



## HOT PLATES

Hot Plates Includes Two Side

HOT PLATE	ORDER
FLAT IRON STEAK	15.95 11.50
HOT ROAST BEEF AND GRAVY	14.95 10.50
CHICKEN PARMIGIANA	13.95 9.50
MEATBALL PARMIGIANA	13.95 9.50
EGGPLANT PARMIGIANA	13.95 9.50
CHICKEN TERIYAKI	13.95 9.50
UMBERTO'S CHICKEN	15.95 11.50
Fresh Mozzarella, Portobella Mushrooms, Roasted Peppers Topped with a Balsamic Glaze	
VIRGINIA HAM STEAK	13.95 9.50
HOMEMADE MEATLOAF	13.95 9.50
GRILLED CHICKEN BREAST	11.95 8.50
HOT TURKEY AND GRAVY	13.95 9.50
MEATBALL MARINARA	12.95 8.50
HOMEMADE LASAGNA	13.95 9.50
SLICED FLANK STEAK	15.95 11.50
BBQ ROASTED PORK	13.95 9.50
FRIED FILLET OF FLOUNDER	15.95 10.50



## SIDE ORDERS

Pick Two Sides with Your Hot Plate

MASHED POTATOES	4.95 P. ORDER
ROASTED RED POTATOES	4.95 P. ORDER
VEGGIE RICE PILAF	4.95 P. ORDER
STRING BEANS & CARROTS	4.95 P. ORDER
GARLIC BREAD	3.95 P. ORDER
Add Cheese .95	
CRANBERRY SAUCE	3.29 P. ORDER
SAUTEED PEPPERS, ONIONS,	
MUSHROOMS	2.95 P. ORDER
SMALL GARDEN SALAD	4.49 P. ORDER
HOMEMADE CORN BREAD STUFFING	5.95 P. ORDER
PENNE VODKA	7.95 P. ORDER
SPAGHETTI MARINARA	6.95 P. ORDER
SAUTEED BROCCOLI	4.95 P. ORDER
FRENCH FRIES	2.65 P. ORDER
HOME FRIES	2.65 P. ORDER
ONION RINGS	3.65 P. ORDER
BROCCOLI RABE	9.99/LB.
FOUR BEAN SALAD	4.99/LB.
GRILLED PORTOBELLA MUSHROOMS	6.99/LB.
COLE SLAW	4.29/LB.
TORTELLINI SALAD	4.59/LB.
POTATO SALAD	4.59/LB.
MACARONI SALAD	4.29/LB.

**Catering Available**  
Corporate Accounts Welcome!

## OUR DELI CASE



### Boar's Head



## COLD CUTS BY THE POUND

OVEN GOLD TURKEY	11.99	ROAST BEEF	12.99
HONEY TURKEY	11.99	PASTRAMI	12.99
SMOKED TURKEY	11.99	CORNED BEEF	12.99
PEPPERMILL TURKEY	11.99	SALAMI	9.99
BLACKENED TURKEY	11.99	SOPPRESSATA	10.99
SALSALITO TURKEY	11.99	PROSCIUTTO	12.99
BOLOGNA	7.99	MORTADELLA	8.99
DELUXE HAM	11.99	CAPOCCOLLO	10.99
VIRGINIA HAM	11.99	PEPPERONI	9.99
CAPPY HAM	11.99	EVERROAST CHICKEN	11.99
HONEY HAM	11.99	BUFFALO CHICKEN	11.99
LIVERWURST	7.99	PORK ROLL	8.99

## CHEESE BY THE POUND

YELLOW AMERICAN	6.99	MUENSTER	7.99
PROVOLONE	8.99	PEPPER JACK	7.99
SWISS	8.99	MONTREY JACK	7.99
CHEDDAR	8.99	FRESH MOZZARELLA	10.99
MOZZARELLA	7.99	COLBY JACK CHEESE	8.99
WHITE AMERICAN	6.99	CHIPOTLE GOUDA	8.99
ASIAGO	8.99	MARLBLED BLUE CHEESE	6.99

