$3.85ea.  
This a Classic Nova Scotian staple, try it with our house made rhubarb chutney OR red pepper jelly for \$0.99
- QUICHE of the day**  
ask at the deli what todays special quiche is \$6.45
- CHICKEN POT PIE** \$6.95  
Baked in a homemade pie crust. Chunks of chicken with Sweet potato, carrots, potato, celery, onion & herbs
- LOVE IN' OVEN** \$4.45  
Meatloaf with our secret spices
- GINORMOUS DILL PICKLE** \$1.75  
Samosas meat \$3.50  
Veg. \$3.25
- Spinach twister \$3.95  
Spanakopita \$3.25  
Sausage rolls \$3.95  
Falafel \$2.00ea.  
Falafel wrap \$8.95
- SALADS** **small/med/large**
- BLACK BEAN SALAD** **V/GF** \$4.95/ \$6.95/\$12.95  
Black beans, corn, cilantro, red pepper, lime & red onion
- THAI NOODLE SALAD** **V/GF** \$4.95/ \$6.95/\$12.95  
Vermicelli rice noodles, red pepper, peas, red onion, sesame seeds
- \*Seasonal Salads available as well (Broccoli, maple Curry, Greek) check with the Deli
- Our famous cookies, cakes and pies are always ready to go!**
- \*Vegan = **V** \*Gluten Free = **GF**

**joansdelimarket.ca**

**Deliveries in Mahone Bay Thur.-Sat.**

**902 624-6305**

—THE SANDWICH BASKET—

<b>LOBSTER TRAP SANDWICH</b>	<b>\$17.95</b>
The classic with lobster meat galore on an egg bun	
<b>PESTERING GEORGE</b>	<b>\$9.95</b>
Ultimate BLT with smoked turkey, bacon, red onion, tomato, smoked applewood cheddar cheese, greens & pesto mayo	
<b>THE CORPORATE GIANT</b>	<b>\$9.95</b>
Smoked turkey breast, double cream brie, tomatoes, honey mustard on a locally made crusty baguette	
<b>MORTICIAN</b>	<b>\$8.95</b>
Roast beef, swiss cheese, greens , tomato, red onion, mayo	
<b>THE AUBREY PURDY</b>	<b>\$9.95</b>
Slab of meatloaf, smoked applewood cheddar cheese, greens, red onion & Dijon mustard	
<b>BON RON</b>	<b>\$8.95</b>
Webbers meats, cured bacon or Salami, double cream French brie on a crusty baguette	
<b>Chicado wrap</b>	<b>\$9.95</b>
Roasted chicken breast, avocado, hot peppers, greens, tomato, red onion & pesto mayo on whole wheat wrap	
<b>JOEL THOMS</b>	<b>\$9.95</b>
Genoa salami, smoked turkey breast, Swiss cheese, greens, tomato, Dijon mustard & mayo	
<b>SNUGGLY AMERICAN</b>	<b>\$8.95</b>
Roast beef, creamy Havarti cheese, greens & horseradish mayo	
<b>MORNING AFTER</b>	<b>\$7.95</b>
Smoked turkey breast, alfalfa sprouts & cranberry mayo	
<b>FRUGAL FRED</b>	<b>\$7.95</b>
Smoked turkey breast, greens, tomato & mayo	
<b>B.L.T.</b>	<b>\$8.95</b>
Bacon, smoked applewood cheddar cheese, greens, tomato & pesto mayo	
<b>Holy Holly!</b>	<b>\$10.95</b>
<b>Ham, smoked turkey, swiss cheese with all the fixins'</b>	
<b>Delicious Doug</b>	<b>\$8.95</b>
Montreal smoked meat, Swiss cheese, Dijon your choice of veg.	
<b>Pigman ( replace smoked meat with ham for Delicious Doug)</b>	
All sandwiches come on your a choice of bread 7 grain, egg bun, whole wheat wrap, giant biscuit. Gluten free wraps and bread when available.	

**joansdelimarket.ca**

**Deliveries in Mahone Bay Thur.-Sat.**

**902 624-6305**