



Take-out Menu

203 Main Street
Wauconda, IL 60084

Weekday Hours

Monday thru Friday

7:30am to 5pm

Saturday Hours

8am to 3pm Year Round

Closed Sunday

Breakfast—Open til

10:30

To order, contact us at

Phone: 847-487-2037

Fax: 847-487-2038

Dine In...Carry Out...Delivery**

DAILY SPECIALS

All Specials are made in limited quantities and often sell out!
Reserve yours early!

MONDAY –

Mediterranean Monday – Try some of this sunny cuisine every Monday. We'll have things like Kibbee (Lebanese meatloaf), stuffed grape leaves, stews, salads & desserts like baklava. Check daily specials every Monday for specifics!

TUESDAY –

All Year – **GRILLED CHICKEN WITH AVOCADO-TAHINI SAUCE WRAPS**. Taste the best of the Middle East with these grilled chicken breasts wrapped up in a tortilla with a zesty Avocado-Tahini sauce with lemon & garlic \$7.50

Winter – **CHICKEN POT PIES** – We use the same recipe as a certain former department store on State Street, only ours are better! Poached chicken, sautéed carrots, celery & onions, plus peas & spices in a velvety sauce, topped with our homemade crust. Served in a ceramic ramekin (additional \$5 refundable deposit on the ramekin) \$7.50

WEDNESDAY –

THE STACKED TORTE. This is our specialty, inspired by a little shop in Vingtimillia, Italy and a good friend named Robin. The meat version contains 3 Italian deli meats (Capicola, Salami & Pepperoni), freshly roasted red & yellow peppers, freshly blanched spinach, artichoke hearts & Provolone cheese, all baked in a slightly sweet Challah/Brioche-type crust. We also have a vegetarian version that adds Kalamata olives instead of the meat. \$7.25

GRILLED ASIAN RUBBED CHICKEN WRAPS with Sesame Ginger Sauce. This one is an explosion of flavor, with spices like paprika, coriander, & a touch of cayenne rubbed on the chicken breasts, plus a tangy sauce made with sesame paste, fresh ginger, garlic & Serrano peppers. Served on a tortilla with Napa cabbage \$5.75

THURSDAY –

All year – **MOJO GRILLED CHICKEN WRAPS**. These are our most popular grilled chicken special. We marinate the chicken in citrus and then grill it, and serve it on a wrap with homemade guacamole & shredded Chihuahua cheese \$7.50

All year – **BACON & EGG SALAD SANDWICHES** on the wonderfully tangy & chewy Pain au Levain \$6.00

Winter – **CORNISH PASTIES**. This is what miners in Cornwall England and the U.P. of Michigan would take into the mines with them. They're turnovers filled with Round Steak and Root Vegetables like potatoes, turnips, rutabagas, onions & carrots, all baked in our homemade crust and served with a small green salad (something the miners never had) \$7.00

FRIDAY –

BETSEY'S CHERRY CHICKEN SALAD – Poached chicken breasts, mixed with dried, tart Montmorency cherries, & pecans plus a touch of honey in the dressing. Try it as a sandwich (on multi-grain) or wrap (both with lettuce & tomato) or over greens with cucumber, tomato & avocado \$7.50

Summer – **"PERFECT" PROTEIN SALAD** This is the best deal around, both nutritionally and \$\$-wise. It's freshly-cooked soybeans & barley, plus an array of colorful veggies plus a citrus-based dressing and cottage cheese \$5.00

Seasonal – **GRILLED CHICKEN – ROASTED PEPPER WRAPS**. We roast & marinate Red & Yellow peppers and serve them on a tortilla with Provolone cheese and, upon request, giardinara \$7.25

SATURDAY –

ALL STAR SPECIALS. On Saturdays we make special versions of our weekly specials. Sign-up for our daily specials email update at deli203@sbcglobal.net

SEASONAL SOUPS

Weekly schedule—subject to change
Small (8oz) \$2.75 Large (12 oz) \$3.50

Monday: Cheddar Broccoli & Chicken Tortilla

Tuesday: Mexican Soup & Potato Bacon

Wednesday: Tomato Basil & Creamy Chicken with Wild Rice

Thursday: Split Pea with Ham & Chicken Dumpling

Friday: Cream of Asparagus & Spicy Black Bean

Saturday: Chef's Choice

We offer additional selections of chilled and vegetarian soups that vary seasonally—ask about our Daily Special!