## HOMEMADE DELI SALADS BY POUND

RED POTATO SALAD	4.59/LB.	TUNA SALAD	8.99/LB.
MACARONI SALAD	4.29/LB.	EGG SALAD	8.99/LB.
COLESLAW	4.29/LB.	CHICKEN SALAD	9.99/LB.
TORTELLINI	4.59/LB.	SHRIMP SALAD	11.99/LB.
PORTOBELLA MUSHROOMS	6.99/LB.		
ROASTED RED PEPPERS	6.99/LB.		
BROCCOLI RABE	9.99/LB.		
GRILLED CHICKEN BREAST	10.99/LB.		
CHICKEN CUTLETS	11.99/LB.		
EGGPLANT CUTLETS	10.99/LB.		
FLANK STEAK	13.99/LB.		
SUNDRIED TOMATOES	6.99/LB.		
GRILLED ZUCCHINI AND SQUASH	5.99/LB.		
FOUR BEAN SALAD	4.99/LB.		
GRAPE LEAVES	5.99/LB.		
GIARDINIERA SALAD	4.99/LB.		
ANTIPASTO SALAD	9.99/LB.		
MARINATED ARTICHOKE	6.99/LB.		
OLIVE MEDLEY	6.99/LB.		
CHERRY PEPPER SHOOTERS	7.99/LB.		
RICE PUDDING	4.29/LB.		

ASK ABOUT OUR FRESHLY BAKED ITALIAN BREADS & ROLLS



684 King George Road • Fords, NJ 08863  
• Woodbridge Township •  
www.RooseveltsDeli.com

### HOURS:

Monday - Friday 6am - 9pm  
Saturday 7am - 8pm  
Sunday 8am - 4pm

PHONE: 732.738.9399 FAX: 732.738.9322

DAILY SPECIALS!

EAT-IN • TAKE-OUT • DELIVERY



ALWAYS "FREE" DELIVERY

BREAKFAST • LUNCH • DINNER



## BREAKFAST PLATTERS

Served with Home Fries & Choice of Toast  
Meat choice: Ham, Bacon, Sausage, Pork Roll **3.25**  
Steak, Turkey Bacon, Turkey Sausage **4.25**

<b>GOOD MORNING PLATTER</b> 2 Eggs w/ Home Fries & Toast Add Meat <b>3.25</b>	<b>WESTERN OMELET</b> 3 Egg Omelet with Ham, Peppers, Onions Served with Home Fries & Toast <b>6.89</b> Add Cheese 1.05
<b>BACON &amp; CHEDDAR OMELET</b> 3 Egg Omelet with Bacon & Cheddar Served with Home Fries & Toast <b>6.89</b>	<b>VEGGIE OMELET</b> 3 Egg Omelet with Peppers, Onions, Mushrooms & Tomato Served with Home Fries & Toast <b>6.89</b> Add Cheese 1.05
<b>MUSHROOM &amp; SWISS OMELET</b> 3 Egg Omelet with Mushroom & Swiss Served with Home Fries & Toast <b>6.89</b>	<b>CHOICE OF PANCAKES OR FRENCH TOAST PLATTER</b> Pancakes or French Toast <b>4.79</b> add 2 Eggs <b>1.45</b> add Cheese <b>1.05</b> add Meat <b>3.25</b>
<b>EGG WHITES &amp; TURKEY OMELET</b> 5 Egg Whites and Turkey Omelet. Served with Home Fries & Whole Wheat Toast <b>7.29</b> Add Cheese 1.05	<b>EGG WHITES &amp; MEAT PLATTER</b> 5 Egg Whites with choice of Meat Served with Home Fries & Toast <b>9.79</b> Add Cheese 1.05

## BREAKFAST SANDWICHES

Served on White, Wheat, Rye or Hard Roll (English Muffin or Bagel, add .50)  
Choice of Meat: Ham, Bacon, Sausage, Pork Roll, (Steak, Turkey Bacon, Turkey Sausage, add .95)

PLAIN EGG SANDWICH (2 Eggs)	2.49
EGG & CHEESE	3.29
MEAT ONLY	3.95
EGG & MEAT	4.49
EGG, MEAT & CHEESE	4.79
HEART ATTACK With Pork Roll, Bacon, Sausage, Egg, Lettuce, Tomato, Onion, Mayo & Ketchup	6.29
BREAKFAST BURRITO 2 Eggs, Potatoes, Bacon, Cheddar, Tomatoes & Hot Sauce in a Plain White Wrap	4.95
JERSEY JAMMER Egg, Pork Roll, Potato, American & Swiss Cheese, Tomato	5.29
WEIGHT WATCHER'S WRAP Turkey Sausage, Egg Whites, Swiss in Whole Wheat Wrap	5.29
CORNED BEEF HASH	4.79

PHONE: 732.738.9399 FAX: 732.738.9322

www.RooseveltsDeli.com

## SPECIALTY SANDWICHES



ITALIAN SUB . . . . . 1/2 Sub **6.95** . Whole **13.95**  
Ham, Salami, Cappy, Provolone, Lettuce, Tomato, Onions, Oil and Vinegar, Salt, Pepper & Oregano

