

# Murphy's

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# DELI



# MENU

WE KNOW FRESH



[MURPHYSDELI.COM](http://MURPHYSDELI.COM)

SB

# BREAKFAST

Available at select locations.

## BREAKFAST TACOS

<b>Potato &amp; Egg</b> .....	<b>1.59</b>	331
<b>Egg &amp; Meat</b> .....	<b>1.99</b>	310-464
Ham, bacon, or sausage.		
<b>Add Potato</b> .....	<b>.59</b>	51
<b>Add Meat</b> .....	<b>.99</b>	30-184
Ham, bacon, or sausage.		
<b>Add Cheese</b> .....	<b>.50</b>	56

## ASSORTED BREAKFAST ITEMS

<b>Assorted Muffins</b> .....	<b>1.99</b>	84-385
<b>Toast</b> .....	<b>1.49</b>	200
<b>Cream Cheese or Jelly</b> ...	<b>.50</b>	97/55
<b>Parfait</b> .....	<b>2.89</b>	233

## CROISSANTS, MUFFINS & BAGELS

<b>English Muffin, Plain Bagel, or Croissant</b> .....	<b>1.49</b>	132-272
<b>Egg &amp; Cheese Sandwich</b> ...	<b>2.99</b>	338-478
Choice of bread: honey wheat, bagel, English muffin, or croissant.		
<b>Breakfast Sandwich</b> .....	<b>3.49</b>	425-662
Served with egg and cheese. Choice of bread: honey wheat, bagel, English muffin, or croissant.		
Choice of meat: sausage, ham, or bacon.		
<b>Side Orders</b> .....	<b>.99</b>	30-184
Egg, ham, bacon, sausage, or potatoes.		

# BURRITO BAR

All burritos come with Spanish rice, black beans, and pico de gallo wrapped in your choice of tortilla. Salsa, sour cream, guacamole, and shredded cheese available at no additional charge.

<b>Gordo Burrito</b> .....	<b>6.99</b>	670
Shredded beef.		
<b>Chicken Burrito</b> .....	<b>6.99</b>	653
Grilled chicken.		
<b>V Veggie Burrito</b> .....	<b>5.99</b>	657
Grilled veggies.		
<b>Burrito Bowl</b> .....	<b>6.99</b>	364-382
Your choice of beef, chicken, or grilled veggies with Spanish rice and lettuce (no tortilla).		

## MURPHY'S SIDES

<b>Chips</b> .....	<b>1.29</b>	130-310
<b>Kosher Dill Pickle</b>		
<b>Half</b> .....	<b>.59</b>	2
<b>Whole</b> .....	<b>1.00</b>	4
<b>Extras</b> .....	<b>.59</b>	5-180
Varies by store.		
<b>Side Dishes</b> .....	<b>2.19-2.99</b>	120-320
Varies by store.		
<b>Fresh Fruit Salad</b>		
<b>Small</b> .....	<b>2.79</b>	84
<b>Large</b> .....	<b>3.99</b>	168

## SOUP OF THE DAY

Cup **2.99** Bowl **3.69**

## DESSERTS

Varies by store.		
<b>Cakes &amp; Cheesecake</b> ..	<b>2.99</b>	141-257
<b>Cookies</b> .....	<b>.59</b>	120-140
<b>Fudge Nut Brownie</b> ...	<b>1.69</b>	260
<b>Seven Layer Bar</b> .....	<b>1.99</b>	370

# PANINIS

**Chicken Sun-Dried Tomato** ..... 6.<sup>59</sup> 694 CAL


Grilled chicken, tomatoes, romaine lettuce, provolone cheese, chipotle mayo, and sun-dried tomato pesto.

**Cranberry Turkey** ..... 6.<sup>59</sup> 524

Smoked turkey breast, baby spinach, cream cheese, and cranberry sauce.