Chili is available daily Oct-April

REAL FRUIT SMOOTHIES

All Smoothies are made with natural fruit + juice or milk, depending on the smoothie.

NO ARTIFICIAL FLAVORS!

Smoothies \$4.25

Flavors: Piña Colada, Strawberry Cheesecake, Peanut-Butter-Banana, Blackberry Banana, Berry Blast

Ask about our Smoothie of the Day!

DESSERT SELECTIONS

(All Homemade Goodies!)

All of our desserts are homemade and the selection varies from day-to-day. We typically have cookies (both large & small).

Pies - From Spring through Thanksgiving

Truffles - We have homemade Chocolate Truffles from the Fall through the Spring.

Contact us for today's selection of desserts!

COOKIE PARTIES!

Our Lullabelle's Cutout Sugar Cookies are an excellent start for a kids (or grown-ups) party. We sell all sorts of seasonal shapes (Hearts, Shamrocks, Easter Eggs & Baby Ducks, Flowers, Butterflies, Stars, Leaves, Pumpkins, Turkeys, Snowflakes, Snowmen & lots of Christmas & Hanukkah shapes) or we can make the cookies from your cutout. The price varies based on the size of the cutter, but most of the cookies made with our cutters are \$1.55 each. We sell them in Baker's Dozens, with appropriately colored frostings and sprinkles on the side. Think about it the next time you're having a wingding! 72-hour notice required!

BEVERAGES

"Home Brew" Iced Tea	\$1.50
Refills	.75
Seasonal Syrups (Homemade)	.25
Homemade Lemonade (May – September)	Market
Coke products	\$1.25
Nicolet Water (from Wisconsin)	\$1.35

E-mail: deli203@sbcglobal.net

BREAKFAST

We like breakfast. We really like the kinds of things you can't get anywhere else. We have a limited, but unique, breakfast offering that we hope you will enjoy, listed from the most healthy to the most decadent.

Winter only—Multi-grain Porridge — We slow-cook a mixture of whole grains like wheat berries, steel-cut oats, cornmeal, brown rice, grits, barley or any other whole grains we see that look good, and then serve them with cream, honey & pecans \$4.50

\$2.00

\$2.50

The "Skicket" — This is our creation, a cross between scone and biscuit, with lots of whole grains, including oats, and not a lot of sugar (we use raw sugar) and just a touch of butter. The dried fruit varies between cranberries, dates, cherries, plums, apricots and raisins, and the nuts are either almonds, walnuts, or pecans. \$2.00 unfrosted or \$2.50 with our cream cheese frosting \$2.00

Ballymaloe Muesli — Patterned after the Muesli served at the Ballymaloe cooking school in Ireland, our Muesli is made with mixed whole grains, yogurt, shredded apples, & nuts, topped with honey & fruit. \$3.75/8 oz, \$5.00/12 oz. \$3.75

\$5.00

\$5.00

Oatmeal-Whole Wheat Buttermilk Pancakes — We soak oats in buttermilk and then mix them with the rest of the ingredients for a rich, hearty pancake. Served with real maple syrup, applesauce, or preserves \$5.00

\$4.75

Sour Milk Pancakes & Waffles — No, we don't use bad milk for these pancakes; we sour milk with vinegar, for a tangy result. Served with real maple syrup \$4.75

\$3.75

Scalloped Eggs — We layer hardboiled eggs with buttered bread crumbs, and then bake them with milk, and a touch of nutmeg \$3.75

\$5.00

Scrappple — Our version of this Pennsylvania favorite is made with bacon, cornmeal & sage, baked in a loaf and fried in slices. Served with real maple syrup \$5.00

\$4.95

Italian Sausage & Cheddar Sandwich (with homemade Applesauce in season) — Oh yeah, it's as good as it sounds, especially when you put the Applesauce ON the sandwich! \$4.95

ADDITIONAL CHARGES

Avocado	\$0.75
Cheese	\$0.50
Bacon	\$1.50
Grilled Chicken on a Salad	\$3.95

E-mail: deli203@sbcglobal.net TO SEE OUR DAILY SPECIALS!

