

# Delectables

Restaurant & Catering

<http://www.delectables.com>

## Lunch Menu

### Light Fare & Appetizers

Cup of Soup du jour or gazpacho	4	White Bean Hummus & Pita	6
Bowl of Soup du jour or gazpacho	7	Lamont's Cheesy Bread & Marinara	6
Cup of Soup & Small House Salad	8	Guacamole, Salsa & Tortilla Chips	8
Bowl of Soup & Small House Salad	10	Warmed Brie & French Bread	7
Sesame Ahi Tuna & Wasabi Cream	10	Five Cheeses, Fruit & French Bread	15
Louisiana Crab Cakes & Remoulade	10		

### Delightful Salads

All salads have romaine lettuce and are served with French Bread & Butter.

Dressings: Creamy Italian, Citrus Vinaigrette, Balsamic Vinaigrette, Dill Ranch, Thousand Island, Bleu Cheese

#### Delectables House

Feta, Greek olives, tomatoe, cucumber, carrot, pepperoncinis & cabbage. 7 Small 4

#### Tucson's Best Chef

Turkey breast, marinated artichoke heart, hard-boiled egg, & avocado on our Delectables House Salad. 10

#### Zorbas Greek Tomato

Lots of tomatoes, cucumbers, feta, Greek olives, pepperoncinis & red onions drizzled with creamy Italian dressing. 9 Small 6

#### Caesar

Garlicky classic with parmesan, lemon juice, & olive oil. 9 Small 6

Add 5 anchovie filets 2

Add Baked Chicken 3

Add Blackened Salmon 5

#### 301 Salad Sampler

A scoop of African tuna, curried tuna & Waldorf chicken salads on our Delectable House Salad. 10

#### Mia's Spinach

Spinach, romaine, caramelized walnuts, bacon, red onions, feta, apple, egg & chicken breast. 13

#### The DiFiore

Turkey breast, marinated artichoke heart, hard-boiled egg, avocado, bacon, red onions, mozzarella, & caramelized walnuts are on our Delectables House Salad. 15

#### Blackened Salmon

Wild salmon filet is on our Delectables House Salad and served with our dill ranch dressing. 12 Small 9

### Sandwiches

Served with romaine lettuce, sliced tomato and your choice of potato chips or fruit.

Add Avocado 2 Bacon 2 Potato Salad 2 Small House Salad 3 Cup of Soup 3

Turkey & Havarti on Wheat	8	Roast Beef & Cheddar on French	8
African Tuna Salad on Wheat	8	Salami & Asiago on Focaccia	8
Corned Beef or Turkey Reuben on Rye	8	BLT & Chipolte Mayo on French	8
Prosciutto & Asiago on Foccacia	9	Chicken Pesto & Brie on French	9
Waldorf Chicken Salad on Wheat	8	Curry Tuna Salad on Wheat	8
Hummus, Feta, Cucumber on Pita	8	Pesto, Alluette & Avo on Wheat	8

### Build Your Hamburger

Served with lettuce, sliced tomato, pickle spear and potato salad and pick two items below. 9

Cheddar, Swiss, Alluette or Havarti, Avocado or Guacamole, Bacon or Sauteed Mushrooms & Onions. Each additional topping 2

### Specialty Burgers

Patty Melt  
toasted rye, Swiss,  
sauteed onions & mushrooms 10

Greek Burger  
feta, pepperoncini, &  
Greek olives 10

## Bistro Plates

✓ **Spinach Cream Cheese Quiche**  
*Our savory deep-dish pie features spinach and cream cheese. Served with a small house salad or a cup of soup.* 10

✓ **White Bean Hummus Plate**  
*Great northern white beans, blended with all the essentials makes our hummus sought after time and time again. Served with pita & a small Zorba's salad.* 10

✓ **Black Beans & Jasmine Rice**  
*Garnished with guacamole, salsa & sour cream. Served with tortillas.* 9

✓ **Brie & Marinated Artichoke Hearts**  
*Rich and creamy French brie served with fruit & artichoke hearts in a Dijon sauce.* 12

✓ **The 201 Sampler**  
*White bean hummus, spinach and cream cheese quiche, Brie, marinated artichoke hearts and pita bread.* 12

**Turkey & Havarti**  
*Turkey breast, Danish havarti cheese, tomato, avocado slices and fresh fruit.* 11

**Waldorf Chicken Salad**  
*Our version of this classic salad features chicken, walnuts, yoghurt, sour cream, mayonnaise, raisins and celery served with fruit & white cheddar cheese.* 10

**Certified Angus Roast Beef**  
*Chilled roast beef served with white cheddar, tomatoes, Greek olives, potato salad & fruit.* 12

**Curry Tuna Salad**  
*Albacore tuna, mayonnaise, scallions, red and green bell peppers, and raisins, served with fruit & havarti.* 10

**Prosciutto Ham**  
*Thin slices of an Italian ham, sharp asiago cheese, melon and red seedless grapes.* 13

**African Tuna Salad**  
*This African recipe contains albacore tuna, coconut, black olives, green onions, red bell peppers, lemon juice, oil and garlic served with fruit & cheddar cheese.* 10

## Pastas & Favorites

Add a Cup of Soup or Small House Salad 3

**Lasagna of the Day**  
*Our selection changes daily.* 10

**Southwest Penne & Blackened Chicken**  
*Penne tossed with a chipotle cheese sauce, blackened chicken & avocado.* 13 Small 11

**Chicken & Spinach Enchiladas**  
*Corn tortillas filled with chicken & spinach, with enchilada sauce, cheese, avocado, sour cream, black beans & jasmine rice.* 10

**Spaghetti & Meatballs**  
*This comfort food is prepared traditionally with a marinara sauce & two meatballs.* 10  
Small with one meatball 8

✓ **Spinach Manicotti**  
*Spinach crêpes stuffed with ricotta, parmesan, mozzarella & basil, served with a meatless marinara sauce.* 10

✓ **Asparagus Crêpes**  
*Asparagus, shallots & Swiss in light dill crêpes with a lemon crème sauce and jasmine rice.* 10

✓ **Pasta Puttanesca**  
*A fragrant & lightly spicy tomato sauce made with capers, garlic, balsamic vinegar, red pepper flakes, Greek olives.* 10 Small 8

✓ **Pesto Pasta**  
*A pesto cream sauce on penne, garnished with pine nuts and tomato.* 10 Small 8  
Add Blackened Chicken 3

## Dinners After Five

**Wild Pacific Salmon Filet**  
*With a tomato, basil beurre blanc*

**The Ribeye**  
*Certified 10oz Angus Steak with red wine mushroom demi-glace*

**Chicken Picatta**  
*Tangy lemon caper sauce*

**Chicken Palermo**  
*Prosciutto, mozzarella & spinach stuffed chicken & roasted red bell cream sauce*

✓ =s Vegetarian

We add 20% service to parties of five or more.

Happy Hour Monday - Friday 3-7 and Live Music Every Friday & Saturday 7pm

Wacky Wednesday, All bottles of wine 1/2 Price.

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