**Cordon Bleu** ..... 6.<sup>59</sup> 650

Grilled chicken, smoked ham, Swiss cheese, baby spinach, and honey dijon mustard.

 **Chicken Pesto** ..... 6.<sup>59</sup> 670

Grilled chicken, tomatoes, romaine lettuce, provolone cheese, pesto dressing, and creamy basil pesto sauce.

 **Spicy Turkey** ..... 6.<sup>59</sup> 659

Smoked turkey breast, roasted red peppers, crushed red peppers, chipotle mayo, provolone cheese, and sun-dried tomato pesto.

 **California Garden** ..... 6.<sup>59</sup> 559

American and Swiss cheese, guacamole, baby spinach, alfalfa sprouts, tomatoes, red onions, roasted red peppers, creamy pesto dressing, salt, pepper, and oregano.

# ★ FAMOUS ★ SUPREMES

## HOUSE SPECIALTY


 **Club Supreme** ..... 5.<sup>99</sup> 626 CAL

Smoked ham and turkey layered on toasted honey wheat bread with bacon, American and Swiss cheese, lettuce, and tomatoes.

 **Turkey Supreme** ..... 5.<sup>99</sup> 564

Smoked turkey layered on toasted honey wheat bread with Swiss cheese, lettuce, tomatoes, guacamole, and alfalfa sprouts.

# MURPHY'S HOMEMADE


 **Egg Salad Sandwich** ..... 3.<sup>99</sup> 434 CAL

Homemade egg salad served on toasted honey wheat bread with lettuce and tomato.

 **Chicken Salad Sandwich** ..... 4.<sup>99</sup> 478 CAL


Homemade chicken salad served on toasted honey wheat bread with lettuce and tomato.

# GYROS & PITAS

 **Gyro** ..... 4.<sup>99</sup> 636 CAL  
Roasted beef and lamb on gyro bread with tzatziki sauce topped with lettuce, tomatoes, and onions.

**Grilled Chicken Pita** ..... 5.<sup>99</sup> 364  
Grilled chicken breast with lettuce, tomatoes, and onions stuffed in a pita.

**Turkey Pita** ..... 4.<sup>69</sup> 280  
Smoked turkey breast with lettuce, tomatoes, and onions stuffed in a pita.

 **Veggie Pocket** ..... 4.<sup>25</sup> 344  
Lettuce, tomatoes, onions, alfalfa sprouts, cucumbers, and our homemade olive mix stuffed in a pita.

# MURPHY'S SUBS

**COMBO ANY SANDWICH: 2.69**  
Add chips and a 20oz. fountain drink.

All subs are 8-inch with lettuce, tomato, and onion.  
Add cheese and spread for no additional charge.

**BUILD  
your OWN  
SANDWICH**

Choose from all of the fresh ingredients we have available and create your own special combination!

	CAL		CAL
<b>Roast Beef</b> ..... <b>4.99</b>	426	<b>BLT</b> .....	<b>4.99</b> 557
<b>Smoked Ham</b> .... <b>4.99</b>	404	<b>Smoked Turkey</b> .....	<b>4.99</b> 390
<b>Tuna</b> .....	<b>4.99</b> 625	<b>Italian</b> .....	<b>4.99</b> 477
		<b>Grilled Chicken Breast</b> ....	<b>5.99</b> 474

## GOURMET SELECTS

 **Murphy's French Dip** ..... **6.59** 596

Thinly sliced prime rib, provolone cheese, and creamy horseradish sauce on ciabatta bread, served with au jus.

**Ham Ham & Salami** ..... **6.59** 741

Ham, salami, bacon, provolone cheese, tomatoes, romaine lettuce, and red onions with creamy pesto sauce on ciabatta bread.

 **Falafel Sandwich** ..... **4.89** 518

Chickpea patties in a pita pocket with tomatoes, lettuce, onions, cucumbers, and tahini sauce.

**Reuben** ..... **5.99** 452-512

Your choice of corned beef or turkey with Swiss cheese and sauerkraut on toasted rye bread.