Our Philosophy

Our menu is built on simple, fresh ingredients. We use locally grown, seasonal items wherever possible to provide you, our Customer, with these satisfying and delicious selections. Enjoy!

Please order sandwiches by number.

HOT OR TOASTED SANDWICHES

#7 Grilled Cheese- American cheese on Country White	\$4.00
#31 Four Cheese Grill- with American, Swiss, Cheddar and Provolone on Country White	\$4.75
#30 Tuna Melt- Tuna salad with Cheddar on Light Rye	\$6.25
#4 B.L.T.- Bacon, lettuce and tomato and mayo on toasted Country White	\$4.75
#12 Toasted Club- Turkey, Ham & Bacon with lettuce, tomato & mayo on Country White	\$6.25
#14 Grilled Turkey Reuben- Turkey with sauerkraut (or coleslaw), melted Swiss cheese and Russian dressing on Bavarian Rye	\$6.50
#29 Grilled Smoked Turkey- Smoked Turkey, Havarti and Dijon mustard on Whole Wheat	\$6.25
#19 Grilled Ham and Cheddar- Ham and Cheddar cheese on Country White	\$5.50
#28 Grilled Reuben- Corned Beef, sauerkraut, Swiss cheese with thousand island dressing on Bavarian Rye	\$6.50
#26 Hot Roast Beef- Roast Beef w/melted Bleu cheese, tomato, lettuce on a Sub Roll	\$6.50
#27 Roast Beef and Cheddar- Roast Beef with Cheddar cheese, giardiniera on a Sub Roll	\$6.25
TURKEY	
#1 Turkey- stacked high with lettuce, tomato and mayo on Country White	\$4.75
#10 Smoked Turkey- with Cranberry relish cream cheese on Country White	\$5.75

All sandwiches include a crisp dill pickle.

ROAST BEEF

#6 Roast Beef- stacked high with horseradish sauce on Sub Roll	\$5.50
#22 Roast beef and Provolone cheese- with spicy tomato chutney and lettuce on a Sub Roll	\$6.25
#24 Roast Beef and Cheddar cheese- with lettuce, tomato and Dijon mustard on Light Rye	\$6.25

HAM

#5 Ham- stacked with lettuce, tomato and Dijon mustard on Light Rye	\$4.75
#15 Ham and Havarti Cheese- thin slices of fresh apple, lettuce and walnut mayo on Whole Wheat	\$6.25

CORNE BEEF

#3 Corned Beef- with horseradish sauce on Bavarian Rye	\$5.00
#21 Corned beef and Swiss cheese- coleslaw and Russian dressing on Bavarian Rye	\$6.25

COMBOS

#9 Cobb Sandwich- Smoked Turkey, Bacon, avocado, lettuce, tomato and Bleu cheese mayo on Country White	\$6.25
#11 Turkey, Bacon , Swiss cheese- sliced egg with Russian dressing on Bavarian Rye	\$6.25
#16 "The Everything"- Ham, Turkey, Roast Beef, Bacon, American, Swiss and coleslaw on Whole Wheat	\$6.50
#17 4 Layer- Ham, Turkey, Bacon, American cheese with lettuce, tomato and mayo in Country White	\$6.50
#18 American Sub- Ham, Turkey, Salami, American Cheese with lettuce, tomato, mayo & mustard on Sub Roll	\$6.25
#20 Italian Sub- Rosa Capicola, Pepperoni, Salami, Provolone, giardiniera, lettuce, tomato, red onion, oil & vinegar on Sub Roll	\$6.50
#23 Roast Beef, Ham, Turkey, Swiss cheese- with red onion and ranch dressing on Whole Wheat	\$6.25

Mommy Back-Door Drop-off Service

We know how hectic life can be—especially with young children. Call in your order and we will run it to your car for you! Parking in rear of deli. Great for meals on the go.