THE STONY BROOK . . . . . 1/2 Sub **6.95** . Whole **13.95**  
Roast Beef, Turkey, Imported Swiss, Lettuce, Tomato, Red Onion & Mayo

THE BELLY BUSTER . . . . . 1/2 Sub **7.95** . Whole **15.95**  
Roast Beef, Turkey, Ham, American Cheese, Provolone Cheese, Lettuce, Tomato, Red Onion, Oil & Vinegar

THE WEST ENDER . . . . . 1/2 Sub **6.95** . Whole **13.95**  
Cracked Peppermill Turkey, Deluxe Ham, Monterey Jack Cheese, Lettuce, Tomato, Red Onion, & Russian Dressing

THE EAST ENDER . . . . . 1/2 Sub **6.95** . Whole **13.95**  
Honey Glazed Turkey, Baked Virginia Ham, Imported Swiss Cheese, Lettuce, Tomato, Red Onion & Mayo

THE LITTLE NIKKI . . . . . 1/2 Sub **6.95** . Whole **13.95**  
Cappy, Genoa Salami, Pepperoni, Provolone Cheese, Lettuce, Tomato, Oil & Vinegar

THE NEW YORKER . . . . . **8.29**  
Corned Beef, Pastrami, Imported Swiss Cheese, Cole Slaw & Russian Dressing on Hard Crust Rye Bread

JAWS . . . . . **7.95**  
Tuna, Bacon, Muenster Cheese, Lettuce, Tomato, Red Onion, Russian Dressing on Hard Crust Rye Bread

THE CANUCK . . . . . **8.29**  
Roast Beef, Muenster Cheese, Lettuce, Tomato, Red Onion, Horseradish Sauce on Kaiser Roll

JACK THE RIPPER . . . . . **8.49**  
Store Baked Roast Beef, Bacon, Provolone Cheese, Lettuce, Tomato, Red Onion & Horseradish Sauce on Rye

THE ITALIAN STALLION . . . . . **16.95**  
Prosciutto, Sopressata, Fresh Mozzarella, Tomato, Red Onion, Oil & Vinegar on Freshly Baked Semolina Bread

THE BIG BALBOA . . . . . **8.49** **16.95**  
Hot Sopressata, Fresh Mozzarella, Sun-dried Tomato, Roasted Peppers, Red Onion, Oil & Vinegar on Freshly Baked Semolina Bread

Pickle by Request



## CLUB SANDWICHES

3 SLICES OF WHITE, WHEAT OR RYE TOAST . . . . . **8.29**  
With Lettuce, Tomato, Bacon & Mayo  
Choice of Roast Beef, Turkey or Ham  
Add .75 for Roast Beef



## SLOPPY JOES

ROAST BEEF, TURKEY OR HAM . . . . . **7.95**  
With Swiss Cheese, Russian Dressing & Cole Slaw on Rye Bread  
Add .75 for Roast Beef

ALWAYS "FREE" DELIVERY!



## Boar's Head SUBS / SANDWICHES



1/2 Sub, Roll, Wrap  
or Sandwich Bread  
add 65¢ for 1/2 Semolina  
Whole Sub

Pickle by Request

OVEN GOLD TURKEY	6.25	12.49
HONEY TURKEY	6.25	12.49
MESQUITE SMOKED TURKEY	6.25	12.49
CRACKED PEPPERMILL TURKEY	6.25	12.49
SPICY JERKED TURKEY	6.25	12.49
ROAST BEEF	6.25	12.49
DELUXE HAM	6.25	12.49
VIRGINIA HAM	6.25	12.49
CAPPY HAM	6.25	12.49
CORNERD BEEF	7.25	14.49
PASTRAMI	7.25	14.49
BOLOGNA	6.25	12.49
SALAMI	6.25	12.49
SOPPRESSATA	7.25	14.49
PROSCIUTTO	7.25	14.49
MORTADELLA	6.25	12.49
CAPOCOLLO	7.25	14.49
LIVERWURST	6.25	12.49
PEPPERONI	6.25	12.49
EVER ROAST CHICKEN BREAST	6.25	12.49
BUFFALO CHICKEN BREAST	6.25	12.49
ADD CHEESE (Any Type)	1.05	2.10
ADD FRESH MOZZARELLA	2.25	4.50
TUNA SALAD	6.25	12.49
EGG SALAD	6.25	12.49
CHICKEN SALAD (White Meat)	6.25	12.49