MURPHY'S  SIGNATURE!

## ★ THE ★ MUFFALETTA



Smoked ham, salami, and provolone cheese or smoked turkey breast and provolone cheese with our homemade olive mix on toasted New Orleans muffaletta bread.

**Half** ..... **5.99** 683-775 CAL      **Whole** ..... **10.99** 1366-1550 CAL

# WRAPS



**MURPHY'S FAVORITE**



**VEGETARIAN**

- Chicken Caesar** ..... **6.49** 633  
Grilled chicken, shredded romaine hearts, Parmesan cheese, black olives, tomatoes, and Caesar dressing.
- Southwest** ..... **6.49** 682  
Grilled chicken, shredded romaine hearts, shredded cheddar jack cheese, bacon, black beans, and chipotle mayo.
- Turkey Avocado** ..... **6.49** 588  
Smoked turkey, shredded romaine hearts, guacamole, shredded cheddar jack cheese, tomatoes, green onions, and spicy cilantro ranch dressing.
- Buffalo Chicken** ..... **6.49** 607  
Buffalo chicken, shredded romaine hearts, shredded cheddar jack cheese, onions, tomatoes, and bleu cheese dressing.
- Tuna** ..... **6.49** 683  
Tuna salad, shredded romaine hearts, shredded cheddar jack cheese, pickles, green onions, tomatoes, and choice of dressing.
- All-American** ..... **6.49** 600  
Ham and turkey, shredded romaine hearts, shredded cheddar jack cheese, bacon, tomatoes, and ranch dressing.



# HAND-TOSSED SALADS

- Chicken Caesar** ..... **8.19** 351  
Romaine hearts, Parmesan cheese, and croutons tossed with grilled chicken and your choice of dressing.
- Greek Salad** ..... **7.19** 299  
Romaine hearts, tomatoes, cucumbers, feta cheese, calamata olives, pepperoncini peppers, and stuffed grape leaves tossed with your choice of dressing, topped with our homemade olive mix, and served with warm pita bread.  
..... with Pita Bread 479
- Chef Salad** ..... **7.19** 350  
Romaine hearts, tomatoes, purple cabbage, carrots, cucumbers, and eggs topped with turkey and Swiss and American cheese, or a combination of turkey, ham, and Swiss and American cheese topped with your choice of dressing.
- Cobb Salad** ..... **8.19** 507  
Romaine hearts, marinated grilled chicken, avocados, cucumbers, tomatoes, corn, eggs, and bacon tossed with your choice of dressing and topped with bleu cheese crumbles.

**BUILD your OWN SALAD 6.19**

*Your choice of greens, three salad toppings, and one cheese tossed with your choice of dressing.*

	CAL
<b>Grilled Chicken</b>	<b>2 160</b>
<b>Turkey</b>	<b>2 101</b>
<b>Tuna Salad</b>	<b>2 311</b>
<b>Extra topping</b>	<b>.50</b>

- Tex-Mex Salad** ..... **8.19** 422  
Romaine hearts, marinated grilled chicken, black beans, corn, cheddar jack cheese, avocados, tomatoes, and green onions tossed with your choice of dressing and topped with crunchy corn tortillas.

**order online!**  
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# BEVERAGES

		CAL		CAL
Fountain Drinks	Reg. <b>1.99</b>	0-210	Lg. <b>2.19</b>	0-240
Iced Tea (Freshly Brewed)	Reg. <b>1.99</b>	0	Lg. <b>2.19</b>	0
Bottled Drinks (20oz.)	<b>2.19</b>	0-270		
Bottled Tea (Organic)	<b>2.39</b>	60-90		
Juice	<b>2.19</b>	130-270		
Bottled Water	<b>1.59</b>	0		
Powerade	<b>2.19</b>	130		



WE **CATER**

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**FREE  
DELIVERY**

Additional nutrition information available upon request. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.