OTHER GREAT CHOICES

#2 Genoa Salami- with lettuce, tomato & Dijon mustard on a Sub Roll	\$4.75
#8 Tuna Salad- with lettuce and tomato on Country White	\$5.75
#13 Homemade Chicken Salad- lettuce, tomato on Country White	\$6.25
#25 Meatloaf and Cheddar cheese- with lettuce, tomato & chili-mayo on Country White	\$5.75
#34 PB&J- Smooth Peanut Butter and grape jelly on Country White	\$3.00
#39 Egg Salad- with lettuce and tomato on Country White	\$5.25

Introducing our NEWLY EXPANDED VEGETARIAN SELECTIONS

#33 Vegetarian- Cheddar, Provolone, tomato, cucumber, avocado, bell pepper, black olives, red onion, artichoke w/oil & vinegar on Whole Wheat	\$5.50
#40 Cucumber, Cream Cheese and Sprouts- on Multi-grain	\$4.50
#41 Marinated, Roasted Peppers and Eggplant- grilled on Multigrain with Provolone cheese	\$5.50
#32 Vegetarian- Cream cheese, zucchini, bell peppers, avocado, lettuce and tomato on Bavarian Rye	\$5.50
# Raw Veggie Salad with Homemade Cider Vinaigrette- A mix of fresh raw vegetables served over mixed greens, topped with alfalfa sprouts & sunflower seeds	\$6.25
Add provolone cheese or hard cooked egg for \$.50 each	
Add optional chicken breast, \$3.95 each	

HOMEMADE SIDE SALADS

Individual (4 oz) \$1.50
Small (8 oz) \$2.75
Large (12 oz) \$4.00

Coleslaw **American Potato Salad**
Penne Pasta Salad—lettuce, tomato, pine nuts, parmesan cheese in creamy parmesan dressing

** Delivery charges:

\$20 minimum, 4-mile radius, \$3 delivery fee

ENTREE SALADS

Tuna Salad Plate — mixed greens, cucumber, tomato	\$6.50
Chicken Salad Plate — all white meat chicken breast, mixed greens, cucumber, tomato, avocado	\$6.95
Chef Salad — baby greens, ham, turkey, American, Swiss, sliced egg, cucumber, tomato	\$6.50
Summer Salad — baby greens, blue cheese, bacon, pecans, cucumber, tomato, low-fat rice vinegar dressing	\$6.25
Spring Salad — baby greens, feta, walnuts, dried cranberries, red onion, honey Dijon dressing	\$6.25
# Raw Veggie Salad with Homemade Cider Vinaigrette — A mix of fresh raw vegetables served over mixed greens, topped with alfalfa sprouts & sunflower seeds—Add provolone cheese or hard cooked egg for \$.50 each	\$6.25
Add optional chicken breast, \$3.95 each	
# IMPROVED—Chicken Caesar — Now made with freshly grilled chicken breasts over Romaine with homemade Croutons, freshly grated Parmesan cheese & our Homemade Egg- and Anchovy-less Caesar dressing	\$7.25

HOMEMADE DRESSINGS

Ranch, Blue Cheese, Honey Dijon, Thousand Island, I Low-cal Raspberry vinaigrette, Cider vinaigrette

TEA TIME

Monday—Friday, 2:00 pm to close

When was the last time you took the time for a proper cup of tea? We offer a very casual tea service every afternoon. Fresh, properly-brewed Tea (black, green, white & herbal) is served every day in a non-stuffy environment. For the full tea experience (including tea sandwiches, mini cakes, scones and other treats), advance reservations are required. Why only after 2pm? Because a proper cup of tea involves a number of steps that are too much to perform earlier in the day

Pot of Tea	\$3.75
Full Tea Service (per person) (48 hrs notice)	\$16.95

SUBSTITUTION POLICY

We are no longer able to make substitutions on our sandwiches, other than bread choices. We're sorry for any inconvenience that this may cause, but we are a very small place and most of our business takes place within a very short period of time.

Please note that we do not have a children's menu.

denotes Frank's Customer Favorites!