## HOT SANDWICHES

MEATBALL PARMIGIANA	7.95	15.95
CHICKEN PARMIGIANA	7.95	15.95
EGGPLANT PARMIGIANA	7.95	15.95
CHICKEN CUTLET BLT	8.49	16.95
With Mayo on Freshly Baked Semolina Bread		
REUBEN		8.29
Hot Corned Beef, Sauerkraut, Melted Swiss, Russian Dressing on Rye Bread		
TUNA MELT		6.95
Bread Choice: White, Whole Wheat, Rye, Multigrain Add 65¢ for Panini Bread		

## Catering Available

PHONE: 732.738.9399 FAX: 732.738.9322  
www.RooseveltsDeli.com



## SALADS

TOSSSED SALAD	5.25
W/ GRILLED CHICKEN (w/Steak, add 2.75)	10.95
CAESAR SALAD	5.95
W/ GRILLED CHICKEN (w/Steak, add 2.75)	10.95
GREEK SALAD	6.95
Lettuce, Tomato, Feta Cheese, Cucumbers, Kalamata Olives, Carrots and Onion Tossed in Oil & Vinegar	
W/ GRILLED CHICKEN	11.95
TRILOGY SALAD	9.95
Tossed Salad topped w/ Tuna, Egg and Chicken Salad w/ Balsamic Vinaigrette	
MESQUITE TURKEY SALAD	10.95
Mesquite Smoked Turkey, Provolone, Sun Dried Tomatoes over our Tossed Salad Served w/ Your Choice of Dressing	
BUFFALO CHICKEN SALAD	11.95
Grilled Chicken Breast in a Spicy Buffalo Sauce. Served over our Tossed Salad w/ Bacon & Bleu Cheese Dressing	
CHEF SALAD	10.95
Turkey, Ham, Roasted Beef, American Cheese & Hard Boiled Egg w/ choice of dressing.	
ANTIPIASTO	10.95
Homemade Antipasto Salad Over a Romaine Lettuce Homemade Croutons with Oil & Vinegar	
SOUTH WESTERN CHICKEN SALAD	10.95
Crispy Chicken Strips, Cheddar Cheese, Red and Yellow Bell Peppers. Over Tossed Salad with Ranch Dressing	
GRILLED CHICKEN ITALIANO	11.95
Tender Grilled Chicken, Fresh Mozzarella, Roasted Peppers, Portobella Mushrooms Over Tossed Salad with Balsamic Vinaigrette	

## DRESSINGS

OIL & VINEGAR • FRENCH • RUSSIAN • CREAMY ITALIAN • RANCH  
HOMEMADE BALSAMIC VINAIGRETTE • LITE ITALIAN  
SESAME ASIAN • BLUE CHEESE • LITE RASPBERRY VINAIGRETTE  
Extra Dressing, add .65

## PANINIS



MONTI CRISTO	8.95
Deluxe Ham, Oven Gold Turkey, Swiss Cheese, Honey Mustard	
CHICKEN CUTLET BACON MELT	8.95
Homemade Breaded Chicken Cutlet, Bacon, American Cheese & Tomato	
BEEFY GRILLER	8.95
Store-Baked Roast Beef, Cheddar Cheese, Fried Onions and Horseradish Sauce	
TUSCANY EGGPLANT	8.95
Homemade Breaded Eggplant Cutlets, Prosciutto, Roasted Peppers, Fresh Mozzarella and Balsamic Vinaigrette	
CUBA LIBRE	8.95
Homemade Roast Pork Loin, Deluxe Ham, Swiss Cheese, Pickles and spicy Deli Mustard	
GRILLED VEGGIE PANINI	8.95
Grilled Zucchini, Squash, Portobella Mushroom, Eggplant, Roasted Peppers, Provolone & Balsamic	
BACON TUNA MELT	8.95
Our Homemade Tuna Salad Topped with American Cheese, Bacon and Tomato	

All pricing is Subject To Change



## WRAPS

Available in Whole Wheat, Plain or Spinach

GRILLED CHICKEN WRAP	7.95
Tender Strips of Grilled Chicken, Swiss Cheese, Lettuce, Tomato, Onion, Your Choice of Dressing	
BUFFALO CHICKEN WRAP	7.95
Crispy Chicken Strips, Spicy Buffalo Wing Sauce, Lettuce, Tomato & Blue Cheese Dressing in a Plain White Wrap	
GRILLED CHICKEN CAESAR WRAP	7.95
Tender Strips of Grilled Chicken with Romaine Lettuce, Caesar Dressing & Parmigiana Cheese in a Plain White Wrap	
GRILLED CHICKEN GYRO WRAP	7.95
Tender Strips of Grilled Chicken with Feta Cheese Lettuce, Tomato, Red Onion and Tzatziki Cucumber Sauce in a Plain White Wrap	
SMOKED TURKEY WRAP	6.95
Mesquite Smoked Turkey with Lettuce, Tomato, Red Onion, Provolone Cheese, Oil & Vinegar in a Whole Wheat Wrap	
ROAST BEEF WRAP	7.95
Store Baked Roast Beef & Muenster Cheese w/ Lettuce, Tomato and Russian Dressing in a Plain White Wrap	
JUMPING JACK WRAP	6.95
Sliced Mesquite Smoked Turkey Breast, Pepperjack Cheese, Lettuce, Tomato, Red Onion & Bleu Cheese Dressing in a Whole Wheat Wrap	
EGG SALAD CLUB WRAP	7.95
Egg Salad with Bacon, Lettuce, Tomato & Mayo in a Plain White Wrap	
CHICKEN SALAD CLUB WRAP	7.95
Chicken Salad with Bacon, Lettuce, Tomato & Mayo in a Plain White Wrap	
TUNA SALAD CLUB WRAP	7.95
Tuna Salad with Bacon, Lettuce, Tomato & Mayo in a Plain White Wrap	
CHICKEN CHEESESTEAK WRAP	7.95
Boar's Head Ever Roast Chicken, American Cheese, Sautéed Peppers and Onions in a Plain White Wrap	
CHICKEN TERIYAKI WRAP	7.95
Tender Grilled Chicken, Glazed in Teriyaki Sauce, Brown Rice Sautéed Carrots & Celery in a Plain White Wrap. w/Steak add 1.50	
ITALIAN GRILLED CHICKEN WRAP	7.95
Tender Grilled Chicken, Fresh Mozzarella, Roasted peppers and Balsamic Vinaigrette in a Whole Wheat Wrap	

## SOUP OF THE DAY



CUP 3.95 BOWL 4.95  
12 oz. 16 oz.



684 King George Road - Fords, NJ 08863  
- Woodbridge Township -

PHONE: 732.738.9399 FAX: 732.738.9322  
www.RooseveltsDeli.com

All pricing is for cash payment, a 3.99% adjustment for credit cards



## FROM THE GRILL

ITALIAN HOT DOG	1/2 Semolina 7.95	Whole Semolina 15.95
2 Hot Dogs, Peppers, Onions, Potatoes & Mustard Served on Freshly Baked Semolina Sub		
PHILLY CHEESE STEAK	8.49	16.95
w/ Sautéed Peppers & Onions on Freshly Baked Semolina Sub		
GRILLED CHICKEN BREAST	6.95	
Topped w/ Lettuce and Tomato on a Hard Roll		
UMBERTOS' CHICKEN SANDWICH	8.95	
Grilled Chicken Breast Topped w/ Portobella Mushrooms, Roasted Peppers, Fresh Mozzarella & Balsamic Vinaigrette on a Kaiser Roll		
GRILLED CHICKEN CORDON BLEU	8.95	
Tender Grilled Chicken Breast Topped w/ Ham, Melted Swiss Cheese, Lettuce, Tomato and Honey Mustard on a Kaiser Roll		
BAD LIEUTENANT	8.95	
Grilled Chicken Breast Topped w/ Provolone Cheese, Bacon, Lettuce, Tomato, Red Onion & Horseradish on a Kaiser Roll		
GRILLED CHEESE	4.25	
W/ BACON	6.49	
W/ HAM	6.49	
BLT	4.49	
CHICKEN FINGER PLATTER	8.49	
w/ Honey Mustard & Fries		
 <b>BURGERS</b>		
8-oz. Burgers		
HAMBURGER	6.25	
CHEESEBURGER	7.25	
Lettuce & Tomato		
CALIFORNIA BACON CHEESEBURGER	7.95	
Bacon, Lettuce, Tomato, Red Onion, Mayo & Ketchup		
JERSEY BURGER	7.95	
American Cheese, Pork Roll & Raw Onion		
PIZZA BURGER	7.95	
Mozzarella Cheese & Tomato Sauce		
The "Mac" Burger (Mayor John McCormack Special)	11.95	
Double Patty, Double Cheese, Mushrooms, Bacon, Ketchup & Mayo		
SMOKEY MOUNTAIN	7.95	
Cheddar Cheese, Bacon, Fried Onions, Lettuce, Tomato Ketchup & Mayo		
MUSHROOM SWISS BURGER	7.95	
EXTRA PATTY 4.95 ADD FRIES 1.99		

ASK ABOUT  
TODAY'S  
"BURGER"